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## A Lotus Flower in Muddy Waters (Paperback)

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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