



Tantric Yoga: The Royal Path to Raising Kundalini Power

By Gavin Frost, Yvonne Frost

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Tantric Yoga is considered to be the highest and most rapid path to enlightenment. In this book, Gavin and Yvonne Frost present this ancient Eastern discipline in clear, concise and objective detail, and have adapted the material for Western lifestyles and modern use. Tantric Yoga teaches control of the body and its functions so that the tantrist may reach the ultimate spiritual experience. Students will learn to re-evaluate relationships, for these commitment to others and demands equality between men and women. Special to this book are rituals and meditations for ascending and descending the chakras. The authors particularly devote themselves to discussing how to work with activating the kundalini energy safely. Starting at the root chakra, the authors present exercises for activating the energy of each chakra, working upward in an orderly fashion. The cycle is completed by working back down, chakra by chakra. This creates a psychic loop that empowers you to overcome emotions, gain new knowledge and bring wisdom back into consciousness.

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