



# Original Light: The Morning Practice of Kundalini Yoga

*Snatam Kaur*

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## **Original Light: The Morning Practice of Kundalini Yoga** Snatam Kaur

The Kundalini Yoga tradition speaks of a call to the Divine that awakens “the Original Light of the soul.” Through meditation, prayer, and sacred song, those of all faiths can connect with this illuminating source—Kundalini, the universal energy of awareness and healing that awakens within. With *OriginalLight*, kirtan (devotional chant) singer Snatam Kaur takes us into the heart of the path, as taught in the Aquarian Sadhana, its primary guide to daily practice.

Readers explore Kundalini Yoga’s key principles, enriched by Snatam Kaur’s stories and insights as a lifelong practitioner. She then teaches its five stages of practice, including preparation, sacred recitations, breathing fundamentals, energizing yoga sets, meditations, morning chants, and more.

This invaluable resource offers for the first time Snatam Kaur’s personal instruction—a direct transmission from her teacher and Kundalini Yoga’s founder, Yogi Bhajan—to anyone inspired by yoga or devotional singing. Includes two CDs with guided chants and practices.



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