What is Kundalini Yoga (KY) & Soul/Kundalini/Self/Inner Awakening(KA/SA/IA)?

- By Tantra Siddha Maha Yogi Shastrishree Dr.Rupnathji

Kundalini Yoga is a unique and life transforming 5-day yoga and meditation retreat specially designed and conducted by a rare living incarnation Tantra Siddha Maha Yogi Shastrishree Paramahamsa Dr.Rupnathji.The program is centered on awakening the ultimate inner potential energy within each of us, the Kundalini energy, and making available the innumerable practical benefits in various dimensions of our life like health, wealth, relationships, education, career, etc.

How can I describe a program like Soul Awakening? All I can say is that Inner/Soul/Kundalini Awakening is not a program – it is a tremendous possibility! However else we may choose to describe it, Inner Awakening is ultimately your experience of your own transformation – your intimate contact with your own highest possibilities.

Each moment of Inner/Kundalini Awakening is a fresh introduction – because Life is introducing Itself to you every moment ! No one can predict what your unique experience of this program will be like.

But there is one thing I can tell you, for I have seen it happen: no one, no one, ever returns from Inner self Awakening without experiencing at least one dimension of Jeevan Mukti, Kundalini Enlightenment.

What is Kundalini Enlightenment (Jeevan Mukti)? Jeevan Mukti or Kundalini enlightenment is nothing but living life at the optimum potential— with success and abundance in the outer world and deep joy and fulfillment in the inner world. A person who is living enlightenment radiates so many wonderful qualities – good health, a clear mental setup, pure energy centers, an unclutched being, and above all, the deep feeling that everything is auspicious for no reason. And this is a possibility that is available to each of us at every moment.

By your very nature, you are wired for enlightenment! That is why, till you relax into jeevan mukti, you will continue to feel unfulfilled. All your depression, your stress, your seeking is nothing but the cry of your being to return to its original state of jeevan mukti.

Tantra Siddha Maha Yogi Shastrishree Dr.Rupnathji is a global leader in enlightenment science. He is the most-watched spiritual teacher on Web World, and is the author of more than 300 popular books.

Shastrishree Rupnathji(Dr.Rupak Nath) is a Tantra Siddha Maha Yogi since his birth. He is the master of ashta siddhis, radiant light of Yoga knowledge, salvator for mortal beings on earth and capable of giving them the divine experiences, master of masters, immortal. His birth was predicted thousands of years ago in Nadi Grantha. **Siddha Yogi Rupnathji has Vak siddhi meaning whatever he says has the power of turning into reality.**Tantra Siddha Maha Yogi Shastrishree Rupnathji(Dr.Rupak Nath)'s life is surrounded with numerous stories about miraculous deeds he has performed.There no any doubt that Tantra Siddha Maha Yogi Shastrishree Rupnathji realized yogi who has acquired many Siddhis and have the miraculous powers on his disposal, which he used discriminately only for the propagation of Dharma.

Tantra Siddha Maha Yogi Shastrishree Dr.Rupnathji was recently named one of the world's top 100 most spiritually influential personalities by the world's largest and oldest esoteric magazines. To learn more, please go to www.tantra-siddhi-rupnathji.net84.net

Watch Now! discourses, techniques and webinars from Tantra Siddha Maha Yogi Shastrishree Paramahamsa Dr.Rupnathji with 14 million views.

Tantra Siddha Maha Yogi Shastrishree Dr.Rupnathji's Works

Here is a list of Tantra Siddha Maha Yogi Shastrishree Dr.Rupnathji's Works as known to me.

