

## Aghora Ii Kundalini Aghora Vol Ii Patchcordsore

Coiled like a snake at the base of the spine, kundalini is the spiritual force that lies dormant in every human being. Once awakened, often through meditation and yoga practices, it rises up the spine and finds expression in the form of spiritual knowledge, mystical vision, psychic powers, and ultimately, enlightenment. This is the classic first-person account of Gopi Krishna, an ordinary Indian householder who, at the age of thirty-four, after years of unsupervised meditation, suddenly experienced the awakening of kundalini during his morning practice. The story of this transformative experience, and the author's struggle to find balance amid a variety of powerful physiological and psychic side effects, forms the core of the book. His detailed descriptions of his dramatic inner experiences and symptoms such as mood swings, eating disorders, and agonizing sensations of heat—and of how, with the help of his wife, he finally stabilized at a higher level of consciousness—make this one of the most valuable classics of spiritual awakening available.

"More than four decades have passed since I met the Aghori Vimalananda, and it has been thirty-three years since I last heard him speak. Happily for me he permitted me to write down many of his musings so that I would have them to remind me of the wisdom that he embodied. And, thanks to his compassion for others, he instructed me to publish some of this material after he was gone, which I did in the three Aghora books, books that I continue to regularly read and that continue to offer me thought-provoking guidance at any step along my own path.An aghori is someone who plunges so deep into darkness that he emerges into light. Aghora is a spiritual path that because of its extreme heterodoxy has been ough I cannot myself claim to be an aghori, the example that he thus set has inspired my own sophomoric attempts to transmute into equanimity all that is both gratifying and grotesque in life, focusing on the subtle world while living in mundane reality, for Vimalananda always emphasized the importance of living with reality." Dr. Robert E. Svoboda Illustrated by Satya Moses

The book provides some powerful Om chanting and meditation techniques to bring balance health and harmony in life. In this book Amit Ray describes several Om chanting and Om meditation methods in detail in a lucid and plain English. In Eastern religions, Om (AUM) is considered as the most sacred mantra. Om is the mantra of integration; integration of individual with the Whole. Om is the mantra of harmony and celebration. Om is the mantra to access the Supreme Divinity residing within us. Om chanting and meditations have healing effects on the body and the mind. This book is a step-by-step guide to practise meditations with the Om. As you practise, a long-lasting sense of well-being manifests in your life. You will notice a sense of joyfulness entering your life along with an ability to appreciate the many gifts that surround you. This book will help both the beginners as well as the advanced practitioners.

Presents brief entries describing the gods and goddesses from the mythology and religion of a wide variety of cultures throughout history.

Draconian Ritual Book

Tao and Dharma

Aghora II

A Philosophical Study

At the Left Hand of God

The Mystics, Ascetics, and Saints of India

Breathing Life Into Space

**A mystic tradition can be considered a path or school of spirituality in which ones seeks a direct, personal experience of the Divine Presence - in whatever form that may be - without barriers or intermediaries. It could be said that while religions offer believers a system of belief, mystic traditions offer practitioners a system of experience. In Mysticism in the 21st Century (2nd edition), Monette examines eight contemporary spiritual movements: African Traditional, Buddhism, Gnosticism, Hermeticism, Sufism, Tantra, Witchcraft, and Yoga, providing the reader with an introduction to this branch of the study of religion. In additional to detailed notes, each chapter also includes a recommended reading list for further study, online sources, and review questions at the end of each chapter. Dr. Connell R. Monette is Associate Professor of Religion at Al Akhawayn University in Ifrane (Morocco), where he also serves as Mohammed VI Library Associate Director. He has a Ph.D. in Medieval Studies from University of Toronto, and his major areas of research are medieval literature and religion.**

**Henrik Bogdan and Martin P. Starr offer the first comprehensive examination of one of the twentieth century's most distinctive occult iconoclasts, Aleister Crowley (1875-1947), one of the most influential thinkers in contemporary western esotericism.**

**Aghora IIKundaliniRupa Publications India Pvt Limited**

**Tao and Dharma: Chinese Medicine and Ayurveda explores the enduring features of humanity's longest and continually practiced systems of medicine. These two indigenous healing arts arising independently in China and India communed and exchanged experience, techniques, and therapeutic substances over the epochs of their development. This book's interesting and valuable comparison provides a pioneer effort in examining side by side two great systems of medicine, studying closely the historical, theoretical and practical relationships.**

