



Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini

Mark Griffin

Download now

[Click here](#) if your download doesn't start automatically

Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini

Mark Griffin

Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini

Mark Griffin

About the Deepen Your Practice Series

To study with an enlightened being is a truly rare and special opportunity. It is not a destiny that falls to many people. If it is your great good fortune to have come across the teachings of Mark Griffin, you may find yourself wondering “How do I study with him? How can I put my time to best use?”

Mark’s teaching style is so deep and encompassing that people often wonder where to begin or how to engage in the spiritual training he offers. Is there an order to what you should study, or are there lessons you could turn to? Yes - That’s exactly what the Deepen Your Practice course is – it is a sequential curriculum of study with this profound Meditation Master.

Mark is here to guide us on our spiritual path and illuminate the way, but if you work with him – while he’s working with you – you’ll be amazed at how fast you can progress. How can you do that? Study his teachings. Use the mind, and let the understanding and insights you gain bolster and enrich your sadhana – your spiritual practices.

Each volume of the series can stand on its own as a teaching, or you can approach them in sequence, starting with Volume One and progressing one-by-one through the entire Deepen Your Practice program. You may choose to focus on one volume each month or at whatever pace and tempo seems right to you.

About this Volume of Deepen Your Practice

The Cleansing Power of Kundalini

In volume twenty-three the focus of Mark Griffin’s talk is to appreciate the cleansing and purifying power of the great kundalini, and why this is so important in sadhana. Mark shines the light on the binding power of thought and emotion – and the converse purifying power of the kundalini.

During the talk, Mark says “The idea over the course of the meditation, is to allow the kundalini to flood the entire system, then compress it into the central nerve, sushumna, so that the energy of the entire length of the sushumna is illuminated and radiating light from within. As it begins to manifest, it will manifest as a pillar of energy. It seems to come from below, moves through your mind and body, up into the brain, and up into the space over the crown of the head. You want to find that thread within yourself that is a continuous stream. ... Simply place yourself between heaven and earth, and it will go through you.”

About the Author

Yogic Mystic and Meditation Master, Mark Griffin, the founder of Hard Light Center of Awakening, was a student of Swami Muktananda of the Siddha Yoga Lineage who, in turn, was a disciple of Swami Nityananda. Griffin, who teaches in Malibu, CA, exists in states of Nirvikalpa Samadhi and identifies meditation as the core of his teaching.

He presents ancient knowledge of the various strands of Yoga dating back to the Vedas in contemporary

terms, both mystical and scientific. As such, his work complements and agrees with many esoteric practices including Taoism, Tantra, Yoga, Shamanism and theoretical physics.

Mark Griffin is a Westerner who was born in the '50s in the Pacific Northwest. His childhood encompassed a usual American middle-class scenario, followed by tumultuous teen and early adult years spent in a very aggressive pursuit of higher knowledge and purpose. Mark's studies in art and music brought him to the San Francisco Bay area where he met his Guru, Swami Muktananda, in 1976.

After six years of full-time immersion in the study of meditation, Mark encountered a milestone of extreme spiritual significance-entrance into an advanced state of consciousness known as Nirvakalpa Samadhi.

Very shortly thereafter, Muktananda died. Great teachers of the Kagyu tradition came to Mark's assistance, and he received continued instruction in maturing and stabilizing his abilities in meditation from Kalu Rinpoche and Chogyam Trungpa.

Mark Griffin founded the Hard Light center of Awakening in 1989, and continues to teach in Los Angeles, California.

 [Download Deepen Your Practice 23 - The Cleansing Power of K ...pdf](#)

 [Read Online Deepen Your Practice 23 - The Cleansing Power of ...pdf](#)

Download and Read Free Online Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini Mark Griffin

From reader reviews:

Pedro Engle:

The publication untitled Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini is the publication that recommended to you to learn. You can see the quality of the guide content that will be shown to you actually. The language that writer use to explained their ideas are easily to understand. The article writer was did a lot of research when write the book, therefore the information that they share to your account is absolutely accurate. You also might get the e-book of Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini from the publisher to make you considerably more enjoy free time.

Jaime Howell:

A lot of people always spent their very own free time to vacation as well as go to the outside with them family members or their friend. Are you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you need to try to find a new activity here is look different you can read some sort of book. It is really fun in your case. If you enjoy the book that you just read you can spent all day long to reading a publication. The book Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini it is very good to read. There are a lot of those who recommended this book. They were enjoying reading this book. When you did not have enough space bringing this book you can buy the particular e-book. You can m0ore simply to read this book from your smart phone. The price is not too expensive but this book offers high quality.

Zoe Harris:

Is it you who having spare time after that spend it whole day by watching television programs or just telling lies on the bed? Do you need something new? This Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini can be the solution, oh how comes? A book you know. You are so out of date, spending your extra time by reading in this fresh era is common not a nerd activity. So what these books have than the others?

Keith Lugo:

You can find this Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini by visit the bookstore or Mall. Just simply viewing or reviewing it may to be your solve difficulty if you get difficulties for ones knowledge. Kinds of this book are various. Not only simply by written or printed but can you enjoy this book through e-book. In the modern era similar to now, you just looking by your mobile phone and searching what their problem. Right now, choose your own personal ways to get more information about your guide. It is most important to arrange you to ultimately make your knowledge are still update. Let's try to choose appropriate ways for you.

**Download and Read Online Deepen Your Practice 23 - The
Cleansing Power of Kundalini: The Cleansing Power of Kundalini
Mark Griffin #1G9I3J4SXOE**

Read Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini by Mark Griffin for online ebook

Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini by Mark Griffin Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini by Mark Griffin books to read online.

Online Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini by Mark Griffin ebook PDF download

Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini by Mark Griffin Doc

Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini by Mark Griffin Mobipocket

Deepen Your Practice 23 - The Cleansing Power of Kundalini: The Cleansing Power of Kundalini by Mark Griffin EPub