Bhashya Granthas

By

Tantra Siddha Maha Yogi Shastrishree Dr. Rupnathji-

*Daily Hindu Wisdom

*Factoids

- *Hinduism Evolution
- *Hinduism Problems
- *Karma Yoga
- *Mahabharata: An Epic
- *Mantras
- *Meditation
- *Ramayana
- *Paramahamsa Swami s
- *Upanishads
- *What They say about Hinduism
- *Viveka Choodamani
- *Aparokshanubhooti
- *Upadesa Sahasri
- *Vaakya Vritti
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- *Atma-bodha
- *Sarva Vedanta Sara Samgraha
- *Prabodha Sudhakaram
- *Swaatma Prakasika
- *Advaita Anubhooti
- *Brahma-anuchintanam
- *Prasna-uttara Ratnamaalika
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- *Yaga Taravali
- *Anatma-sree Vigarhanam

- *Swaroopa-anusandhanam
- *Pancheekaranam
- *Tattwa-bodha
- *Prouda-anubhooti
- *Brahma Jnanavali
- *Laghu Vakyavritti
- *Moha Mudgaram (Bhaja Govindam)
- *Prapancha Saaram
- *Hymns and Meditation Verses
- *Sri Ganesa Pancharatnam
- *Ganesa Bhujangam
- *Subrahmanya Bhujangam
- *Siva Bhujangam
- *Devi Bhujangam
- *Bhavani Bhujangam
- *Sree Rama Bhujangam
- *Vishnu Bhujangam
- *Sarada Bhujangam
- *Sivananda Lahari
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- *Ananda Lahari
- *Siva-paadaadi-kesaanta-varnana
- *Siva-kesaadi-padaanta-varnana
- *Sree Vishnu-paadaadi-kesanta
- *Uma-Maheswara Stotram

- *Tripurasundari Vedapada Stotram
- *Tripurasundari Manasapooja
- *Tripurasundari Ashtakam
- *Devi-shashti-upachara-pooja
- *Mantra-Matruka-Pushpamaala
- *Kanakadhara Stotram
- *Annapoorna Stotram
- *Ardha-naree-Natesvara Stotram
- *Bhramana-Amba-Ashtakam
- *Meenakshi Stotram
- *Meenakshi Pancharatnam
- *Gouri Dasakam
- *Navaratna Malika
- *Kalyana Vrishti-Stavam
- *Lalitha Pancharatnam
- *Maaya Panchakam
- *Suvarna Mala Stuti
- *Dasa Sloki
- *Veda Sara Siva Stotram
- *Siva Panchaakshara Stotram
- *Siva-Aparadha-Kshamapana
- *Dakchinamoorthy Ashtakam
- *Dakshinamoorthy Varnamala
- *Mrityunjaya Manasa Pooja Stotram
- *Siva Namavali Ashtakam

- *Kaala Bhairava Ashtakam
- *Shat-padee Stotram
- *Siva Panchakshara Nakshatra Mala
- *Dwadasa Ling Stotram
- *Kasi Panchakam
- *Hanumat Pancharatnam
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- *Praata Smarana Stotram
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- *Yamuna Ashtakam
- *Ganga Ashtakam
- *Manikarnika Ashtakam
- *Nirguna Manasa Pooja
- *Eka Sloki
- *Yati Panchakam
- *Jeevan Mukta Ananda Lahari

- *Dhanya Ashtakam
- *Upadesa (Sadhna) Panchakam
- *Sata Sloki
- *Maneesha Panchakam
- *Advaita Pancharatnam
- *Nirvana Shatakam
- *Devyaparadhakshamapana Stotram
- *About Hinduism
- *Adi Shankaracharya
- *Bhagavad Gita
- *Brahmins
- *Chanakya
- *Brahma Sutras
- *Isavasya Upanishad
- *Kena Upanishad
- *Katha Upanishad
- *Prasna Upanishad
- *Mundaka Upanishad
- *Mandukya Upanishad
- *Mandukya Karida
- *Aitareya Upanishad
- *Taittireeya Upanishad
- *Chhandogya Upanishad
- *Brihad Aranyaka Upanishad
- *Sree Nrisimha Taapaneeya Upanishad

- *Sreemad Bhagawad Geeta
- *Sree Vishnu Sahasranama
- *Sanat Sujateeyam
- *Lalita Tri-satee
- *Hastaamalakeeyam