**Ayurveda for Women**

**OM Chanting and Meditation**

**Life, Health and Longevity**

**A Guide to Vitality and Health**

**Wisdom from the Aghori Vimalananda**

**Realm of the Divine Mother**

**Prakriti**

The cult of the Kanphata Yogis is a definite unit within Hinduism, and its study is essential for understanding this phase of the religious life of India. In analysing the different aspects of this cult the author has drawn upon various sources, such as the legends, folk-lore and the formulated texts of this sect. The book is divided into three sections. The first two sections comprising chapters 1-13 deal with the cult and history of this sect. The third section containing chapters 14-16 opens with the Sanskrit Text Goraksasataka and its English rendering and annotations. It proceeds with the analysis of physiological concepts, chief aims and methods and then comes to conclusion. The subject matter of this study has been so arranged that the first two sections serve to illustrate the third. The book is fully documented. It has a Preface, Glossary,

Examines the left-hand path and reveals the masters of the tradition
• Explores the practices and beliefs of many left-hand path groups, including the Cult of Set, the Hell-Fire Club, and heretical Sufi, Zoroastrian, Christian, and Muslim sects
• Investigates many infamous occult personalities, including Helena Blavatsky, Aleister Crowley, the Marquis de Sade, and Anton LaVey
• Explains the true difference between the right-hand path and the left-hand path--union with and dependence on God versus individual freedom and self-empowerment From black magic and Satanism to Gnostic sects and Gurdjieff’s Fourth Way, the left-hand path has been linked to many practices, cults, and individuals across the ages.

Stephen Flowers, Ph.D., examines the methods, teachings, and historical role of the left-hand path, from its origins in Indian tantric philosophy to its underlying influence in current world affairs, and reveals which philosophers, magicians, and occult figures throughout history can truly be called “Lords of the Left-Hand Path.” Flowers explains that while the right-hand path seeks union with and thus dependence on God, the left-hand path seeks a “higher law” based on knowledge and power. It is the way of self-empowerment and true freedom. Beginning with ancient Hindu and Buddhist sects and moving Westward, he examines many alleged left-hand path groups, including the Cult of Set, the Yezidi Devil Worshipers, the Assassins, the Neoplatonists, the Hell-Fire Club, the Bolsheviks, the occult Nazis, and several heretical Sufi, Zoroastrian, Christian, and Muslim sects. Following a carefully crafted definition of a true adherent of the left-hand path based on two main principles--self-deification and challenge to the conventions of “good” and “evil”--the author analyzes many famous and infamous personalities, including H. P. Blavatsky, Faust, the Marquis de Sade, Austin Osman Spare, Aleister Crowley, Gerald Gardner, Anton LaVey, and Michael Aquino, and reveals which occult masters were Lords of the Left-Hand Path. Flowers shows that the left-hand path is not inherently evil but part of our heritage and our deep-seated desire to be free, independent, and in control of our destinies.

You cannot ignore the fact that some time or the other, you are in search of the truth of life, death and the purpose of your very existence. This book, biologically and exobiologically, explains about life which is just a dynamic expression of nature's special nonmolecular-energy waves at the different physical platforms like special molecular levels of the ecosystem of the earth. And these molecular levels are biologically called different living species. And this dynamic exchange of energy is scientifically explained to answer the query 'Nothing lives forever; yet, life continues, since evolution of the first life on earth.' In short, every era has one such epic (Granth) and Cosmocellular Hypothesis is undoubtedly an upcoming epic (as millennium-metaphysics) of this new era. It took the author more than 22 years in Vedic research work under strictly-neutral scrutinization of modern-science's laws. Thus, it shows nature's science (ancient Vedic science) in comparison to modern science (Machine Science), i.e. from East to West, for the youth of the 21st century. And this is reflected in every paragraph of this book Cosmocellular Hypothesis-A Journey from Meditation To Modern-Medicine that leaves every reader dumbstruck, by presenting him some still-unrevealed great mysteries of his own life and his home-the universe.

