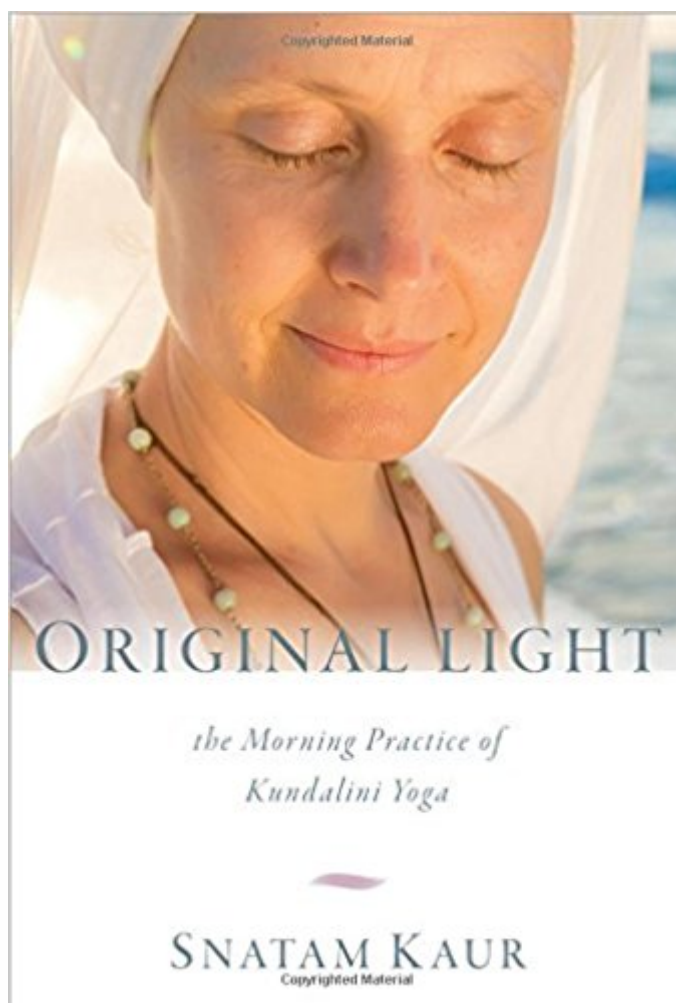


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# Original Light: The Morning Practice Of Kundalini Yoga



## Synopsis

The Kundalini Yoga tradition speaks of a call to the Divine that awakens the Original Light of the soul. In gatherings across the globe, Snatam Kaur and her fellow musicians have shared that radiance through sacred chants. With *Original Light*, this beloved devotional singer guides us into the heart of the path, with the Aquarian Sadhana as a foundation to understand the tradition's daily principals, morning practices, and sacred chanting experiences. Kundalini, the universal life force, has for centuries been shrouded in misconception and lore. But in fact, Snatam Kaur assures us that, through Kundalini Yoga, the capacity to experience it is within all of us—a natural and limitless source of physical health, stillness, joy, energetic strength, and loving connection with others and all of creation. *Original Light* was written for those seeking a compassionate and supportive guide to creating a vibrant and sustainable daily spiritual practice. Here, Snatam shares with honesty and gentle humor her own stories, challenges, moments, and many practical pointers gained from her lifelong journey. Readers first explore the philosophy and foundational principles of Kundalini Yoga as taught by Yogi Bajan, and then learn the five morning practices of the Aquarian Sadhana, including: • The Wake-Up Routine—establishing a sacred space, bathing and purification, healthy diet and elimination guidelines, and more • Jap Ji—from 15th-century sage and founder of the Sikh tradition, Guru Nanak, this sacred recitation is both a map and a direct expression of our union with the Divine • Kundalini Yoga Kriyas—nine energizing posture and movement sets for creating a somatic space for your spirit • Aquarian Sadhana Mantras—seven devotional chants as the sun rises to open the doors of liberation and experience bliss and ecstasy through sacred sound • Gateway to Divinity—the closing transition stage that integrates your own spiritual tradition and helps you to focus your energies and set your intentions for the day ahead For those of all faiths, *Original Light* provides an ideal introduction and resource to improve our health, find greater freedom and stillness within, and illuminate each moment of the day. Includes two CDs of guided chants and practices with Snatam Kaur.

