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### **Play of Consciousness: A Spiritual Autobiography ...**

If I were asked to name just one book that any spiritual seeker must read at least once then it would definitely be 'Play of Consciousness'. My recommendation is not based just on the intellectual and spiritual content of the book, which, by the way, is exceptional, but rather on the the book's inherent ability to kick-start one's spiritual journey.

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Play of Consciousness. Swami Muktananda's spiritual autobiography is a first-hand, detailed account of his journey to Self-realization under the guidance of his Guru, Bhagavan Nityananda. In these pages, Baba Muktananda instructs seekers on how to walk the Siddha Yoga path, giving teachings about shaktipat initiation, the unfolding of Kundalini, the Guru-disciple relationship, the practices and power of Siddha Yoga sadhana, and the importance of Self-realization.

## **Play of Consciousness by Swami Muktananda - Baba's ...**

Play of Consciousness is the spiritual autobiography of Sw. Muktananda, an Indian meditation master who died in 1982. In POC, he breaks Hindu tradition by talking about his experiences. He does this for one reason: To serve and guide his students. This is a handbook for meditators, in many ways a survival manual.

## **Play of Consciousness: A Spiritual... book by Muktananda**

In this new edition of Play of Consciousness, which was first published in 1970, Swami Muktananda explains that the realization of God is only possible through a Guru: "He is the one who awakens the Inner Shakti Kundalini through shaktipat, who sets the divine Shakti in motion in man's body, who gives instruction in yoga, who bestows the ecstasy of knowledge and the joy of divine love, who teaches detachment in action and grants liberation in this very lifetime."

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Play of Consciousness: A Spiritual Autobiography January 28, 2000, Siddha Yoga Publications  
Paperback in English - Third edition edition

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Play of Consciousness is available in the Siddha Yoga Bookstore. ... The initiation that Baba bestowed on me felt like the beginning of a new life, a spiritual awakening from darkness. I pranam again and again before our Gurus with the greatest love and thankfulness.

## **An Excerpt from Play of Consciousness**

November 17, 2014. BEYOND THE ORDINARY EXPERIENCE: Spiritual development is no different than, say, sports. Higher levels of consciousness can be achieved with the help of regular practice and training of the mind-body system.

## **7 LEVELS OF CONSCIOUSNESS: Know the potential of your mind**

A spiritual experience is an experience that expands or deepens one's consciousness. Now it should be stressed that in no sense does my use of spirit, spiritual, or spirituality mean to include any ideas of something supernatural or some kind of entity, separate or distinct from the physical body.

## **Spirit as Consciousness - The Spiritual Naturalist Society**

If I were asked to name just one book that any spiritual seeker must read at least once then it would definitely be 'Play of Consciousness'. My recommendation is not based just on the intellectual and spiritual content of the book, which, by the way, is exceptional, but rather on the the book's inherent ability to kick-start one's spiritual journey. I hardly knew anything about 'Kundalini' before reading this book and I would have never believed that people can actually receive 'Shaktipat ...

## **Book Review: Play of Consciousness by Muktananda | Mboten**

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### **Buy Play of Consciousness: A Spiritual Autobiography Book ...**

Spiritual consciousness, even at the human level, does not suddenly drop from the blue, and the difficulties of a spiritual life are many. Perhaps nothing can be more difficult than to be aware that there is a spiritual ideal in life, and it is not possible to be conscious of this opportunity of its own accord.

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