

ASANAS, MUDRAS & BANDHAS - AWAKENING ECSTATIC KUNDALINI : (AYP ENLIGHTENMENT SERIES) PDF, EPUB, EBOOK



Z-Library single sign on

Since , he has crossed the lines between many traditions, developing an effective integration of methods including Deep Meditation, Spinal Breathing Pranayama, Hatha, Kundalini, Tantra, Self-Inquiry, and more. It is a flexible, scientific approach rather than a rigid, arbitrary one, and

open to public scrutiny, as all spiritual knowledge should be nowadays. He has no desire for guru status - only to have the joy of making a small contribution to helping the disciplines of spiritual practice become open to everyone.

He wishes to remain anonymous, preserving a quiet life in practices. AYP is not about the author. It is about all who long for knowledge. Account Options Sign in. Top charts. New arrivals. Kundalini awakening is covered with clarity, including a discussion of symptoms and specific methods for self-pacing and regulating the inner energies to provide for progressive and safe unfoldment of abiding inner silence, ecstatic bliss and outpouring divine love - the essential characteristics of rising enlightenment. Yogani is the author of ground-breaking books on highly effective spiritual practices, including: Advanced Yoga Practices - Easy Lessons for Ecstatic Living two comprehensive user-friendly textbooks, and The Secrets of Wilder, a powerful spiritual novel. Get Best Price. Kundalini awakening is covered with clarity, including a discussion of symptoms and specific methods for self-pacing and regulating the inner energies to.

Contact Seller Ask for best deal. Get Latest Price Request a quote. Sushant Lok-1, Gurgaon, Haryana. View Mobile Number. Verified Supplier. Ask for more details from the seller Contact Seller. Product Details. Product Description "Asanas, Mudras and Bandhas - Awakening Ecstatic Kundalini" provides a practical approach for incorporating yoga postures and specialized inner physical maneuvers into a compact daily routine of practices that includes spinal breathing pranayama and deep meditation.

Interested in this product? Get Latest Price from the seller. Contact Seller. Product Image. Company Details. About the Company. Year of Establishment Legal Status of Firm Individual - Proprietor. Nature of Business Manufacturer. Number of Employees Upto 10 People. Annual Turnover Rs. I agree to the terms and privacy policy. Seller Contact Details Grasroutes.

Asanas, Mudras and Bandhas - Awakening Ecstatic Kundalini by Yogani

Top charts. New arrivals. Kundalini awakening is covered with clarity, including a discussion of symptoms and specific methods for self-pacing and regulating the inner energies to provide for progressive and safe unfoldment of abiding inner silence, ecstatic bliss and outpouring divine love - the essential characteristics of rising enlightenment. Yogani is the author of ground-breaking books on highly effective spiritual practices, including: Advanced Yoga Practices - Easy Lessons for Ecstatic Living two comprehensive user-friendly textbooks, and The Secrets of Wilder, a powerful spiritual novel. The "AYP Enlightenment Series" makes these profound practices available for the first time in a series of concise instruction books. Reviews Review policy and info. Published on. See all 2 brand new listings. Buy It Now. Add to cart. Sold by awesomebooksusa About this product Product Information "Asanas, Mudras and Bandhas - Awakening Ecstatic Kundalini" provides a practical approach for incorporating yoga postures and specialized inner physical maneuvers into a compact daily routine of practices that includes spinal breathing pranayama and deep meditation.

Kundalini awakening is covered with clarity, including a discussion of symptoms and specific methods for self-pacing and regulating the inner energies to provide for progressive and safe unfoldment of abiding inner silence, ecstatic bliss and outpouring divine love - the essential characteristics of rising enlightenment. Yogani is the author of ground-breaking books on highly effective spiritual practices, including: Advanced Yoga Practices - Easy Lessons for Ecstatic Living two comprehensive user-friendly textbooks, and The Secrets of Wilder, a powerful spiritual novel.

The "AYP Enlightenment Series" makes these profound practices available for the first time in a series of concise instruction books. Show More Show Less. Any Condition Any Condition. For additional information, please contact the manufacturer or desertcart customer service. While desertcart makes reasonable efforts to only show products available in your country, some items may be cancelled if they are prohibited for import in Bosnia and Herzegovina.

For more details, please visit our Support Page. At your doorstep by Sep 23 to Sep 26 with standard delivery.

Asanas, Mudras and Bandhas - Awakening Ecstatic Kundalini by Yogani

I think the reason I've lost interest in meditation before is because it's been presented to me as some complicated thing. The author of this book presents it as something super easy and effective, which so far, it has been. In fact, my only apprehension with following the author's guidance was the 20 minutes. I have to carve out 40 minutes during my busy day for meditation? Well, first of all, you don't need to be in a dark room with candles and incense chanting strange mantras for hours. You can be on a bus, in a waiting room, in the car not driving of course! Every question that popped into my head about the meditation was quickly answered as I continued to read. Spinal Breathing Pranayama is one of the most effective forms of pranayama available.