The followers of the Aghora path try to cultivate a state of mindand social practice totally non-discriminatory. Seeing the Divine ineverything and everybody, they transcend all category distinctions,all prescriptions and proscriptions of the normal social structuresuch as high and low, purity and pollution, pure and impure, or maleand female.In the 20th century, Aghoreshwar Mahaprabhu Baba Bhagwan Ram(1937-1992) was the greatest avadhut in the Aghora tradition. Heattained enlightenment at the age of fourteen or fifteen. People feltthat Baba truly loved everyone who went to him. Hundreds ofthousands of devotees, simple villagers, spiritual seekers and highdignitaries would flock around him.Baba s teachings were imparted more through everyday conversationsrather than through sermons. On his advice, his wordswere compiled into a book. Thus was written Aghor Vachan Shastrain Hindi and this book, its English translation.

Voyagers

The Serpent Power

Secrets of Amenti

20th Anniversary Edition

The Breath of Life and Fundamental Skills

Foundations in Craniosacral Biodynamics, Volume One

The Greatness of Saturn

The Aghora trilogy have been embraced world-wide for their frankness in broaching subjects generally avoided and their facility for making the 'unseen' real. We enter the world of Vimalananda who teaches by story and living example.

Previously published by David & Charles Publishers of the UK in 1999.

The most authoritative text available on the purposes, processes and mechanics of human evolution, preparation for the monumental events that will occur between 2000-2017, humanity ' s true origins and evolutionary destiny and the hidden purposes for the New Age Movement. Detailed information on Keylonic Morphogenetic Science, time mechanics, interdimensional planetary evolution, the science of Dimensional Ascension, integration of multi-dimensional identity, DNA mechanics and accelerated biological and spiritual evolution. Introduces a comprehensive model of 15-dimensional universal physics and the corresponding 15 Primary Chakra System and 12-strand DNA Silicate Matrix gene code. Discover the secrets of humanity ' s evolutionary destiny that have been hidden within our ancient, traditional and New Age sacred mystical and religious teachings.

Shiva: Destroyer and Protector, Supreme Ascetic and Lord of the Universe. He is Ardhanarishwara, half-man and half-woman; he is Neelakantha, who drank poison to save the three worlds-and yet, when crazed with grief at the death of Sati, set about destroying them. Shiva holds within him the answers to some of the greatest dilemmas that have perplexed mankind. Who is Shiva? Why does he roam the world as a naked ascetic covered with ash? What was the tandava? What is the story behind the worship of the linga and what vision of the world does it signify? Namita Gokhale examines these questions and many others that lie within the myriad of stories about Shiva. Even as she unravels his complexities, she finds a philosophy and worldview that is terrifying and yet life affirming-an outlook that is to many the essence of Indian thought.

Living with Reality

A Therapeutic Myth

The Mystic Test Book of "The Hindu Occult Chambers"

Mindfulness in Plain English

The Magic and Occultism of India : Hindu and Egyptian Crystal Gazing : the Hindu Magic-mirror

I Was Nehru's Shadow

Kundalini

Yogini: Unfolding the Goddess Within is a unique record of personal experiences that portray in its various fascinating episode the secrets of the magical world of Tantra. It shows how the gods and goddesses can manifest themselves within our daily lives, taking us from the mundane to the sublime and making our days and nights a dance of wonder and delight.

This is a book of inspirational stories of Swama Rama's experiences and lessons learned with the great teachers who guided his life including Mahatma Gandhi, Tagore and more.

The basis of this book is a manuscript in Sanskrit which he obtained from India and its value lies in the depth and detail with which this new material has been studied and presented. The author is to be congratulated, not for his skilful translation from Sanskrit but also for the clarity with which he has applied this to western needs and western minds. Much has been written in the past regarding the psychosomatic effects of Pranayama and Asanas but in his text, Dr Saher explains clearly the mechanism by which brain and mind operate in conjunction with bodily functions, emotions and psychic experience and also how these may be controlled and applied for our betterment. He also shows how specific areas of the brain control similar areas of mind, how these can be applied to Selfanalysis and using exercises also given in the text, so control both mind and body, that Self-Realisation is possible in the highest sense and that even before this stage is reached, Health, Harmony and Serenity will be attained, surely to be prized for themselves alone. This fascinating and profound book of ancient, Eastern esoteric wisdom backed by the latest discoveries and experiments of modern science treats the health of the soul by showing the relationship between soul and brain. Here is a practical guide to Zen-Yoga which can help to master suffering and harness latent powers. At a time when science is exploring outer space, Zen-Yoga helps us to explore the inner space of the human psyche, to recognize within ourselves new freedom – freedom to work out our destiny with integral consciousness or the divine supra – Self as the light within. This book is a cybernetic exploration of the mind ' s inner space leading to expanded cosmo-electronic consciousness. Having shown the differences between Eastern and Western thought – processes, Saher explains how the sages of the East have acquired that source of wisdom and bliss which our misguided youth seeks vainly in hallucinogenic drugs.

