



# Kundalini: The Secret of Life

*By Swami Muktananda*

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Explaining the need for kundalini awakening, this text describes the experiences that arise once it has taken place and addresses the potential obstacles to attaining the ultimate life goal, liberation.

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## **Kundalini: The Secret of Life** By Swami Muktananda Bibliography

- Rank: #813707 in Books
- Brand: Brand: Siddha Yoga Publications
- Published on: 1994-01-01
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x .23" w x 5.50" l, .25 pounds
- Binding: Paperback
- 53 pages

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### Editorial Review

About the Author

**Swami Muktananda** introduced the Siddha Yoga path all over the world, creating what he called a "meditation revolution." He is the author of *Play of Consciousness*, his spiritual autobiography

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Within every human being lies a divine energy called Kundalini. This energy has two aspects; one manifests this worldly existence, and the other leads to the highest truth.

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