



# Kundalini Rising: Exploring the Energy of Awakening

By Various Authors

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## Kundalini Rising: Exploring the Energy of Awakening By Various Authors

You have within you a latent energy waiting to transform your life. Known as kundalini, this legendary power is believed to catalyze spiritual evolution. But is kundalini real? And if so, how can we engage this energy to awaken our consciousness?

For centuries, the secrets of kundalini have been guarded by masters and buried in esoteric texts around the globe. *Kundalini Rising* brings together 24 illuminating essays by some of today's most prominent voices to demystify this mysterious phenomenon.

From personal accounts and yogic practices, to brain research and historical perspectives, this compelling anthology weaves together both the mystical and practical perspectives on the rise of kundalini energy to help support your own spiritual discovery.

Contributors include: Lawrence Edwards, PhD; Bonnie Greenwell, PhD; Bruce Greyson, MD; Gene Keiffer; Penny Kelly; Gurmukh Kaur Khalsa; Shanti Shanti Kaur Khalsa, PhD; Sat Bir Singh Khalsa, PhD; Gurucharan Singh Khalsa, PhD; Gopi Krishna; Olga Louchakova; David Lukoff, PhD; Andrew B. Newberg, PhD; Stuart Perrin; John Selby; Stuart Sovatsky, PhD; Swami Sivananda Radha; Dorothy Walters, PhD; John White; Whitehawk; Barbara Harris Whitfield; Charles L. Whitfield, MD; and Ken Wilber.

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## Kundalini Rising: Exploring the Energy of Awakening By Various Authors Bibliography

- Sales Rank: #124798 in Books
- Published on: 2009-09-01
- Released on: 2009-09-01
- Original language: English
- Number of items: 1
- Dimensions: 9.02" h x 1.09" w x 6.02" l, 1.09 pounds
- Binding: Paperback
- 408 pages

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### Editorial Review

About the Author

#### Andrew Newberg

Andrew Newberg, M.D. is an associate professor of radiology and psychiatry and an adjunct assistant professor of religious studies at the University of Pennsylvania, and director of the Center for Spirituality and the Mind. He is co-author of *Why God Won't Go Away*, *Born to Believe*, and *The Mystical Mind*.

#### Ken Wilber

Ken Wilber is one of the most influential and widely read American philosophers of our time. His writing has been translated into more than 20 languages. Ken Wilber is the author of many books, including *The Spectrum of Consciousness*; *The Eye of Spirit*; *Grace and Grit*; *Sex, Ecology, Spirituality*; *A Brief History of Everything*; *Boomeritis*; and *The Marriage of Sense and Soul*. Ken Wilber lives in Denver, Colorado.

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