Notes and References-


[3] Ibid…. Page 48,49,50

[4] From the essay Kundalini: Awakening the Serpent Power by Georg Feuerstein which has been reproduced on yoga-age.com with slight changes from Tantra: The Path of Ecstasy, Georg Feuerstein, Marek Kohn , (published by Shambhala Publications in 1998),

[5] Some Pearls from the Fourth Chapter of Abhinavabhāratī (Karanas and Angahāras), Dr. Padma Subrahmanyam


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