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### **meditation demystified how to pdf**

Kundalini (Sanskrit: कुण्डलिनी, pronounced (help · info), "coiled one"), in Hinduism refers to a form of divine energy (or shakti) said to be located at the base of the spine (). It was originally an important concept in Āśaiva Tantra, where it was seen as a force or power associated with the divine feminine, which when cultivated and awakened through ...

### **Kundalini - Wikipedia**

Kundalini yoga (कुण्डलिनी-योग) is a school of yoga that is influenced by Shaktism and Tantra schools of Hinduism. It derives its name through a focus on awakening kundalini energy through regular practice of mantra, tantra, yantra, yoga or meditation. Kundalini yoga is often identified as the most dangerous form of yoga because of the involvement of subtle energies.

### **Kundalini yoga - Wikipedia**

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### **Metatonin Research, Pineal gland secretion METAtenin**

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