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The Serpent Power: The Secrets of Tantric and Shaktic Yoga

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by Arthur Avalon (Author)

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Who is Kundalini, the Serpent Power? Mythologically, she is an aspect of the Shakti power or energy and consort of Shiva. Philosophically, she is the creative energy that eventually forms mind and matter, and comes to rest in the lowest form of matter in the human body, the coccygeal region. Practically, she is the energy that is the life force in every human being, and that can be awakened and developed by the practice of yoga. Kundalini is the energy behind all evolution and practice is particularly powerful in nature. She is The Goddess, the ultimate power that makes the universe work. Kundalini Yoga is the method of awakening the Kundalini power and leading it to union with Shiva, the Supreme Consciousness. Kundalini Yoga is the most powerful and dangerous of Kundalini Yoga systems. It is the most powerful because it is the one that is associated with it, the study of matters – the chakras, or psychic centers in the human body and their progressive awakening and development. It is the most dangerous because it is the one that is most likely to produce physical disturbances if not practiced correctly. Kundalini Yoga is the science of the Chakras and the kindle Fire that Kundalini is. Kundalini Yoga is the science that explains the main occupation of the Kundalini yoga.

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