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keep us entertained
long enough to open
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Classic hatha yoga
texts, such as the
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the Goraksha Samhita, make no mention of chakrasana. However, the ancient texts of tantra and kundalini yoga hold this asana in the highest regard.

Deeper Dimensions of Chakrasana: Wheel Pose

Practical principles:
These are practical principles used daily in Contemplation and Yoga Meditation, not merely abstract

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principles (4 Practices). For a dedicated seeker of Self-Realization who wishes to tread the Advanced path of Yoga, Vedanta, and Tantra, these principles and associated practices of self-exploration and self-awareness are crucial.

Levels and Dimensions of Consciousness in Yoga

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