This book describes how to use the practice, and what will happen as the gradual process of inner awakening evolves. Thank you Yogini for writing this book. I find myself doing this practice often and it brings instant relaxation, energy and feeling of well being. I have enjoyed reading this book for the second time and I recommend it to everyone who wants to improve or add this practice to their meditation. I have used spinal breathing for 3 weeks now every day before my 20 minutes transcendental meditation and I have to say that I have noticed more energy during the day and clearer thinking. My creativity has also improved. I am still getting used to spinal breathing but it is enjoyable and I will persist with it. Thank you Yogani so much for your efforts to write this book for the benefit of humanity and spiritual growth. Thank you for these books. Practical techniques are provided which enable both couples and solo practitioners to utilize the sexual response to cultivate ecstatic energy to its highest levels of spiritual manifestation.

Details of private labwork are included. I'm glad I did. I had no idea what Tantra was and feel like I have a good understanding of what Tantra actually is now. I am learning the way of the yogi and this is an interesting part of practice. I look forward to exploring it further. Kundalini awakening is covered with clarity, including a discussion of symptoms and specific methods for self-pacing and regulating the inner energies to provide for progressive and safe unfoldment of abiding inner silence, ecstatic bliss and outpouring divine love — the essential characteristics of

rising enlightenment. Simple, clear and concise. It's the perfect foundation, thorough and complete. For anyone who is truly interested in this journey of yoga these are a must. I'd give it infinite stars. Thank you Yogani. The language is plain and the explanations are quite wonderful. Maybe a little difficult for a beginner, but the beginning practices and asanas they have in it were quite nice and would be an excellent tool to enhance practice.

Yet, it is as close to us as our most immediate hopes and dreams, for it is the principles of Samyama that are operating behind everything good that is happening in our life. The key methods of Samyama are covered here, simplified to enable anyone to engage in daily practice leading to profound results. Our deepest desires can be enlivened by systematically letting go into our inner silence. Whatever we surrender will come back to us a thousand-fold, purified in a divine outpouring. This book explains clearly and simply the practice of samyama - moving the stillness. It is the same principle involved in prayer. I warmly recommend the book to anyone who has practiced meditation for a while, and is interested in yoga in general.

I thought I knew enough about meditation until I read this book which led me into another amazing dimension altogether. Anyone can pick up the guidance, even a beginner. Yogani boils Samyama down to its essence and makes it easy to understand and apply. The AYP enlightenment series are essential reading. Awesome additional information and life changing already. Great job. I am thankful Yogani took on the tasks and applied his clear thinking and simple voice to these subjects. This is more than a diet book. It is an integrated set of instructions on yogic nutrition, hygiene and rejuvenation, aiding and facilitating the process of human spiritual transformation. The human body is the doorway between our outer world and a boundless inner realm of peace, love and creative energy. When the doorway has been opened through balanced spiritual practices — health, productivity and happiness in daily life are the natural result.

If you are on the path this book is absolutely essential. If you are not on the path this book is also great for you. If you are interested in a better understanding of a genuinely good diet in all aspects of the word, cleaning your body the way our parents should have taught us to. Explanations of all of these topics are covered in a way that makes it easy for anyone to practice. All of Yogani's books provide a simple yet profound overview of whatever the topic is, including this book. With all of the health issues in the world today everyone could use a little help from this book. A few simple modifications in daily bodily up keep taught in this book will change the vessel you're carrying throughout this life. Glen Chapman rated it it was amazing Jul 06, Candi rated it really liked it Mar 11, Nina rated it liked it Apr 16, Stephanie Layne rated it really liked it Sep 28, April rated it it was amazing Jan 31, Finnbarious rated it it was amazing Jan 27, Maggie Moor rated it it was amazing Feb 28, Paul rated it it was amazing Sep 01, Byron Diel rated it it was amazing Mar 18, Isabelle rated it really liked it Nov 19, Chris Leese rated it liked it Dec 18, Becky McIntosh rated it it was amazing Jul 21, Carlos rated it really liked it Jul 15, Lucia rated it it was ok Feb 02, Ronald Moore rated it liked it Nov 13, Jason McClure rated it it was amazing Sep 14, Illimar Kaasiku rated it it was amazing Mar 11, Paul Brennan rated it liked it Dec 30, Paul Juha rated it it was amazing Apr 29, Don Elium rated it it was amazing Jan 03, Lorenzo Caminiti rated it really liked it Feb 18, Tashin Fogelman rated it it was amazing Apr 15, Marcel Armstrong rated it really liked it Jun 07, Rose Casella rated it it was amazing Feb 06, Joydeep rated it it was amazing Apr 28, There are no discussion topics on this book yet.