SOME OTHER BOOKS WRITTEN BY TANTRA SIDDHA MAHA YOGI SHASTRISHREE DR. RUPNATHJI ARE GIVEN AS FOLLOWS:-

- *The Primal Revelation at the Heart of Civilization
- *Krishna Worship: One of Humanity's Most Ancient Traditions
- *The Great Blue Spirit Nagi Tanka Skan Skan
- *The Lion of Time
- *Contacting Vedic Empire Productions
- *Rakhi Bond of Love Saves the Life of Alexander
- *Ancient Pompeii's Lakshmi Statuette
- *Hindu Radio-Breaking the Sound Barrier
- *Philippines- A Golden Heritage
- *Gympie Gold inlaid Quartz
- *Ancient Hindu Mariners and Australian Gold
- *Lets Connect on Facebook
- *Why is Prayag-an ancient center of Hinduism now called Allahabad?
- *Have Mosques ever been built atop non-Islamic Holy Sites?
- *The Blue God of Judaism
- *Greek Othrys and the Vedic Adri Montains
- *HINDU CIVILIZATIONS OF AUSTRONESIA AND SOUTH EAST ASIA
- *Vedic Brahma and Apache Kuterastan
- *Phoenician Alphabet, Adopted by the Greeks

- *The Phoenician Creation Story
- *India-Homeland of the Phoenicians
- *Evidence Linking Ancient Troy and Central America
- *Rig Veda and the Phoenicians
- *Fly Me to the Moon God
- *Walk the Sacred Forests of Shiva
- *Updated:Vedic Roots of India's Moon Mission
- *Roots of Orissa's 'Christian' Problem
- *Ancient Orissa's Links with Rome, Japan, China, Africa and SE Asia
- *The Stanzas of Dzyan
- *The Blue-ness of God in Biblical tradition
- *The Sanskrit Dialect Known as English
- *Caitanya's Bhakti Movement Empowers India & Humanity
- *Bangalore's Shiva Cave Temple
- *Assaulting Orissa and India's Development
- *The Truth Behind Holy Amarnath in Kashmir
- *Cure For Diabetes
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- *Cure For Pulmonary Disease
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- *Care For Short-Sightedness
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- *Care For Hypothyroidism
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- *Cure For Excessive Sweating Of Palms & Feet
- *Cure For Achromatopsia
- *Cure For Thyroid Problems
- *Cure For Fungal Infection
- *Cure For Lower Back Pain
- *Cure For Post-Traumatic Stress Disorder

- *Care For Kid's Memory Power
- *Care For Stiff Knees & Knee Pain
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- *Care For Baldness
- *Care For Food Allergies
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- *Care For Dandruff
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- *Care For Ulcerative Colitis and Crohn's Disease
- *Cure For Ulcerative Colitis And Crohns Disease
- *Care For Irritable Bowel Syndrome
- *Excelling In Studies Level 2
- *Cure For Baldness
- *Care For Tinnitus
- *Care For Rapid Recovery From Illness
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- *Care For Sinusitis
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- *Care For Attention Deficit Disorder (ADD)
- *Cure For Digestive Issues
- *Care For Nephrotic Syndrome
- *Care for Insomnia
- *Cure For Autoimmune Disorders
- *Care For Autoimmune Disorders
- *Cure For Tinnitus
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- *Cure For Attention Deficit Disorder (ADD)
- *Clarity And Emotional Stability
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- *Hindu Festivals 2000-2031

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*Ancient Hindu Mariners and Australian Gold

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*HINDU CIVILIZATIONS OF AUSTRONESIA AND SOUTH EAST ASIA

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*Phoenician Alphabet, Adopted by the Greeks

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- *The Truth Behind Holy Amarnath in Kashmir
- *Tantra Mantra Yantra Vigyan Journal
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- Practicals of Hypnotism
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- •Omkar Brahma To Kundalini
- •Social Success : Tantra Secrets
- •Samadhi Siddhi
- •Top Secret Mantra Rahasya
- •Unpublished Spiritual Sadhana Samagra
- •Sarva Prakar Dikshaayen
- •Sarva Deva Shatkam
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- •Maha Tantram
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- •Bhuvaneshwari Siddhi
- •Lakshmi Secrets
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- •Universal Life
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- •Secrets of Shodashi Tripur Sundari
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Birth in Pukhshya Nakshtra

