

Reading List

I've starred () my main recommendations for readable books that help you get started. However, all these books are good; it is just that some are more accessible than others. I tend to trust the writers whose work is based on the tantric traditions more than those that are based mainly on western sources like Jung and Annie Besant. That is not to say that the western writers have nothing to offer, simply that they tend to focus on the psychological and not always fully explore the mystical.*

This list is not all-inclusive. For example, I have not included books that teach you how to raise kundalini through yogic practices, because I believe that these are best learned through a teacher.

Avalon, Arthur (Sir John Woodroffe), *The Serpent Power* (<http://amzn.to/TtLQ4i>)

The first book published in English to give the essential tantric teachings on the yoga of kundalini. Includes a translation of *Shat Chakra Nirupana*, a text describing the chakras that was my teacher's preferred source. (*Scholarly but authoritative*)

Edwards, Lawrence, *The Soul's Journey* (<http://amzn.to/V6SX4L>)

A Jungian psychologist's description of the rise of kundalini through the chakras, illustrated through a mythic story. (*Experiential and mystical*) He also has a course on Kundalini available through Sounds True, which I haven't yet listened to.

*** Greenwell, Bonnie, *Energies of Transformation* (<http://amzn.to/U5hsfR>)**

A transpersonal psychologist's very complete compendium of teachings from different traditions and perspectives, including the tantric and contemporary psychological perspectives. Also includes material from practitioners who share their own kundalini experiences. (*Practical and comprehensive*)

Goswami, Shyam Sundar, *LayaYoga* (<http://amzn.to/Vhj0ds>)

A very exhaustive survey of the tantric teachings on yoga, kundalini, and the chakras. The author includes many different texts, some of which contradict each other, but which give you a sense of how many ways there are for yogis to experience kundalini. Hard to read (especially because the type is small!), but full of lore. (*Scholarly and exhaustive*)

Judith, Anodea, *Eastern Body, Western Mind* (<http://amzn.to/V6UZ4U>)

A western yogini and psychologist offers her own take on chakras, expanding on Jung's psychological approach to the correspondence between the subtle, psychological and physical bodies. This book is widely known in the yoga world. It approaches chakras from the point of view of over-all health, not from the point of view of awakening. Interesting, but take a lot of it with a grain of salt.

Kripananda, Swami, *The Sacred Power* (<http://amzn.to/ToZ5DE>)

Clear, well-written account of kundalini and the chakras, from the Siddha Yoga tradition, which privileges kundalini awakening through transmission from the guru. The information and experiences are helpful, though the book is extremely guru-centric. (*Practical and experiential*)

***Kundalini Rising: Exploring the Energy of Awakening (<http://amzn.to/QtrueM>)**

Essays by contemporary writers on Kundalini from many perspectives. (*a helpful compendium*)

*** Mookerjee, Ajit, Kundalini: The Arousal of the Inner Energy (<http://amzn.to/X5P1W3>)**

Beautifully illustrated, scholarly but very readable book that takes the core tantric texts on Kundalini and the chakras, and combines them with accounts from the experiences of realized practitioners like Muktananda and Ramakrishna. (*Scholarly, experiential, and readable*)

Muktananda, Swami, Kundalini: The Secret of Life (<http://amzn.to/V94WNY>)

A short book which describes kundalini as the awakened divine power, as well as some of the effects of kundalini in the subtle and physical bodies. (*mystical, authoritative, and experiential*)

Muktananada, Swami, Play of Consciousness (<http://amzn.to/UesEZC>)

Muktananda's spiritual autobiography with a detailed account of his own very dramatic awakening and his journey of meditation and ultimate enlightenment. It contains one of the very first open accounts of some of the mysterious experiences people have with a strong awakening. (*mystical, authoritative, and experiential*)

Visnu Tirtha, Swami, Devatma Shakti (<http://amzn.to/Rm2MP0>)

An important modern text about kundalini awakening; this is the one I mentioned in class that Swami Muktananda found and that helped explain his experiences. It is currently out of print, though there are a few copies selling at high prices on Amazon.