Be the first to start one ». Readers also enjoyed. About Yogani. Since , he has crossed the lines between many traditions, developing an effective integration of methods including Deep Meditation, Spinal Breathing Pranayama, Hatha, Kundalini, Tantra, Self-Inquiry, and more. It is a flexible, scientific approach rather than a rigid, arbitrary one, and open to public scrutiny, as all spiritual knowledge should be nowadays.

He has no desire for guru status - only to have the joy of making a small contribution to helping the disciplines of spiritual practice become open to everyone. He wishes to remain anonymous, preserving a quiet life in practices. Yogani is the author of ground-breaking books on highly effective spiritual practices, including: Advanced Yoga Practices - Easy Lessons for Ecstatic Living two comprehensive user-friendly textbooks , and The Secrets of Wilder, a powerful spiritual novel. The "AYP Enlightenment Series" makes these profound practices available for the first time in a series of concise instruction books. Reviews Review policy and info. Published on. Original pages. Best for. Web, Tablet.

AYP - Asanas, Mudras and Bandhas Book

As of now we supply through a delivery and courier system, making our products available all over India, and in some other countries too. Some things you may find at Tarini, Galleria, Gurgaon. We work within a system of networking and flexible partnerships with groups. And individuals who have something different or unique to offer in the way of making our route to well-being a soft, enriching, and grass-green one. We welcome the interest of persons and groups in associating with us, and in making the journey greener and merrier. Have a requirement? Get Best Price. Kundalini awakening is covered with clarity, including a discussion of symptoms and specific methods for self-pacing and regulating the inner energies to. Contact Seller Ask for best deal.

Get Latest Price Request a quote. Sushant Lok-1, Gurgaon, Haryana. View Mobile Number. Verified Supplier. Ask for more details from the seller Contact Seller. Product Details. Product Description "Asanas, Mudras and Bandhas - Awakening Ecstatic Kundalini" provides a practical approach for incorporating yoga postures and specialized inner physical maneuvers into a compact daily routine of practices that includes spinal breathing pranayama and deep meditation. Interested in this product? Get Latest Price from the seller. Contact Seller. Product Image. Company Details. About the Company. Year of Establishment Thank you Yogani so much for your efforts to write this book for the benefit of humanity and spiritual growth.

Thank you for these books. Practical techniques are provided which enable both couples and solo practitioners to utilize the sexual response to cultivate ecstatic energy to its highest levels of spiritual manifestation. Details of private labwork are included. I'm glad I did. I had no idea what Tantra was and feel like I have a good understanding of what Tantra actually is now. I am learning the way of the yogi and this is an interesting part of practice. I look forward to exploring it further. Kundalini awakening is covered with clarity, including a discussion of symptoms and specific methods for self-pacing and regulating the inner energies to provide for progressive and safe unfoldment of abiding inner silence, ecstatic bliss and outpouring divine love — the essential characteristics of rising enlightenment. Simple, clear and concise. It's the perfect foundation, thorough and

complete.

For anyone who is truly interested in this journey of yoga these are a must. I'd give it infinite stars. Thank you Yogani. The language is plain and the explanations are quite wonderful. Maybe a little difficult for a beginner, but the beginning practices and asanas they have in it were quite nice and would be an excellent tool to enhance practice. Yet, it is as close to us as our most immediate hopes and dreams, for it is the principles of Samyama that are operating behind everything good that is happening in our life. The key methods of Samyama are covered here, simplified to enable anyone to engage in daily practice leading to profound results. Our deepest desires can be enlivened by systematically letting go into our inner silence. Whatever we surrender will come back to us a thousand-fold, purified in a divine outpouring. This book explains clearly and simply the practice of samyama - moving the stillness. It is the same principle involved in prayer. I warmly recommend the book to anyone who has practiced meditation for a while, and is interested in yoga in general.

I thought I knew enough about meditation until I read this book which led me into another amazing dimension altogether. Anyone can pick up the guidance, even a beginner. Yogani boils Samayama down to its essence and makes it easy to understand and apply. The AYP enlightenment series are essential reading. Awesome additional information and life changing already. Great job. I am thankful Yogani took on the tasks and applied his clear thinking and simple voice to these subjects. This is more than a diet book. It is an integrated set of instructions on yogic nutrition, hygiene and rejuvenation, aiding and facilitating the process of human spiritual transformation. The human body is the doorway between our outer world and a boundless inner realm of peace, love and creative energy.

When the doorway has been opened through balanced spiritual practices — health, productivity and happiness in daily life are the natural result. If you are on the path this book is absolutely essential. If you are not on the path this book is also great for you. If you are interested in a better understanding of a genuinely good diet in all aspects of the word, cleaning your body the way our parents should have taught us to. Explanations of all of these topics are covered in a way that makes it easy for anyone to practice.