Birth in Ashlekha Nakshtra

Birth in Magha Nakshtra Birth in Poorvaphalguni Nakshtra Birth in Uttraphalguni Nakshtra Birth in Hasta Nakshtra Birth in Chitra Nakshtra Birth in Swati Nakshtra Birth in Bishakha Nakshtra Birth in Anuradha Nakshtra Birth in Jyeshtha Nakshtra Birth in Moola Nakshtra Birth in Poorvashadha Nakshtra Birth in Uttraashadha Nakshtra Birth in Shravan Nakshtra Birth in Dhanishtha Nakshtra Birth in Shatbhikha Nakshtra Birth in Poorvabhadrapada Birth in Uttrabhadrapada Birth in Revati Nakshtra Birth in Pieces Sign Birth in Aquarius Sign Birth in Capricorn Sign Birth in Sagittarius Sign Birth in Scorpio Sign Birth in Libra Sign Birth in Virgo Sign

Birth in Leo Sign

Birth in Cancer Sign

Birth in Gemini Sign

Birth in Taurus Sign

Birth in Aries Sign

HIIness Removing

How win a Lottery?

Dreams in Astrology

The Ritual Fire Offering

Durga-Saptashati

¦Yavnacharya not a Greek Astrologer

Codes of Rigveda

Yoga Siddhi

Heaning Astra & Astrology

¦Shakti in Rigveda

Cosmic Viberation

Vedic Agni & Illa

Under standing Tantric Mantras

The Great Tantra Challenge

SECRETS OF THE SAPPHIRE

House to House

The Houses and Signs

Encyclopeadia of Astrology

Questions and Answers

¦Lagna

- About Astrology
- Vedic astrology
- Grahas (planets)
- Rasis (signs)
- Bhavas (houses)
- Chakras (charts)
- ¦Varga chakras (divisional charts)
- Nakshatras (constellations)
- ¦Ayanamsa
- Dasa Systems
- Characteristics of Rasis
- Indications of Rasis
- Characteristics of Planets
- Planetary Dignities
- Planetary Relationships
- Lagnas (ascendants)
- Use of Special Lagnas
- ¦Upagrahas (sub-planets)
- Vargas (divisional charts)
- Divisional Chart Significations
- Insights on Divisional Charts
- Using Divisional Charts
- Varga Grouping and Amsabala
- Significations of Houses
- 30 Days Lesson of Astrology

A Controversy

¦Karakas (significators)

Arudhas (risen ones)

Use of Arudha Lagna

Use of Bhava Arudhas

|Meaning of Arudha

Use of Graha Arudhas

Graha Drishti

Rasi Drishti

Graha Drishti vs Rasi Drishti

Argala (Intervention)

¦Virodhargala (Obstruction)

Use of Argala

Yogas (special combinations)

Ashtakavarga (eight-sourced strengths)

Different Strengths

Shadbala and Astakavarga Bala

¦Sahamas (sensitive points)

|Functional Nature

¦Baadhakas

Analyzing Charts

¦Marakas (Killers)

¦Vimsottari dasa

Vimsottari Dasa Variations

¦Ashtottari dasa

¦Kalachakra dasa

¦Narayana dasa

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¦Sudasa

¦ Drigdasa

¦Niryana Shoola Dasa

¦Shoola dasa

¦Sudarsana Chakra dasa

|Moola dasa

Transits and natal references

¦Transits and ashtakavargas

Timing with Sodhya Pindas

|Murthis (Forms/Idols)

Rasi Gochara Vedha

¦Taras (Stars)

