



Yoga Chudamani Upanishad: Crown Jewel of Yoga (Treatise on Kundalini Yoga), Original Sanskrit text with Transliteration, Translation and Commentary

By Swami Satyadharna

Yoga Publications Trust, Munger, Bihar 0. Softcover. Condition: New. 5th or later edition. Yoga Chudamani Upanishad is a manual of higher sadhana for advanced and initiated aspirants. It delineates the ancient path of kundalini awakening in its original and pure form before the proliferation of modern yogic literature. The text elucidates a unique combination of kundalini yoga and vedantic upasana. It discusses the nadis, prana vayus, chakras and kundalini shakti, and also provides detailed descriptions of ajapa gayatri and pranava, which are older vedic and upanishadic meditative disciplines. The text includes the original Sanskrit verses, along with transliteration, anay, translation and a comprehensive commentary by Swami Satyadharna Saraswati under the guidance of Swami Niranjanananda Saraswati. For students of Indian philosophy, it provides a valuable study of the compatibility of Yoga and Vedanta, or the tantric and vedic systems of philosophy and practice. Contents Introduction Shanti mantra 1. Purpose of the Upanishad 2. Six limbs of yoga 3, 4a. Psychic physiology 4b, 5, 6a. Knowledge of the chakras 6b, 7,8, Description of Mooladhara 9, 10. Description of Manipura 11, 12. Description of Swadhisthana 13, 14a. Agni Mandala 14b, 15. Origin of the nadis 16, 17. Ten major nadis 18, 19, 20....



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