



Original Light: The Morning Practice of Kundalini Yoga

By Snatam Kaur

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The Kundalini Yoga tradition speaks of a call to the Divine that awakens “the Original Light of the soul.” In gatherings across the globe, Snatam Kaur and her fellow musicians have shared that radiance through sacred chants. With *Original Light*, this beloved devotional singer guides us into the heart of the path, with the Aquarian Sadhana as a foundation to understand the tradition's daily principals, morning practices, and sacred chanting experiences.

Kundalini, the universal life force, has for centuries been shrouded in misconception and lore. But in fact, Snatam Kaur assures us that, through Kundalini Yoga, the capacity to experience it is within all of us—a natural and limitless source of physical health, stillness, joy, energetic strength, and loving connection with others and all of creation.

Original Light was written for those seeking a compassionate and supportive guide to creating a vibrant and sustainable daily spiritual practice. Here, Snatam shares with honesty and gentle humor her own stories, challenges, “aha” moments, and many practical pointers gained from her lifelong journey.

Readers first explore the philosophy and foundational principles of Kundalini Yoga as taught by Yogi Bhajan, and then learn the five morning practices of the Aquarian Sadhana, including:

- *The Wake-Up Routine*—establishing a sacred space, bathing and purification, healthy diet and elimination guidelines, and more
- *Jap Ji*—from 15th-century sage and founder of the Sikh tradition, Guru Nanak, this sacred recitation is both a map and a direct expression of our union with the Divine
- *Kundalini Yoga Kriyas*—nine energizing posture and movement sets for creating a somatic space for your spirit
- *Aquarian Sadhana Mantras*—seven devotional chants as the sun rises to open the doors of liberation and experience bliss and ecstasy through sacred sound

- *Gateway to Divinity*—the closing transition stage that integrates your own spiritual tradition and helps you to focus your energies and set your intentions for the day ahead

For those of all faiths, *Original Light* provides an ideal introduction and resource to improve our health, find greater freedom and stillness within, and illuminate each moment of the day.

Includes two CDs of guided chants and practices with Snatam Kaur.

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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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Mildred Wright:

Information is provisions for those to get better life, information currently can get by anyone from everywhere. The information can be a understanding or any news even a huge concern. What people must be consider while those information which is within the former life are difficult to be find than now could be taking seriously which one is suitable to believe or which one typically the resource are convinced. If you receive the unstable resource then you have it as your main information it will have huge disadvantage for you. All of those possibilities will not happen in you if you take Original Light: The Morning Practice of Kundalini Yoga as the daily resource information.

Judith Lea:

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