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Also in: [Ā ė Tamil Ā ė | Ā. malayalambahome / ā. yogaĀ ė / Ā ė yogaĀ ė / Ā ė ā.~ kundalini yoga Ā ė ā.~](#) "beneficial or dangerous? Sadhguru looks at the dangers and benefits of kundalini yoga. Explore like this powerful spiritual process It should be addressed with the utmost responsibility and reverence. Isadhguru talks about what Kundalini is, and look at the Kundalini Yoga process. Explore how this powerful spiritual process should be addressed with the utmost responsibility and reverence. Sadhguru: in the yogic culture, the Snake is a symbol for Kundalini Ā ė ā.~ "Unmanifest energy in you. The nature of Kundalini is such that when it is still, you don't even know that it exists. Only when moving, you realize that there is so much power inside you. As long as it does not move it is almost non-existent. For this reason, Kundalini is symbolized as a snake because a spiral snake is so difficult to see unless you move. Similarly, you don't see this coiled energy unless you move. If your kundalini is excited, miraculous things you can't believe possible will happen to you. It starts a result of a completely new level of energy and your body and everything behaves completely differently. Even the high energy states are also intensive states of perception. The entire yogic system is aimed only to improve your perception. A spiritual process essentially means that it is Ā ė ā.~ "To improve your perception because you only know what you perceive. This is the reason for the symbolism of Shiva and a snake. Indicates that its energies have reached the peak. Its energies have reached the top of the head and therefore its third eye is opened. The third eye does not mean that someone's face has broken and something came out. Simply means that another dimension of perception is it was opened. The two eyes can only see what is physical. If you cover them with my hand, they can't look further. So that they are limited. If the third eye is opened, it means another Size of the perception that is warned inward, which looks at the completely different life, has been opened and everything that can be perceived is perceived. Nowadays, many Yoga books and studios talk about Kundalini Yoga And of his benefits, even if they don't Fann or nothing. Also to pronounce the word Ā ė ā.~ Ā "KundaliniĀ ė ā.~ We always take a sense of reverence and then we pronounce the word because it is so enormous. If you have to activate the Kundalini, the necessary preparation should happen in your body, in mind and emotion, because if energy pumps in a system that is not ready for that type of voltage or volume, things are liquidated. So many people came to me who lost their mental balance and physical abilities because they tried to do Kundalini yoga without the necessary orientation and assistance. If the necessary support atmosphere is not there, simply the attempt to collect Kundalini could be very irresponsible and dangerous. Kundalini yoga in its essence is the most dangerous form of yoga. I'm saying dangerous because it's the most powerful too. What is more powerful is always the most dangerous if improperly managed. For example, there are various types of ways in which electricity is produced. One of the ways we do is through nuclear reactors. It is the most effective way to produce energy we know now, but it is also the most dangerous way, isn't it? When things go well, it is the simplest and best way to produce energy on the planet. When things go wrong, they are seriously wrong in ways you can't solve it. Similarly with Kundalini Yoga, it is the most powerful and is the most dangerous. Without the necessary preparation, without constant, expert guide and observation, no one should ever try it. But the problem is that the books were written to And everyone wants to do the highest yoga. No one wants to start with "A", everyone wants to start the alphabet with "Z". This attitude itself is dangerous. If the The support atmosphere is not there, simply the attempt to collect Kundalini could be very irresponsible and dangerous. In classic yogic traditions, there is a certain type of yoga we teach for people who live in family situations. There is some other kind of yoga we teach for asceticism. We never insinuated those in family situations the ascetic form. This is the most powerful way to do it, but will require a certain size of the discipline and focus, that your habitual screws will not allow it. If you do that kind of yoga, you will immediately dismiss your external life. This does not mean that there is something wrong with Kundalini Yoga. It's a very fantastic process but must be done correctly because energy has no discretion. You can make it out your life or you can burn your life. Electricity is making our life. But if you attack your little finger, you know what will happen! Energy has no discretion. As you use it's how it's. Kundalini is also so. You're using it right now but minimally. If maximally you can raise over your existence limits. All yoga in a way is to that but Kundalini yoga is particularly particularly for this. In fact, all life is towards this. Somehow, people want to experience life more intensely than they are experiencing now. Someone wants to sing, someone else wants to dance, someone wants to drink alcohol, someone else wants to pray Ā ė ā.~ "Why are they doing all this? They want to experience life more intensely. Everyone is trying to raise their kundalini but they are doing it At Casaccio. When you get scientifically with a proper method, let's say it's yoga. Editor note: Ā ė ā.~ "MysticĀ ė ā.~" Musings includes more sadhguru intuitions on Tantra, Chakras and Kundalini. Read the free sample [PDF] or buy the note eBook.Editor: Sign up for the official Sadhguru YouTube channel to watch new videos every Monday, Wednesday and Friday.Postat in: Yoga Sadhguru Yoga quote Muthirai Tamil, Yoga Muthirai tamil book free download, yoga muthirai tamil pdf, yoga muthirai tamil pdf, yoga muthirai tamil pdf download, yoga muthirai tamil pictures, yoga muthirai tamil pdf download free, yoga muthirai tamil book, yoga muthirai tamil, yoga muthirai ta MİL, 108 yoga Muthirai in Tamil148 Yoga Muthirai in Tamil> Download. 9D97204299 Watch, Tamil, TV, Show, Yoga, AT, Tamilo., Com., Welcome to Yoga, TV, Entertainment, Page, a - 4.pdf / 148.. Natural health tips, natural health remedies, health and health tips, vedent mantra, yoga mantras, Tamil's motivational quotes, meditation exercises, General Mudras It is related to the yogasanam. The Mudra are thin physical movements of the hands, face and body. 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The trust of yoga thiyana muthirai, yoga muthairi in tamil .. mudra del sĀ © interior, 148. mukula mudra ... yoga mudra, 179. yoni mudra, 171 ... mudras: yoga in your hands ā " My fourth book, and four is the number for.Yogam Tharum Yoga Muthirairgal (Tamil) Paperback 1 January 2013. From Sri Govindarajan (Author) .. which can can Transcended the teachings of yoga found in time ... This mudra is taught to grant the right ... Brahma, 22, 58, 73, 87, 132, 141, 73, 87, 132, 141, 148 .. These yoga mudra also have health benefits that will amaze you. Here is a list of the most basic yoga mudras and their benefits for your body. & # 148 ... yoga Muthirai in Tamil -> -> -> 148 Yoga Muthirai in Tamilhttp: //bitly.com/11tm48 .. 148 yoga Muthirai in Tamil> / PrileProhabrule. Related Tags. 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