



Your search: **kundalini**.

### Did you mean...

[kunalini \(Yoga concept\)](#)

Try [searching over 100 million more web pages](#) if you don't find your answer at Britannica.com.

[Get tips and advice](#) on how to search effectively.

### The Web's Best Sites

#### [Historical Sources and Knowledge of Kundalini](#)

Rating: ★  
Article on this primordial energy within the human body published in Sydney-based quarterly, *Knowledge of Reality*. Refers to its presence in ancient religious texts, and discusses its occurrence in the teachings of religious leaders and saints worldwide like Adi Sankaracharya, Guru Nanak Dev, Moses, Christ, Lao Tze, and Lord Buddha.

#### [International Kundalini Yoga Teachers Association \(IKYTA\)](#)

Rating: ★  
Organization founded by Yogi Bhajan for the promotion of kundalini yoga. Includes a directory of IKYTA instructors and an index of certified teacher training programs located worldwide. Covers the code of ethics for IKYTA teachers.

#### [Kundalini and the Awakening of Spirit](#)

Rating: ★  
Introduction to this form of energy that stimulates consciousness according to

### Encyclopædia Britannica

#### [kundalini](#)

*from kun&subdot;alini* in some Tantric (esoteric) forms of Yoga, the cosmic energy that is believed to lie within everyone, pictured as a coiled serpent lying at the base of the spine. In the practice of Laya Yoga ("Union of Mergence"), the adept is instructed to awaken the kunalini, also identified with the deity...

#### [chakra](#)

("wheel"), any of a number of psychic-energy centres of the body, prominent in the occult physiological practices of certain forms of Hinduism and Tantric Buddhism. The chakras are conceived of as focal points where psychic forces and bodily functions merge with and interact with each other. Among...

#### [Tantric Hinduism](#)

system of esoteric practices used for both the attainment of spiritual experiences and the fulfillment of worldly desires. Tantra designates a particular group of post-Vedic Sanskrit treatises, heterogeneous in content, that deal with secret practices aiming at the purification of the body and the...

### Magazines

#### [Working the Body Beautiful: Yoga and Massage.](#)

##### [Library Journal](#)

(05/01/99)

Presents numerous brief reviews of books and other media related to yoga and massage. `Yoga for Pregnancy,' by Françoise Barbira Freedman and Doriel Hall; `Science of Breath: A Practical Guide,' by Swami Rama et al; `Reiki Hands That Heal,' by Joyce J. Morris with William R. Morris.

#### [Book reviews.](#)

##### [Parabola](#)

(Summer97)

Reviews the book `Shambhala: The Fascinating Truth Behind the Myth of Shangri-la,' by Victoria LePage.

#### [Five women in search of the tantric orgasm.](#)

##### [Esquire](#)

(06/01/97)

Discusses information about tantric sex. References to tantric sex; Lucy Becker's explanations on tantric sex; Benefits of the Cobra Breath; More information.

#### [Letters from the hole.](#)

##### [Grand Street](#)

(03/01/97)

Presents the letters of African American prisoner Daniel Lee Anders addressed to writer Mike Davis. Introductory letter from Anders to Davis; Agreement between Anders and Davis that Anders would write about his experiences.

### Related Books

**Eros, Consciousness & Kundalini: Enhancing Sensuality through Tantric Celibacy & Erotic Experience**  
Sovatsky, Stuart

[More about this book](#)

**Layayoga: The Definitive Guide to the Chakras & Evoking Kundalini**

Shyam Sundar Goswami

[More about this book](#)

**Kundalini Energy, Vol. IV: The Flame of Life**  
Flora, Mary E.

[More about this book](#)

**Kundalini Tales**

Sauder, Richard

[More about this book](#)

**Superconscious Meditation: Kundalini & the Understanding of the Whole Mind**

Condron, Daniel R.

[More about this book](#)

**Owner's Manual for the Human Body: Kundalini Yoga As Taught by Yogi Bhajan**

Bhajan, Yogi

[More about this book](#)

**Physical Wisdom: Kundalini Yoga As**

Hindu spiritual practices. Explores the symptoms of Kundalini awakening and its relation to spiritualism.

### [Kundalini Resource Center](#)

Rating: ★  
Collection of articles and book reviews about *kundalini*, an ancient Indian philosophy referring to the unleashing of creative energy located at the base of spine. Contains a useful FAQ and a gallery of *kundalini*-related art.