An examination of the law of karma approached as a philosophical thesis important in its own right and as a unifying concept within certain religious-philosophical systems. The author includes ideas expressed in the 20th century as well as those found in classical Buddhism, Hinduism and Jainism.

Living with the Himalayan Masters

We are Children of One God

Being the ?a?-cakra-nir?pana and P?duk?-pa?caka: Two Works on Laya-yoga

Yogini

A Study of Sadhuism, with an Account of the Yogis, Sanyasis, Bairagis, and Other Strange Hindu Sectarians

The Book of Aghor Wisdom

A Creative Psychotherapy to Self-Integration

Aghora, described in this volume as super-tantra , is a Path of Devotion to the Great Mother Goddess Kundalini, here manifesting with the Name and Image of the Goddess Tara. This way is one of extraordinary extremes and intensities, even for tantra, and its aim is nothing less than to destroy the human limitations of the practioner, so that he or she becomes a super-human in fact, a kind of deity.

Dr. Svoboda's original work on the constitutional types in Ayurveda has been considered a classic for many years. His new revision and expansion of the subject comes after much further research and practical experience. Dr. Vasant Lad points out: "The healing science of Ayurveda is based totally upon the knowledge of "prakriti," the individual constitution. If every individual knows his own constitution, then one can understand, for instance, what is a good diet and style of life for oneself. One man's food is another man's poison. Therefore, to make one's life healthy, happy and balanced, the knowledge of constitution is absolutely necessary."

Vol. copublished by Sadhana Publications, Floresville, Tx.

With over a quarter of a million copies sold, Mindfulness in Plain English is one of the most influential books in the burgeoning field of mindfulness and a timeless classic introduction to meditation. This is a book that people read, love, and share - a book that people talk about, write about, reflect on, and return to over and over again. Bhante Gunaratana is also the author of Eight Mindful Steps to Happiness, Beyond Mindfulness in Plain English, The Four Foundations of Mindfulness in Plain English, and his memoir Journey to Mindfulness.

Book of Shiva

Unfolding the Goddess Within

From the Diaries of KF Rustamji (IP) Padma Vibhushan

Mysticism in the 21st Century  
 Reminiscences of Swami Vivekananda  
 Light on Life  
 Forbidden Practices and Spiritual Heresies

*Robert Svoboda addresses Vāstu, the classical Indian art (or science) of architectural form, in a wholly unique way. Instead of presenting lists of rules and architectural injunctions to which builders and interior designers must scrupulously adhere at all times, he sensitizes the reader to the dynamics of space, alignment, and form in ever-expanding orbits of individual life. In the process of guiding the reader through a series of meditations on the dynamics of space and alignment, Dr. Svoboda enters the realms of classical Indian medicine (Āyurveda) and astrology (Jyotiṣā), which, it turns out, are of the greatest importance to realizing Vāstu and its contours in one’s life. Dr. Svoboda allows readers and home builders to understand the complex dynamics of individual, terrestrial, and celestial energetic systems. This leads to a greater awareness of the nature of space and its application to house construction, interior spaces, gardens, one’s relationship with the land, and, consequently, one’s relationship with oneself.*

*Biodynamic Craniosacral Therapy (BCST) is commonly seen as the spiritual approach to craniosacral therapy (CST); in fact, BCST as taught by Franklyn Sills, the pioneer in the field, is quite different from conventional CST. Biodynamic work is based on the development of perceptual skills where the practitioner learns to become sensitive to subtle respiratory motions called primary respiration and also to the power of spontaneous healing. Through the Breath of Life, which, Sills asserts, echoes the Holy Spirit in the Judeo-Christian tradition, bodhicitta in Buddhism, and the Tai Chi in Taoism, students of BCST learn to enter a state of presence oriented to the client’s inherent ability to heal. In Foundations in Craniosacral Biodynamics, Sills offers students and practitioners an in-depth, step-by-step guide to the development of perceptual and clinical skills with specific clinical exercises and explorations to help students and practitioners learn the essentials of a biodynamic approach. Individual chapters cover such topics as holism and biodynamics; mid-tide, Long Tide, Dynamic Stillness and stillpoint process; the motility of tissues and the central nervous system; transference and the shadow; shamanistic resonances; and more. From the Trade Paperback edition.*

