



Awake As In Ancient Days: The Christ-Centered Kundalini Yoga Experience

By Felice Austin

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“Awake as in the ancient days” is a quote from Isaiah 51:9 in the Hebrew Bible, and the phrase is repeated in the Book of Mormon. It is clear from the many scriptural references to awakening that the ancients, and especially Jesus Christ were concerned about the state of sleepwalking through life. The ancient science of Kundalini Yoga, preserved for millennia and only recently taught openly in our day, is a wonderful technology for renewing the mind, purifying the heart, elevating the spirit, and awakening the divine potential within. Never at any time has this technology been more necessary and complementary to a faith-based life. Scriptural, yogic, and modern prophecies suggest that we have entered a new age of humanity. Life is accelerating, and all things are in commotion as we prepare to usher in the thousand years of peace. Join Nam Joti Kaur (Felice Austin) as she unravels layers of Christ’s teachings, her own story, and the stories of other faithful Saints on the Christ-centered Kundalini Yoga journey.

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Editorial Review

About the Author

Nam Joti Kaur (FELICE AUSTIN) is a mother, writer, healer, and spiritual teacher. She is the author of several books including *The Gift of Giving Life: Rediscovering the Divine Nature of Pregnancy and Birth*, and *Awake As In Ancient Days: The Christ-Centered Kundalini Yoga Experience*. She teaches Christ Consciousness and Kundalini Yoga as Taught by Yogi Bhajan to people all over the world. She is a faithful member of The Church of Jesus Christ of Latter-day Saints. She lives in California with her daughter.

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