Kundalini: Yoga For The West by Swami Sivananda Radha

In this classic guide to Kundalini Yoga, the enigmatic Eastern teachings of Kundalini are translated into a form accessible to the Western mind. Providing practical exercises, questions and meditations, the reader is guided through the chakras, exploring each level of consciousness in detail. Using clear and comprehensible language, Swami Radha offers thorough explanations and insightful reflections for incorporating the ancient teachings of Kundalini into modern everyday life.

My Personal Review:
Kundalini Yoga for the West is one of the most practical and comprehensive books on Kundalini that I have come across. Swami Sivananda Radha studied with Swami Sivananda of Rishikesh, India in the 50's and was initiated by him into the sacred order of Sanyas. She returned to Canada, studied and practiced Kundalini Yoga for many years, and tirelessly explored the extensive texts of Sir John Woodroffe (Arthur Avalon).

What i liked about this book is that it goes beyond an english translation of ancient texts, it actually gives tools, exercises and practices to explore and expand your mind that are based on Swami Radha's personal experience. It's not just theoretical. I have been through this book many times, and know that it will continue to give me insights for years to come. It's a guide, a map, a companion.

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