*This Book Deals Mainly With Tantra Sadhana With The Help Of Illustrations Of The Important Yantras That Are Commonly Used In The Spiritual Practices By The Tantrikas.*

*"Draconian Ritual Book" will introduce you into foundations and practical methods of Draconian magic as a path of self-initiation. With this book you will learn how to start your practice on the Path of the Dragon, establish contact with gods and spirits that will assist you in this work, build your personal temple, prepare tools for your rituals, and design your own workings and exercises. Each practice is provided with background information, explaining the purpose and possible ways in which it may affect your initiatory process. You will find here invocations and evocations, meditations and trances, exercises for cleansing, grounding, and raising the inner Serpent Force. There are instructions that will help you in your astral travels and dream magic, teach you how to work with seals and sigils, enhance your magical senses, and show you how to use gates and doorways to the Other Side. Practices such as blood sacrifice and sex magic are discussed in a practical way as well. You will read here about the Draconian Tradition, as well as the Left Hand Path in general, learning what it means to be a Draconian Initiate. This book will also guide you through the process of Kundalini awakening, discussing symptoms and providing exercises that will help you in your individual practice. Finally, you will find here a ritual of self-initiation into the Draconian current. If you are a beginner to Draconian magic, this book will teach you where to start and help you understand the basics of the initiatory process, while more advanced practitioners will find here practical instructions and information on how to develop and expand their work on the Path of the Dragon. The book includes the Introduction and Lexicon by Bill Duvendack.*

Zen-Yoga  
 Gorakhnāth and the Kānpḥaṭa Yogīs  
 Demons of the Flesh  
 Dictionary of Gods and Goddesses  
 The Law of Karma

*The Evolutionary Energy in Man*  
*Vastu*

K.F. Rustamji, who was chief of the Madhya Pradesh police and later founder Director General of the Border Security Force (BSF), worked as the chief security officer of Prime Minister Nehru from 1952 to 1958. Rustamji maintained a diary right from the time he joined the service in 1938 and continued in it for more than three decades. He felt he was living in stirring times and the maintenance of a diary, wherein he recorded the news and his views in great detail, would help him to be more observant. P.V. Rajgopal has edited the material collected from 1,600 pages of Rustamji’s diaries pertaining to the period he was with Pandit Nehru and brought out a first-person narrative about one of India’s greatest sons of the last century. The day-to-day record, maintained by a man whose duty demanded he be close to Nehru, depicts the portrait of the subject captured though a close-up lens, as it were. Nehru himself said, in 1960, "I know Rustamji very well." And after a pause and an enigmatic smile added, "Rustamji also knows me very well." The book depicts, in a way, why Nehru paused and then smiled.

Ayurveda, The Universal Healing Art. More Than A Medical System. Developed From The Vedas, India&Rsquo;S Ancient Books Of Wisdom, Ayurveda Combines Physical, Psychological And Spiritual Therapies In An Approach To Health That Is As Relevant To The Modern World As It Was To The Ancient World When It First Became Part Of India&Rsquo;S Collective Consciousness. Here Is A Definitive Handbook Of A Health Care Both Sensible And Sublime, That Is Still Alive And Well Itself&Mdash;The Author Is The First Westerner To Graduate From An Indian Ayurvedic College. Utilizing Herbs And Minerals, Proper Nutrition And Purification And, Above All, Affirmative Ways Of Living, Ayurveda Treats Not Just The Ailment But The Whole Person And Emphasizes Prevention Of Disease To Avoid The Need For Cure. Its Ancient Message Has Helped Spread The New Holistic Thinking In The West, Encouraging Us To Become &Lsquo;Stewards Of Life&Rsquo; In Order, Now, To Give Civilization Itself A Chance To Heal.

Swami Vivekananda’s towering personality influenced innumerable persons in India and abroad in various ways. The impress which his life and character made on those persons who were about him and the recounting of those memories by them, reveal the multiple facets of Swamiji’s magnanimous personality. This book published by Advaita Ashrama, Publication house of Ramakrishna Math, Belur Math, contains some of those reminiscences which would be not only interesting, but also a revelation to all the admirers of the great Swami. Twenty-two new reminiscences have been added in this edition □ Swamis Shivananda, Turiyananda, Saradananda, Akhandananda, Vijnanananda, Achalananda, Atulananda, Virajananda, and Sadananda, as also Brajendranath Seal, C. Ramanujachari, Kumudbandhu Sen, Lillian Montgomery, Mohanlal Shah, Mary Tapan Wright, Sacchindranath Bose, Manmathanath Chowdhury, Harbilas Sarda, G.G. Narasimhachari, Ella Wheeler Wilcox, Shailendranath Bandopadhyay and Alice Hansbrough.