### [Kundalini Yoga](#)

Rating: ★  
Resource for this yoga style. Describes the meaning of *kundalini* (energy), and details its practice and benefits. Provides an overview of *chakras* (energy centers on the body), and offers an online course.

### [Yogi Bhajan](#)

Rating: ★  
Founder of 3HO, which works to promote *kundalini* yoga. Includes a profile of the founder, an introduction to kundalini yoga and its benefits, a directory of yoga centers, course information, and a program schedule of the 3HO.

### [Healing Ways](#)

Rating: ★★  
Comprehensive presentation on spiritual healing. Discusses ancient techniques including the Chinese Qi Gong and Tai-chi Chuan, the Japanese Shiatsu and Reiki, and Indian systems of thought such as Hatha Yoga, homeopathy, Kundalini awakening, Ayurveda, and Pranic healing. Delves into the metaphysics of modern

### [Tantra](#)

(Sanskrit: Loom), any of numerous texts dealing with the esoteric practices of some Hindu, Buddhist, and Jaina sects. In the orthodox classification of Hindu religious literature, Tantra refers to a class of post-Vedic Sanskrit treatises similar to the Puranas...

### [Shaktism](#)

also spelled Shaktism, worship of the Hindu supreme goddess, Shakti (Sanskrit: "Power," or "Energy"). Shaktism is, together with Vaisnavism and Shaivism, one of the major forms of modern Hinduism and is especially popular in Bengal and Assam. Shakti is conceived of either as...

### [Nature of Tantric tradition from Hinduism](#)

Tantrism, which appears both in Buddhism and in Hinduism, is an important component of religion that, though primarily meant for esoteric circles, also influenced, from the 5th century AD, many religious trends and movements. Opinions of what Tantrism is are quite diverse. Generally, Tantrism...

### [Shakta Tantras from Hinduism](#)

Shaktism in one form or the other has been known since Bana (c. 650) wrote his Hundred Couplets to Cani (Cani-shataka) and Bhavabhuti his play Malati Madhava (725), both of which refer to Tantric practices. There is no...

### [L.A. the list.](#)

#### [Harper's Bazaar](#)

(Apr97)

Presents information about shops, restaurants and recreation places in Los Angeles. Restaurants for cocktail parties; Fun activities of people in Los Angeles; Famous designers of Los Angeles; Favorite bands and Japanese restaurants in Los Angeles; More information.

### [From selfhood to salvation.](#)

#### [UNESCO Courier](#)

(04/01/97)

Discusses the human body as viewed in the Indian tradition as integrating a complex variety of mental and physical processes. Ancient Hindu scriptures that contain many passages on the body-mind complex and its relation to Atman; Vital goal of the Hindu system of esoteric practices; Three principal components of life and movement.

### [Choosing My Religion.](#)

#### [American Demographics](#)

(04/01/99)

Discusses the shift from religion to spirituality in the mainstream of faith in the United States. Religion and spirituality as a product in the marketplace of goods and services; Experiential religion and its marketing.

### [The definitive D.H. Lawrence.](#)

#### [Contemporary Review](#)

(05/01/97)

Reviews the book 'D.H. Lawrence: Triumph to Exile 1912-1922,' by Mark Kinkead-Weekes.



[Click for FREE trial subscription](#)

**Taught by Yogi Bhajan**  
Bhajan, Yogi

[More about this book](#)

**The Bible & Kundalini Energy: The New Testament, Deep Secrets of the New Testament Revealed**

Elder, Dorothy

[More about this book](#)

Buy these books at

**Barnes & Noble**

therapies involving crystals, ascension, past-life regression, auras, gemstones, astral planes, Bach flower, sound, light, and art. Also covers traditional physical remedies like kinesiology, reflexology, chiropractic, Alexander techniques, and Feldenkrais bodywork.

### **The Dreamer**

Rating: Unrated

Articles on analysis of dreams. Discusses

phenomena like

out-of-body experiences,

sleep paralysis, and

*Kundalini* manifestations.

[About Britannica.com](#) | [Comments & Questions](#) | [Company Information](#) | [Advertising Sales Kit](#) | [Privacy Policy](#)

© 1999-2000 Britannica.com Inc.