

Her writings are the outcome of many years of Kundalini experience - from initial awakening through the resultant, progressive process of ever-increasing, integrative wholeness. - From the Foreword by Master Charles Cannon

With a growing shift in the consciousness of the world today, the awakening of the Kundalini energy and unusual experiences associated with the process during meditation, have become more widespread. Yet, many questions remain and misconceptions abound. This book provides answers to some of the experiences and doubts that arise in such a spiritual practice. All the questions raised and answered in this book are from real-life events. Santosh Sachdeva has undergone and intensively experienced the workings of the Kundalini energy. This was documented in her Kundalini Trilogy consisting of Conscious Flight into the Empyrean, Kundalini Diary and Kundalini Awakening. These three books represent a unique and unprecedented contribution to Kundalini literature, with unparalleled illustrative detail on the unfolding of the process. This book is once again a unique contribution to Kundalini writing as, earlier, such credible and authentic advice was normally available only with reclusive masters. There may be something in this book - a question or an experience - that you could relate to as you may have had a similar doubt or experience. Hopefully, the answer will help you on your onward spiritual journey. Also included are relevant comments by Master Charles Cannon, an American mystic and disciple of Siddha Yoga Master, Swami Muktananda Paramahansa, which offer a contemporary understanding of the subject. If you have picked up this book, you are probably at some stage of Kundalini awakening and are seeking answers to, and reassurance on, the process of its unfolding. If so, you will perhaps find your answers in this book.

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