Presents the mystery of the Divine Mother in all her manifold aspects □ Explores more than 30 different goddess aspects of the Shakti force, both beneficial and malefic □ Includes Sanskrit hymns and classic verses by Sri Auribindo for each of the goddesses Shakti is synonymous with the Devi, the Divine Mother or divine power that manifests, sustains, and transforms the universe. She is the womb of all creatures, and it is through her that the One becomes the many. Our first and primary relationship to the world is through the mother, the source of love, security, and nourishment. Extending this relationship to worship of a cosmic being as mother was a natural step found not only in the Shakti cult of Hinduism but also in ancient Greek, Egyptian, and Babylonian cultures. Shakti presents more than 30 goddess incarnations of the Divine Mother that represent both the beneficial and malefic aspects of the Shakti force. From Lakshmi, Parvati, and Saraswati to Durga, Chandika, and Kali—each of the different functions of the female goddesses in the Hindu pantheon is revealed, accompanied by traditional Sanskrit hymns, classic verses by Sri Auribindo, and discussions of tantric philosophy. The author draws from the Devi Bhagavatham, which describes all the stories of Shakti, and the Devi Mahatmyam, the most powerful scriptural text that glorifies Shakti in her form as Durga. Using these texts she shows that through the power and grace of the Divine Mother we may be released from the darkness of ignorance and taken to the abode of knowledge, immortality, and bliss—the source from which we have come.

Aghora  
 An Introduction to the Astrology of India  
 Aleister Crowley and Western Esotericism  
 The Complete Guide to Left Hand Path Sex Magic  
 (New & Enlarged edition)

Cosmo-cellular-Hypothesis: A Journey from Meditation to Modern-Medicine  
 Lords of the Left-Hand Path

**In the first comprehensive and unflinching overview of the erotic initiation and sexual sorcery essential to the mysterious magical tradition known as the 'Left Hand Path', this complete guide covers an enormous array of taboo and previously forbidden practices. Penetrating the veil of secrecy and obscuring the ecstasies and dangers of a way of magic that can be a powerful instrument of psychic transmutation, this is a sometimes disturbing, always inspring study of the shadow side of eros.**

**Light on Life: An Introduction to the Astrology of India** Light on Life brings the insight and wisdom of Indian astrology to the Western reader. Jyotish, or Indian astrology, is an ancient and complex method of exploring the nature of time and space and its effect upon the individual. Formerly a closed book to the West, the subject has now been clarified and explained by Hart de Fouw and Dr. Robert Svoboda, two experts and long-term practitioners. In Light on Life they have created a complete and thorough handbook that can be appreciated and understood by those with very little knowledge of astrology.

**Riots! Armed conflicts!! All in the name of religion! Are all religions different from one another? The world stands violently divided on the basis of religion. The book lists the strikingly similar core concepts in Hinduism, Christianity, and Islam, which are substantiated in their scriptures and revealed in their verses (the Bhagavad Gita, the Upanishads, and the Vedas, the Holy Bible and the Holy Quran). Readers can appreciate the uniqueness of these religions as one of the many paths leading to the One Truth.**

**Written by a leading authority on Shaktic and Tantric thought, this book is considered the prime document for study and application of Kundalini yoga. It probes the philosophical and mythological nature of Kundalini; the esoteric anatomy associated with it; the study of mantras; the chakras, or psychic centers in the human body; the associated yoga and much, much more. Two important Tantric documents are included: The Description of the Six Chakras and Five-fold Footstool.**

**Your Ayurvedic Constitution**  
**One God Many Names**  
**Aghora: The law of karma**  
**The Goddess of Tantra**  
**Chinese Medicine and Ayurveda**

**Ayurveda**  
**Shakti**

The telling of mythic stories has always been a powerful form of therapy, bringing healing to people facing adversity. The greatness of Saturn is such a therapeutic myth, told and retold through many centuries. Taken from the East Indian Vedic tradition, it honors the planet Saturn, who personifies time, limitations, loss, and all forms of adversity.