



# **Enlightenment Through the Path of Kundalini: A Guide to a Positive Spiritual Awakening and Overcoming Kundalini Syndrome**

*Tara Springett*

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ENLIGHTENMENT THROUGH THE PATH OF KUNDALINI is written for everybody who wants to learn about the mysterious phenomenon of kundalini and use it to reach the pinnacle of human development – enlightenment. The book is equally written for those who are going through an involuntary awakening and seeking help to alleviate their symptoms and make the best of this event. You will learn: What is kundalini and how does it help to reach enlightenment How we change through a kundalini awakening How to awaken the kundalini safely and slowly How to overcome possible difficult symptoms in the process How to use the kundalini energy to reach enlightenment Tara Springett has been in her own kundalini process for nearly 30 years. She is a qualified Buddhist teacher since 1997 and a qualified psychotherapist since 1990. Tara has been helping clients from all over the world to successfully overcome symptoms of the kundalini syndrome since 2011. [www.taraspringett.com](http://www.taraspringett.com)



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