



Asana and Mudra (Hardback)

By Swami Kripalu

Red Elixir, 2017. Hardback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Swami Kripalu was arguably the most accomplished kundalini yoga master in modern times. He revived an ancient form of yoga taught to him by his guru, whom he later discovered was Lakulisha, the 28th incarnation of Shiva. He called this yoga sahaja, or natural yoga, which is also known by many other names, including surrender yoga and kundalini yoga. Kripalu practiced natural yoga for over 30 years, 10 hours a day without fail. In the end, he achieved nirbija samadhi, the highest goal of yoga. The hallmark of natural yoga is that it is spontaneous. Once the practitioner surrenders to the Divine and the life energy is awakened in the body, asanas and mudras, pranayama, sound and song, dance, thoughts and feelings all arise on their own. The practitioner merely observes what is happening. After the life energy has been awakened, the kundalini awakens by the grace of God or guru and travels up the spine, systematically piercing and evolving all the chakras. By this means, body and mind eventually become completely pure. Kripalu believed that natural yoga is the source of all...



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