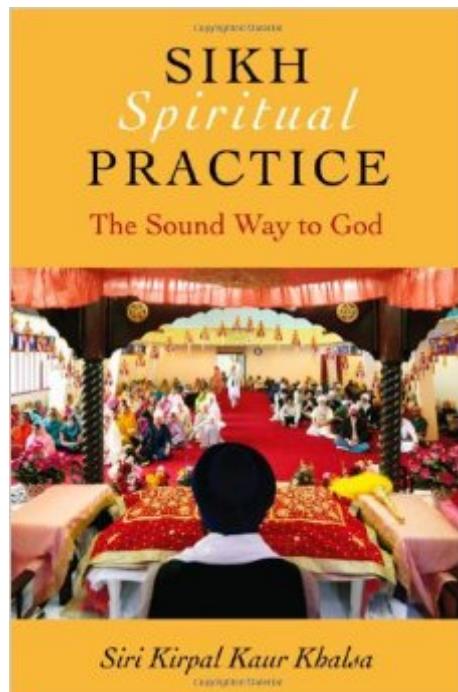


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# Sikh Spiritual Practice: The Sound Way To God



## **Synopsis**

Sikhism is one of the finest ? and least known ? spiritual practices around. This book explains the spiritual underpinnings of Sikh practice, including how Sikhs use sound to experience the Divine. You've seen Sikhs and wondered why they wear turbans and what they believe. Or you've been invited to a Sikh event and are wondering what to expect. This book explains what Sikhs practice, how they practice it and why. Along the way, you'll get to read Sikh poetry, which includes passages by the great Sufi/Hindu saint Kabir. You're a Kundalini Yoga student and wonder what the connection is between Sikhism and Kundalini Yoga. This book explains where the two disciplines meet and where they differ. It also includes some Kundalini Yoga you can practice, including one previously unpublished meditation. You were born a Sikh and wonder why anyone born to a majority faith would choose a religion that looks funny to everyone else. This book tells stories of people who became Sikhs voluntarily and why they did so.

## **Book Information**

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## **Customer Reviews**

Sikh Spiritual Practice: The Sound Way to God is a straightforward explanation of Sikh religious and spiritual beliefs, their connection with Kundalini Yoga, and more. Accessible to readers of all backgrounds, Sikh Spiritual Practice is an excellent choice for anyone curious to learn more about the Sikh religion, or even those interested in converting to the Sikh way. The section on Kundalini Yoga is particularly valuable since, in addition to covering where Sikh belief and the discipline of Kundalini Yoga overlap (and where they differ), it includes some Kundalini Yoga exercises that anyone can practice. A welcome addition to spirituality shelves, Sikh Spiritual Practice is particularly commended to public libraries for its user-friendly format and presentation.

This book isn't about Sikh spiritualism it's about an American diverted practice of yoga with Sikh roots. Most of this book is based on that and not on Sikh principles. If you believe as I do from reading on Sikhism that Yoga isn't a match for Sikh ideals then this book will upset you as it did me.

This is the best introduction to the Sikh faith that I have found. Perhaps that is because it is written by a westerner but the information is clear and able to be applied if the reader is interested. I highly recommend this fascinating discussion of a beautiful religion that is widely unknown.

A great reference and manual for someone such as myself whom lives so far from any Sikhs but feels it throughout my being. Siri Kirpal Kaur Khalsa shares loads of information as if having a conversation with the reader. Easy to follow and a wealth of information and guidance.

I am building a library for myself and am collecting books for the library that I will have some day. This is one such book. I haven't read it yet but I think it will be fascinating and am looking forward to reading it.

This book gave me a greater understanding of Sikhism, I really enjoyed it. Sat Nam!!

Don't let this title fool you. The spiritual practice promoted here is based on the teachings of Yogi Bhajan, the author's highly controversial guru. Kundalini yoga is not part of mainstream Sikhism and never has been.

Very pleased with this book - it answered all of my questions regarding Sikhism and than some. Would definitely recommend to any person curious about Sikhism.

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