

Original Light: The Morning Practice of Kundalini Yoga

By Snatam Kaur

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Original Light: The Morning Practice of Kundalini Yoga By 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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Editorial Review

Review
Enchanting, comforting, and profoundly instructive.
Thomas Moore, author of Care of the Soul and A Religion of One s Own
Snatam is a living example of an ecstatic soul, and her book is a transmission of love and devotion.
Deva Premal
Inspiring . . . a significant exposition of Yogi Bhajan s teachings. Nirvair Singh Khalsa, CEO of the Kundalini Research Institute, author of Ten Light Bodies of Consciousness and The Art Science and Application of Kundalini Yoga
There is so much kindness and inspiration in this book. Snatam has mined ancient meditative practices and brought them to us to make our lives better . . . She gives us ways to choose truth, positivity, light, and peace for ourselves and our families and the world. She s a teacher for our times.
Elizabeth Lesser, cofounder of the Omega Institute and author of The Seekers Guide and Broken Open: How Difficult Times Can Help Us Grow"

About the Author
Snatam Kaur

Snatam Kaur is an American artist raised in the kundalini yoga tradition. Schooled in kirtan, meditation, and Gurmukhi (the Sanskrit-based language of Sikh scriptures from northern India), she met her first music teacher at the age of six. She has released eight records, including the most recent *Liberation's Door* (Spirit Voyage, 2009), and is the lead singer for the Celebrate Peace tours. A resident of Santa Cruz, California, she teaches kundalini yoga and kirtan workshops across the U.S.

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Raymond Jackson:

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