

Book Resources from Q&A

Mantra

Tantric Mantras: Studies on Mantrasastra by Andre Padoux

A scholarly look at the main teachings on mantra from the North Indian tantric tradition.

Shakti Mantras: Tapping into the Great Goddess Energy Within by Thomas Ashley-Ferrand

Lists and describes a number of Goddess mantras, with mythological stories. Fun, and gives a general sense of some of the different ways we can invoke Goddess.

Mantra Yoga and Primal Sound by David Frawley

Focus on the bija mantras (seed syllables).

The Garland of Letters by Arthur Avalon (Sir John Woodroffe)

An early 20th century translation of some tantric texts on mantra practice, still a significant source on bija mantras.

Kundalini

Unmasking the Rose by Dorothy Walters

Personal and experiential

Awakening Kundalini by Lawrence Edwards

A good basic reference book on what you can experience when Kundalini awakens by a psychotherapist and meditation teacher who was also a student of Swami Muktananda.

Pranayama and Yoga

The Yoga of Breath by Richard Rosen

Yoga for Transformation by Gary Kraftsow

For sample ratios in pranayama practice

Breath: The New Science of a Lost Art by James Nestor

A journalist's report on his study and practice of healthy breathing.