

kundalini - wikipedia - kundalini and cell towers - the passive approach is instead a path of surrender where one lets go of all the impediments to the awakening rather than trying to actively awaken kundalini.

basic chakra meditation techniques - the chakras can be represented by seven small yantras, this way you can get a geometrical representation of each energy center. each chakra is also represented by a mantra.

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ancient and modern initiation - the rosicrucian fellowship - obstacles which they know strengthen the character; they work through the intellect, as is shown by the lamp from the flame of which proceed nine rays, showing the positive path chosen by the esoteric student.

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twelve steps - step twelve - (pp. 106-125) - step twelve 107 which he could not do before on his unaided strength and resources alone. he has been granted a gift which amounts to a new state of consciousness and being.

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