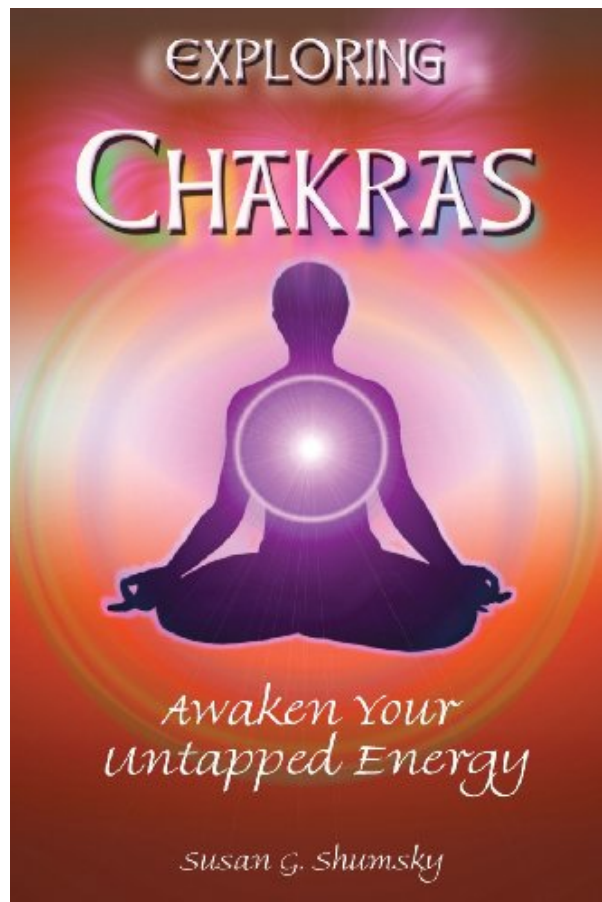
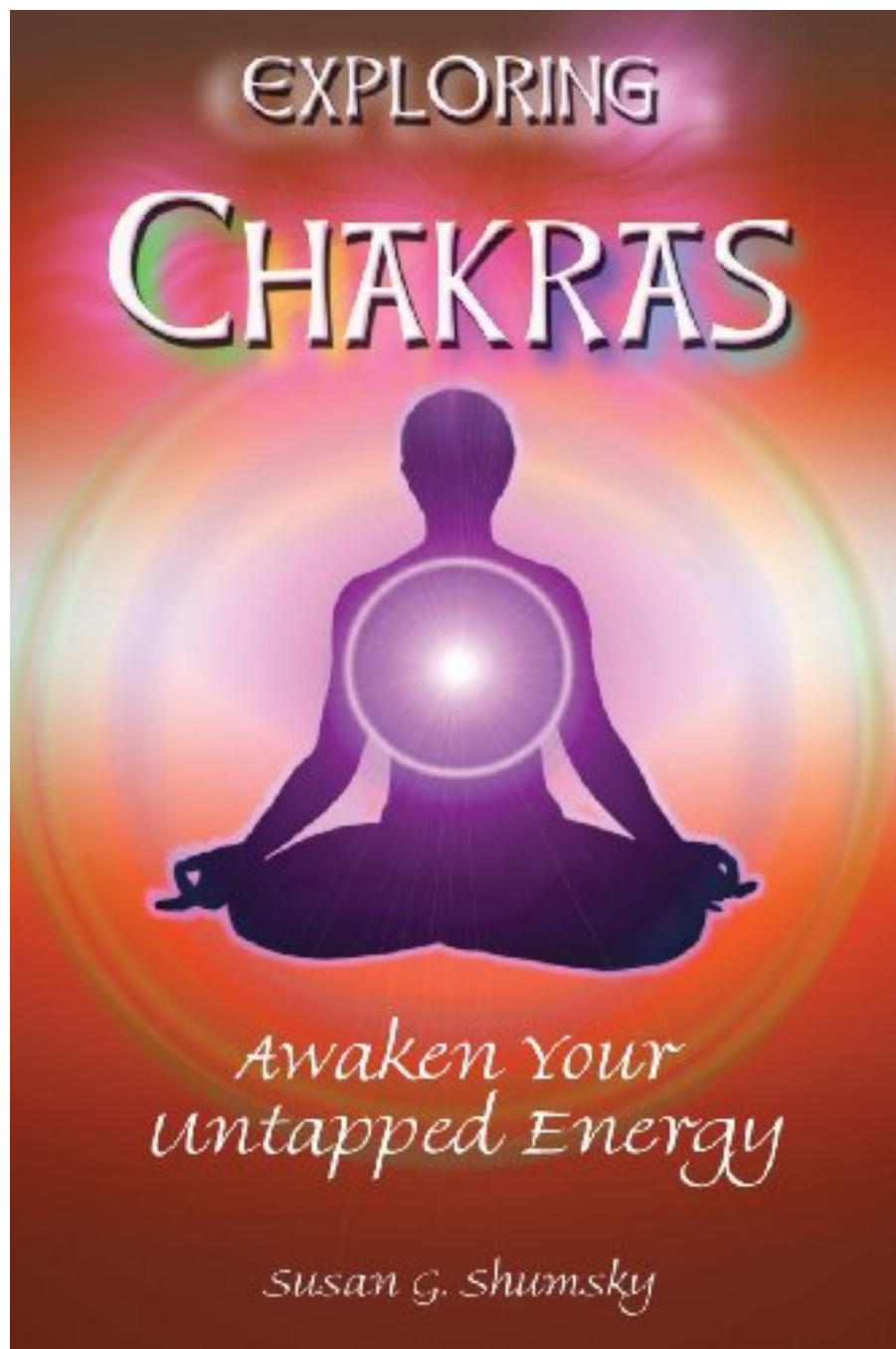


