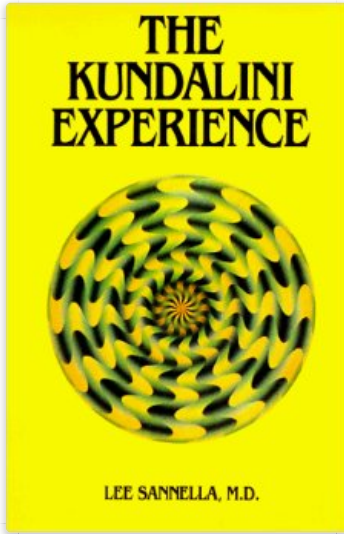


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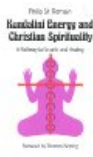
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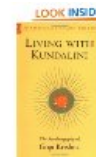
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The store kindly shipped the book on express without me asking. It arrived quickly and in great shape. I am impressed they had this book which is out of print.

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Been there and done that

By [Robert M. Foster](#) on July 15, 2009

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I read an earlier edition of this book, before I went on a retreat to see a spiritual teacher, with the intention of becoming enlightened, by the kundalini process. I was in a hurry. I now teach kinder and gentler and slower ways. Anyhow, somewhat to my surprise, I went through the process. Now everything continues, to make more and more sense. It was about starting to become enlightened, so I am continually learning. Unfortunately for me, my doctors unlike the author, at the time, were not enlightened, about things like this. I did learn how ignorant they were, though. [...]

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Kundalini experienced

By [Kult](#) on May 6, 2012

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This is a good book for anyone who has experienced or thinks they have experienced a Kundalini awakening, spontaneously or otherwise.

The author does a good job of presenting the data in a rational, semi-scientific manner. Anyone experiencing some of the bizzare and esoteric side-effects of an awakening will find this book grounding and a good source of reference points along their journey.

Not the definitive story on Kundalini, but a useful tool nevertheless.

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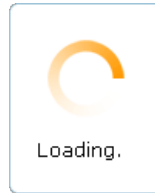
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