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the founder of the  
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and founded the  
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drawn from or  
influenced by it.

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philosophy and  
postulates two eternal  
realities: Purusha, the  
witnessing  
consciousness, and  
Prakriti, the root  
cause of creation,  
composed of the  
three gunas.

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Swami  
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Satchidananda, was  
an Indian religious  
teacher, spiritual  
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Satyaram, who gained fame and following in the West. He was the author of

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authority on Yoga

and more than

anything else the

popularity of his

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proress in his intense  
knowledge and the  
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decades, yoga has helped millions of people to improve their concepts of themselves. Yoga realises that man is not only the mind, he is body as well. Yoga has been designed in a such a way that it can complete the process of evolution of the personality in every possible

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direction. Kundalini  
yoga is a part of the  
tantric tradition. Even  
though you may have  
already been

introduced to yoga, it  
is necessary to know  
something about

tantra also. Since the  
dawn of creation, the  
tantrics and yogis

have realised that in  
this physical body  
there is a potential

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force. It is not  
psychological or  
transcendental; it is a  
dynamic potential  
force in the material  
body, and it is called  
Kundalini. This  
Kundalini is the  
greatest discovery of  
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Kali is the Goddess  
who takes away

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darkness. She cuts  
down all impurities,  
consumes all  
iniquities, purifies,  
Her devotees with the  
sincerity of Her Love.  
Now we can worship  
Her according to the  
ancient tradition. Kali  
Puja is a treasure  
house of Her Wisdom.  
It contains abundance  
Kali's tools for living:  
Her sattvic worship,

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significance when  
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