The Kundalini Experience: Psychosis or Transcendence
Paperback
by Lee Sannella (Author)

9 customer reviews

See all 3 formats and editions

Hardcover from $90.00
Paperback from $14.42

47 used & new from $14.42

Many people have heard of the extraordinary phenomenon of kundalini awakening in which a person's body is swept by muscle spasms, indescribable sensations & sharp pains running throughout the body. He feels his body tearing within. Then suddenly he laughs & is overcome with bliss. When allowed to continue to completion this process may culminate in deep psychological balance, inner strength, and emotional maturity. Psychiatrist Lee Sannella, cofounder of the Kundalini Clinic in San Francisco, differentiates this from a psychotic episode. Instead, it is a psychophysiological transformation, or 'rebirth' process as natural as physical birth.

Customers Who Bought This Item Also Bought

Kundalini: The Evolutionary Energy
Krishna Gopi
Paperback $12.92

Kundalini Energy & Christian
Phil St. Romain
Paperback (6)

Spiritual Emergency: When Personal
Stanislav Grof
Paperback (23)

Living with Kundalini
Gopi Krishna
Paperback (12)

Product Details

Paperback: 168 pages
Publisher: Integral Pub; Revised edition (June 1987)
Language: English
ISBN-10: 0941255298
Product Dimensions: 0.8 x 6.2 x 9 inches
Shipping Weight: 0.8 ounces
Average Customer Review: (9 customer reviews)
SO Grateful For This Book!

By Reb S. on June 9, 2008

Format: Paperback  Amazon Verified Purchase

I acutally bought a copy of this book 10 years ago, read it, and thought it was a load of baloney. (And was secretly freaked out by the thought that it might NOT be baloney). Then, since I didn’t want to consider the possibility, I got rid of the book. Now, 10 years later, a year after my OWN chakras started ‘waking up’(and freaking the heck out of me!) I was directed to this book again and am now drinking it up, absolutely relieved that it exists, because the process it’s describing is EXACTLY what’s happening to me. (So much for my baloney theory!) It’s too bad the book is out of print now, but kudos to all of the other sellers who are still making it available. Talk about the right book at the right time. If you suspect your energy is raising itself to a higher level (or you’re not sure what’s going on) check out this book. It may help a lot! It definitely has helped me. (And, in truth, the fact that I read it years before I went through this experience actually helped me to recognize it when it started happening to me).

Comment  Was this review helpful to you?  Yes  No

---

Lucid, readable, useful.

By Craig Chalquist, PhD, author of TERRAPSYCHOLOGY and DEEP CALIFORNIA on October 11, 1999

Format: Paperback  Amazon Verified Purchase

I recommend this as an intro into the understanding of what Grof and Grof have dubbed "spiritual emergence," an increasingly common pattern of psychobiological activity often misdiagnosed as psychotic. -- Craig Chalquist, M.S., creator of the Thineownself self-exploration site.

Comment  Was this review helpful to you?  Yes  No

---

An excellent book -- a "must" for medical doctors.

By kabir@zenhouse.com on July 21, 1998

Format: Paperback
If you are working in the medical field - especially if have to diagnose - use this book to get an idea about a natural development which up to now occurred very infrequently but which is going to be happening more often during the next years.

Feedback
- If you have a question or problem, visit our Help pages.
- Would you like to update product info, give feedback on images, or tell us about a lower price?