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About the Author

Susan G. Shumsky is the author of Exploring Meditation and Divine Revelation. She has practiced yoga, mediation, and other self-development disciplines for 35 years. For more than two decades years, she resided in remote areas, including the Himalayas and Swiss Alps, under the tutelage of an East Indian enlightened spiritual master. She now travels internationally, continually presenting seminars, retreats, and tours to India and other sacred sites.

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Until now, much of the wisdom contained in this book has been locked in secret hiding places in the forests and caves of India and Tibet. This book uncovers these new understandings about the subtle energy field. Kundalini shakti is a mysterious, dormant, potent force within the body that, when awakened, can bring spiritual enlightenment. This provides easy, step-by-step methods to help you begin to gently awaken your kundalini energy in a safe, reliable, and systematic way. These meditations, yoga postures, and yoga breathing methods are traditional, reliable, field-proven practices. By reading this valuable book, you will: * Discover your subtle body and energy field. * Learn about prana and how it functions in your body, mind, and spirit. * Gain understanding of kundalini energy and the chakra system. * Learn to heal blockages in your subtle body. * Learn to maintain health of your energy field. * Empower yourself as a multidimensional being.

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Some false information being given

By Opinion Shared

The preview lured me in. When I got to the part concerning Kechari Mudra the author writes that it requires several surgeries to the tongue to achieve.

As someone who has achieved Kechari Mudra without cutting the tongue I emphatically go on the record as stating cutting the tongue is NOT necessary. Practice Talabya Kriya as outlined in Ennio Nimis book and

you can achieve it in a short period of time for me it took only 3 months. Just do an internet search for Ennio Nimis and Kriya you will find it swiftly.

This book also is not indexed correctly if you buy it via Kindle edition be ready to go through every page in it to get to a search phrase or word.

2012-12-23 I have found time to read more of this book and it is better than my original 3 star review so I bumped it up to 4 It may still go to a 5 star review we will see. Book formatting is still bad even on a kindle Paper White.

3 of 4 people found the following review helpful.

Part of a body of Work

By Presence

I bought this after reading 2 of her other titles 'Divine Revelation', followed by 'Miracle Prayer'. I found her so interesting that I bought another 4. She's the author of 7 books at this point. Having said all this, I have only skimmed this one. I found it quite as interesting as the rest, at least what I have read so far and fully expect to learn a good deal. It's because of the excellence of her other work that I have scored this high. Susan brought 'New Thought Christianity' to my attention, something unknown to me. It's a school of thought and spiritual practice. Apparently its first advocate was Swedenborg and there followed several hundred years worth of others that included Emerson. She is thorough and reads with clarity, something of an accomplishment given the rather hard-to-define fields she writes about: e.g in 'Ascension', the transmutation of the physical body to light through a progressive divinisation. Her school of thinking is sympathetic in my view, with 'A Course In Miracles', though whether she would agree I don't know. She's serious, draws well on wide life experience and has something to offer. Her body of work is something of a resource and I think for some people could be a contribution to their exploration. And it's not just cerebral, she's nothing if not about direct personal experience and cognition. There are people who will disagree with these views, but that's life isn't it.

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absolutely love it!

By Alexa T.

Everything you need to know in a very comprehensive way, absolutely love it!

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