



A Lotus Flower in Muddy Waters

By Stuart Perrin

Createspace, United States, 2014. Paperback. Book Condition: New. 216 x 140 mm. Language: English . Brand New Book ***** Print on Demand *****. This timeless book, A Lotus Flower in Muddy Waters by Stuart Perrin, is one of the most important, revelatory, and generously written studies of its kind in contemporary spiritual literature - a twenty-first century guidebook for actualizing one's inner life. It explores the practice of Kundalini Yoga's therapeutic, spiritual and esoteric applications and is as relevant to modern day seekers as Sri Swami Yogananda's Autobiography of a Yogi was to those who read it in the twentieth-first century. Author and teacher, Stuart Perrin, was born in New York City. As a child, he exhibited unusual spiritual gifts and sought to learn and understand the deepest teachings of eastern and western religions. After years of domestic and international travel in search of a guru, Mr. Perrin returned to his home in New York where he met Rudi (Swami Rudrananda). Thus began his initiation into what would become a lifetime of personal growth that culminated in mastery of Kundalini Yoga and the ability to pass on teachings, techniques and benefits of the spiritual practice he originally learned...



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Good eBook and helpful one. It really is written in straightforward words and phrases and never confusing. I am just effortlessly could possibly get a enjoyment of looking at a published book.

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The book is great and fantastic. it absolutely was written very properly and beneficial. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Lyda Davis II**