Special Nakshatras/Taras

¦Sarvatobhadra Chakra

Casting Annual Charts

Casting Monthly Charts

Casting Sixty-hour Charts

|Judgment of charts

Compressed dasas

|Impact of birthtime error

Re-interpreted Significations

Using Birthcharts

Prasna (horary astrology) Progressions (taught by Manu) Diseases Rectifications Who can use Vedic Astrology? Penumbral Eclipse Peregrine Periodical Lunation Phase. (Obs.) Phenomenon | Philosophy Philosopher's Stone Barren and fruitful Benefic and Malefic Stars in first House Stars in second house Stars in third house Stars in fourth house Stars in fifth house Stars in sixth house Stars in seventh house Stars in earth house Stars in ninth house Stars in tenth house Stars in eleventh house Stars in twelfth house

- Sun in 12 Houses
- Hoon 12 Signs
- |Mars in 12 Signs
- Hercury in 12 Signs
- |Jupiter in 12 Signs
- Venus in 12 Signs
- Saturn in 12 Signs
- Rahu in 12 signs
- ¦Ketu in 12 signs
- | Pluto in 12 signs
- Uranus in 12 signs
- Neptune in 12 signs.
- " Just Try and See
- " Past Life
- " Sadhana of the Sun
- " Boost Your Brains
- " Santaan Prapti Mangala Sadhana
- " Narayan Kalp Sadhana
- " Jwalamalini Sadhana
- " Parad Ganpati Sadhana
- " Sadhanas for Marriage
- " Are Houses Haunted
- " Paarad Ganpati Sadhana
- " Akshay Paatra Sadhana
- " Dharmaraaj Siddhi Sadhana

" Sadhana of Sun and Saturn " Chhinmasta Sadhana "Sadhana for Protection of Health "Shree Siddheshwari Sadhana "Worship of Shiva (Shivaraatri) "108 Divine names " from January "Riddance from Evil Spirits "Panchanguli Sadhana "Aakarshan Sadhana "Megha Saraswati Sadhana "Kaamdev Rati Prayog "Mahamrityunjay Sadhana "Mahalakshmi Poojan" "Lakshmi Sadhanas of great Rishis and Tantriks "How to celebrate Diwali" "The Right Way to perform Sadhana' "Diksha for affliction of MARS" "Shraadh Pitra Santushti Sadhana' "Guru Poornnima Sadhana" "Gopal Prayog for Children" "Solar Eclipse Sadhana" "Lunar Eclipse Sadhana" "Uchhisht Ganpati Sadhana" "Guru Worship" "Sadhanas using Moti Shankh"

"Swadhishtthan Chakra Sadhana" "Quick Acting Bheirav Sadhanas" "Sadhana of planet Moon" "Miraculous Hanuman Sadhanas" "Sadhana to Rid Addiction" "Planet Shukra (venus) Sadhana" "Lama Holi Sadhnas" "Planet Shani (saturn) Sadhana" "Durga Sadhana" "Vaidyanath Sadhana" "Some Simple Yantra Sadhanas" "Amazing Mantras for new Millenium" "Sadhna to get Mental Peace" "Kanakdhara Sadhna" "Another Mahakali Sadhna" "Mahaganpati Sadhna" "Kartikeya Sadhna" "Sabar Lakshmi Sadhnas on Diwali" "Simple Shree Yantra Sadhna" "Sadhna to banish diseases" " Face To Face With Divine Yogi " " Enlightened Beauty " " Gaayatri Sadhana "

" Gurutatva Sadhana "

" Garbhasth Cheitanya Sadhana "

- " Priya Vallabha Kinnari Sadhana "
- " Even You Can See Your Aura "
- " Telepathy "
- " Happy New Year "
- " The Mahavidya Sadhanas "
- " The Mahavidya Sadhanas : Mahakali The Saviour "
- " The Mahavidya Sadhanas : Bhuvaneshwari Bestower of Absolute Power
- " The Mahavidya Sadhanas : Baglamukhi The Victory Giver "
- " The Mahavidya Sadhanas : Tara The Provider "
- " The Mahavidya Sadhanas : Dhoomavati The Terrifier "
- " The Mahavidya Sadhanas : Kamala The Wealth Giver
- " Jyeshttha Laxmi Sadhana "
- " Anang Sadhana for Perfect Health & Vigour '
- " Propitiating The Ancestors "
- " Sadhana for Blissful Married Life
- " Kriya Yog Sadhana "
- " Atma Chetna Sadhana "
- "Treasured Eruditions of Ancient India"
- " A Simple Practice To Get Rid Of Diseases "
- "Some Simple Miraculous Charms"
- "Mahakali Sadhna"
- "Shree Yantra Diksha Sadhna"
- Famous Tantra Books Written By Dr.Rupnathji(Dr.Rupak Nath) are given here as follows:-
- 1. Matsya Sukt Tantra
- 2. Kul Sukt Tantra