## Book Information

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## Customer Reviews

WOW! Or should I say WAHE GURU!!! Snatam Kaur has done a sublime service with this book. If you are a beginner, this book will guide you through it all. Look no more. Everything you want, and need to know, to get well into the path is here along with many beautiful stories from her own experience and life. If you are advanced, or think you are, this book will serve you as a repository, a vault, of the knowledge you always wanted your yoga teacher to be able to teach you but he/she could not. Better yet, this book will serve you as the notes, the study guide, you wished you took throughout all your yoga practice, but did not know why. All chapters are complete in and on themselves. Sadhana and life, the same and one thing, Snatam brings to life in this work. The book includes two CDs that are magnificent. The Jap Ji, in her slow, rhythmic, angelical voice is precious. Don't look for a 15-minute version so you can jump into your Kriya. Expect a slow, etheric and spiritual 30-minute recitation that will place you where you need to be, so you can walk on water. The second CD is the entire Mantra section for Morning Sadhana, and a beauty it is. May all be guided by the Guru and Snatam's labor of Love with this true gift. Sat Nam! With all my respects, Adi Singh.

This book is a treasure for our age. Thank you Snatam for sharing your experience with the Aquarian Sadhana with love, humor and honesty. Every day people are facing challenges and are looking for solutions. The daily Sadhana practice described in this book is the ultimate step towards personal transformation as well as healing and peace for all beings.

I bought Snatam Kaur's book ORIGINAL LIGHT because I thought it was a memoir! It's not. However, it is a wonderful source for the student and practitioner. With clear, lovely writing, she puts it all together: why we practice Kundalini, what to practice, how to practice it, what the benefits are, and why to keep up. She shares her personal story of why she she practices Kundalini and what she receives from a Kundalini practice. I enjoyed her perspective on these questions: Why do we

cover our heads? See p. 63. Why wear white? See p. 62. Why take a cold shower? See p. 60. I also enjoyed her too-small section on "Experiencing the Energy of the Guru without a Gurdwara." See p. 132. And finally, Mike Heron of the Incredible String Band gets written credit for "Long Time Sun," the "closing song for people of all faiths." Snam leads you through the postures, the mantras, the breath, the meaning, the glands, the 10 bodies and more, including a detailed translation of Jap Ji. Music CD is included (Long Ek Ong Kaur, Mul Mantra and some other gems.) I would have enjoyed more personal revelations from her, but the book is not a memoir. Perhaps she will write one soon? We can only hope. In an effortless flow of words, Snam brings us the basics of Kundalini yoga, from her gloriously unique perspective, with insightful anecdotes. A terrific tool for the long-time practitioner and those new to Kundalini.

before reading this i had little knowledge of Kundalini yoga or the subjects covered in the book, so i can't judge this book in comparison to others on the subject of yoga, though i can say that i love the way she includes clear pictures of all the yoga positions that are covered, and soo much detail about the history, the meanings, the intentions behind a chant or a pose...it is exactly what i was hoping for from Snam Kaur. i knew i could expect no less than a well written, expressive, and highly detailed book full of devotion and love for the subject and for the reader. the accompanying music and Jap Ji recitation are wonderful

I love this book as I have loved Snam's music all these years. It is deeply inspiring and exudes all that she is bringing through about the ways of love and devotion. Her author voice is clear and purposeful, also sweet and powerful. She has a purity of intent and attends to her teaching mission with tenderness and love. I am so very grateful for her presence on this planet, for her music, and now, for this book.

Very informative and easily understood guide to this ages old practice that has nourished and sustained countless practitioners of Kundalini. The lovely Snam Kaur is a living example of the calm grace and reverence that this knowledge can bestow upon a dedicated practitioner. The writing is easy to read and conversational, yet precise in its meaning and instruction, and the accompanying CD has Snam Kaur chanting the mantras. I highly recommend this book for anyone seeking to learn about Yogi Bhajan's morning practice.

I was introduced to Kundalini Yoga through a local community center, and wanted to know more

about this beautiful practice. Snatam Kaur offers a brilliant description of the practice, and the many benefits one can gain through adoption of breath, chanting and yoga. I especially appreciated the references to modifying postures based upon physical conditions or difficulties; I have many arthritic joints that disallow some postures. It was refreshing to know that benefits exist focusing primarily on breath and sound. Two CDs are included with this book, which improves the value immensely. The CD of musical chants with Snatam's amazing voice is my new favorite anytime music. Thank you!

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