

Raja Yoga Swami Vivekananda

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Pratyahara (Devanāgarī प्रत्याहार, Tibetan རྒྱུ་ཤུད་པ།, Wylie so sor sdud pa) or the 'withdrawal of the senses' is the fifth element among the Eight stages of Patanjali's Ashtanga Yoga, as mentioned in his classical work, Yoga Sutras of Patanjali composed in the 2nd century BCE. It is also the first stage of the six-branch yoga ...

Pratyahara - Wikipedia

Kundalini, also called Shakti, is the primal creative energy, or life force, that animates living beings. Under normal circumstances, Kundalini energy pervades the nervous system and is replenished through the breath. However, when yogis talk about awakening the kundalini, they're referring to the ...

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