- 3. Kaam Raj Tantra
- 4. Shivagam Tantra
- 5. Uddish Tantra
- 6. Kuluddish Tantra
- 7. Virbhadrodish Tantra
- 8. Bhoot Damar Tantra
- 9. Damar Tantra
- 10. Yaksh Damar Tantra
- 11. Kul Sharvashy Tantra
- 12. Kalika Kul Sharvashy Tantra
- 13. Kul Chooramani Tantra
- 14. Divya Tantra
- 15. Kul Saar Tantra
- 16. Kulavarand Tantra
- 17. Kulamitr Tantra
- 18. Kulavati Tantra
- 19. Kali Kulavaan Tantra
- 20. Kul Prakash Tantra
- 21. Vashisht Tantra
- 22. Siddh Saraswat Tantra
- 23. Yogini Hriday Tantra
- 24. Karli Hriday Tantra
- 25. Matri Karno Tantra
- 26. Yogini Jaalpoorak Tantra
- 27. Lakshmi Kulavaran Tantra

- 28. Taaravaran Tantra
- 29. Chandra Pith Tantra
- 30. Meru Tantra
- 31. Chatu sati Tantra
- 32. Tatvya Bodh Tantra
- 33. Mahograh Tantra
- 34. Swachand Saar Sangrah Tantra
- 35. Taara Pradeep Tantra
- 36. Sanket Chandra Uday Tantra
- 37. Shastra Trish Tatvak Tantra
- 38. Lakshya Nirnay Tantra
- 39. Tripura Narva Tantra
- 40. Vishnu Dharmotar Tantra
- 41. Mantra Paran Tantra
- 42. Vaishnavamitr Tantra
- 43. Maan Solaahs Tantra
- 44. Pooja pradeep Tantra
- 45. Bhakti Manjari Tantra
- 46. Bhuvaneshwari Tantra
- 47. Parijaad Tantra
- 48. Prayogsaar Tantra
- 49. Kaamrat Tantra
- 50. Kriya Saar Tantra
- 51. Agam Deepika Tantra
- 52. Bhav Choodamani Tantra

- 53. Tantra Choodamani Tantra
- 54. Brihast Shrikram Tantra
- 55. Shrikram Shidant Shekar Tantra
- 56. Shidant Shekar Tantra
- 57. Ganeshavi Mashchani Tantra
- 58. Mantra Mookavali Tantra
- 59. Tatva Kaumadi Tantra
- 60. Tantra Kaumadi Tantra
- 61. Mantra Tantra Prakash Tantra
- 62. Ramacharan Chandrika Tantra
- 63. Sharda Tilak Tantra
- 64. Gyan Varn Tantra
- 65. Saar Samuchay Tantra
- 66. Kalp Droom Tantra
- 67. Gyan Maala Tantra
- 68. Pooras Charan Chandrika Tantra
- 69. Agamoktar Tantra
- 70. Tatv Saar Tantra
- 71. Saar Sangrah Tantra
- 72. Dev Prakashini Tantra
- 73. Tantranav Tantra
- 74. Karam deepika Tantra
- 75. Paara Rahasya Tantra
- 76. Shyama Rahasya Tantra
- 77. Tantra Ratna

78. Tantra Pradeep

- 79. Taara Vilas
- 80. Vishwa Matrika Tantra
- 81. Prapanch Saar Tantra
- 82. Tantra Saar
- 83. Ratnavali Tantra.

