

serpent-like fire resting at the root of the spiral column conveys the idea of *Kundalini*. *Kundalini* is the highest manifestation of consciousness and is the very source of creativity in the universe as well as in the human being. *Kundalini* awakening is done by *Hatha Yoga*: After practising advanced postures, *bhandas*, *mudras* and *prāṇayama* exercises, the aspirant can re-channel the dynamic force of *Prāṇayama* and use it to awaken the latent energy.

Thus, for choosing a path, a student should first examine himself, his desire, his purpose of life sincerely and faithfully. Those who commit themselves to any of these paths will accomplish their goals. The author has no prejudice against any religion. He suggests only different methods of prayer, whichever path one chooses it does not matter, but the goal is one. This book enables a person to reach the centre of cosmic consciousness which exists eternally and that too when one turns within. He ultimately finds that his self is the self of all his individuality and it is only a creation of *Avidya*.