



Kundalini: The Arousal of the Inner Energy

Ajit Mookerjee

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Today in the West, scientists and philosophers, mystics and seekers of higher consciousness are intensively searching for means of releasing the vital energy (kundalini) that lies latent in each of us. Tantra, which does not deny the body, but harnesses its energies and powers for spiritual growth, is the most detailed and authoritative teaching of this kind in existence. In *Kundalini: The Arousal of the Inner Energy*, Ajit Mookerjee writes of the core experience of Tantra, the process in which the energy is awakened and rises throughout the energy centers (chakras) to unite with Pure Consciousness at the crown of the head.

- The author drew on an extensive range of original manuscript sources for both the text and the magnificent illustrations found throughout the book.
- *Kundalini: The Arousal of the Inner Energy* examines the modern accounts of the kundalini experience, both Eastern and Western, and describes the findings of the clinical studies and research so far undertaken in the West.

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