*Some Important Sanskrit Tantra books(Grantha) Written By Dr.Rupnathji(Dr.Rupak Nath) are also given below:-

- 1. Kali Kitab
- 2. Theth Karini Tantra
- 3. Uttar Tantra
- 4. Neel Tantra
- 5. Veer Tantra
- 6. Kumari Tantra
- 7. Kali Tantra
- 8. Narayani Tantra
- 9. Tarani Tantra
- 10. Bala Tantra
- 11. Matrika Tantra
- 12. Sant Kumar Tantra
- 13. Samayachar Tantra
- 14. Bhairav Tantra
- 15. Bhairavi Tantra
- 16. Tripura Tantra
- 17. Vamkishwar Tantra
- 18. Kutkuteshwar Tantra

- 19. Vishudh Deveshawar Tantra
- 20. Sammohan Tantra
- 21. Gopiniay Tantra
- 22. Brihaddautami Tantra
- 23. Bhoot Bhairav Tantra
- 24. Chamunda Tantra
- 25. Pingla Tantra
- 26. Parahi Tantra
- 27. Mund Mala Tantra
- 28. Yogini Tantra
- 29. Malini Vijay Tantra
- 30. Swachand Bhairav Tantra
- 31. Maha Tantra
- 32. Shakti Tantra
- 33. Chintamani Tantra
- 34. Unmat Bhairav Tantra
- 35. Trilok Saar Tantra
- 36. Vishwa Saar Tantra
- 37. Tantra Mrit
- 38. Maha Khetkarini Tantra
- 39. Baraviy Tantra
- 40. Todal Tantra
- 41. Malani Tantra
- 42. Lalita Tantra
- 43. Shri Shakti Tantra

- 44. Raj Rajeshwari Tantra
- 45. Maha Maheshwari Tantra
- 46. Gavakshy Tantra
- 47. Gandharv Tantra
- 48. Trilok Mohan Tantra
- 49. Hans Paar Maheshwar Tantra
- 50. Hans Maheshwar Tantra
- 51. Kaamdhenu Tantra
- 52. Varn Vilas Tantra
- 53. Maya Tantra
- 54. Mantra Raj
- 55. Kuvichka Tantra
- 56. Vigyan Lalitka Tantra
- 57. Lingagam Tantra
- 58. Kalotarr Tantra
- 59. Brahm Yamal Tantra
- 60. Aadi Yamal Tantra
- 61. Rudra Yamal Tantra
- 62. Brihdhamal Tantra
- 63. Siddh Yamal Tantra
- 64. Kalp Sutrah Tantra.etc.

SCIENTIFIC STUDY OF KUNDALINI YOGA & IT'S BENEFITS

To reveal the mystical sciences of the yoga-vedanta tradition, and reach the benefits of these extraordinary sciences to humanity, a decade ago Tantra Siddha Maha Yogi Shastrishree Paramahamsa Dr.Rupnathji, opened the door of his Vedic laboratory to the modern day scientists & researchers.

In the past ten years attempts have been made to map Dr.Rupnathji's brain, his energy levels, his mitochondria, his DNA ... The scientific fraternity is continuously stunned by the results of what they can evaluate. However, some testing equipment has defied their endeavors – for instance, the needle shoots across the gauge and gets jammed, arrested by the limitations of the machine! Labs are now working on linking several machines in the hope of recording the data that evades them.

The focus of recent studies has been the activation or 'awakening' of the Kundalini Shakti (energy), the tremendous universal life-force that lies latent in every individual. While Kundalini is well-known in Eastern yogic science, it is only just beginning to gain recognition as a scientific reality in Western medical circles.

Kundalini energy can be activated by various means like yoga, breathing techniques (pranayama), certain herbal preparations, creating particular vibrations in the body through the chanting of mantras, and through initiation (energy transmission) by a yoga adept, whose Kundalini is already awakened. Of these, initiation is the fastest, easiest and safest way of awakening Kundalini .

Once awakened, Kundalini brings about extraordinary transformation in the body-mind system of the individual, including a huge surge in energy levels, the healing of chronic diseases and enhanced mental abilities. Beyond this, a host of other changes had been observed but had yet to be systematically studied or quantified.