All of Yogani's books provide a simple yet profound overview of whatever the topic is, including this book. With all of the health issues in the world today everyone could use a little help from this book. A few simple modifications in daily bodily up keep taught in this book will change the vessel you're carrying throughout this life. Once on the spiritual path, you will get a calling from within to watch what foods you put into your body and how you keep your body clean and healthy. This, namely saucha or purity, as Yogani explains in his book, belongs to the Niyama limb, one of the eight limbs of yoga from the sutras of Patanjali. Yogani has done an excellent job in covering various factors of diet, and explains why most "fad diets" fail.

The concept that one diet plan will fit all is not practical and it is important to listen to your body when you decide to improve your diet. He covers what kinds of foods to eat, how much to eat, and ways to cook food. He explains the foods that help balance the Ayurveda doshas - vata, pitta, kapha. He also covers fasting, addictions, drugs and yoga, and talks about the relation between kundalini specifically the inner processes of soma, amrita and ojas, digestion and diet. The practice of Self-Inquiry also aids us in realizing the ultimate truth of existence — the Oneness that we are and the Unity of all that exists. With the dawn of the Witness, we develop an increasing ability to observe our thoughts as objects. As our sense of self shifts from our thoughts to the silent Witness within, the grip of suffering is ended.

I have read other books in the AYP series and they are all great. This one was particularly helpful to me as I have just started learning to meditate. For anyone new to meditation it would be beneficial to read this. It makes sense of a lot of inner thoughts and feelings I have been experiencing since beginning yoga practice and meditation. The style of writing is unique - a lovely blend of personal relation and universal spiritual concepts. I often felt like Yogani was speaking directly to me and I definitely found this book at the right time. If you are experiencing blocks or inner experiences you do not understand read this book, it will certainly help you. This is really simple, but very, very effective in teaching you how effective self enquiry is carried out. At just over pages he gets right to the point, and doesn't waste any paper! There are no abstract, theosophical terms used, and no Sanskrit in sight!

It is so simple to understand and is a much needed foundation to understand other self enquiry books - if you feel the need to read any after this one. Through inspired action we can transform our life experience to one of ecstatic bliss and outpouring divine love. In combination with an effective daily routine of yoga practices, the applied principles of bhakti and karma yoga elevate the relationship of our desires and actions to divine expression, greatly hastening our progress toward enlightenment. Simple yet direct and effective approach of how to love the Beloved. Another awesome book by Yogani. It's a must read if you have a very strong desire toward a chosen ideal or action, or if you feel that you cannot seem to be attracted toward a chosen ideal or action.

If you are feeling overwhelmed because you have strong bhakti spiritual desire, or if you are feeling frustrated because you seem to have no bhakti at all, he explains how to learn to transform emotions positive or negative to bhakti toward our chosen ideal ishta rather than getting frustrated. This can be done while still being completely engaged in this world. He emphasizes the need to self pace bhakti so that our journey is as smooth as possible. He talks about karma and explains how it is cause and effect and how the effects can be altered by changing the underlying causes.

Hence we don't have to leave our lives in the hands of fate and can bring about positive consequences to ourselves and all around us. The center of all spiritual progress is found within each human nervous system. When these time-tested methods for stimulating human spiritual transformation are applied in an integrated way, spiritual unfoldment can occur within any cultural or religious setting. Detailed instructions on the many individual practices discussed here are provided throughout the AYP writings. This volume ties them all together in a systematic way to facilitate long term self-paced cultivation of abiding inner silence, ecstatic bliss, outpouring divine love, and the rise of unity in Self-realization. I started practicing Yoga about a year ago. Ever since, there have been many positive changes in my life. Certain things have been happening to me and this book is very good at helping to make sense of it all.

I read a couple of other books in this series, and I have to say I love them. The style of writing and explanation is really great and makes me want to know more. This is a great book for those starting out on the path of yoga and developing spiritually. I will definitely be reading other books in

this series - I'm hooked!! This book by Yogani clearly describes all the Eight Limbs of Yoga and goes a step further and explains the significance and connectedness of all the limbs on the path towards enlightenment. To all those people who had trouble with many other systems this book is the answer.

<https://files8.webydo.com/9589899/UploadedFiles/5ACAB185-62D0-4FCE-28B6-8FA9DAE43C30.pdf>

<https://files8.webydo.com/9589644/UploadedFiles/EC9501B4-7A9D-5365-22DF-B3A184E36F0B.pdf>

<https://files8.webydo.com/9589929/UploadedFiles/1CAF0170-42E1-2AC4-1054-AA6D0BBE7CFC.pdf>