



## Moola Bandha: The Master Key

*Swami Buddhananda*

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## **Moola Bandha: The Master Key** Swami Buddhananda

Undoubtedly, this is the most detailed work so far produced concerning Moola Bandha, a Tantric practice much referred to in the classical texts but, until now, one which was little understood by the average practitioner. This book looks at all aspects of the practice - physical, mental, pranic, therapeutic, scriptural - and is an important work for serious students of Tantra and Kundalini Yoga.

## **Moola Bandha: The Master Key Details**

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Author : Swami Buddhananda

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## **From Reader Review Moola Bandha: The Master Key for online ebook**

### **Amanda Rockwell says**

VERY informative

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### **Angela says**

Big picture. Focused techniques. Esoteric, yet practical. Intriguing, yet free of artifice.

A quality of information that in the past was only available to initiates or the most serious students, now just a quick bedtime read.

For anyone interested in yoga or subtle energy, it bears re-reading every year or so. Different aspects of it stand out at different times.

It's amazing a resource such as this exists right under our noses. If you're new to yoga, it might be interesting keep it by your desk and read a section any time you're tempted to waste energy consuming yoga blogs. When finished, proceed to the rest of the Bihar School's enormous library...

AY:A2 book group selection, Dec 2014.

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### **Anthony says**

A must read for all the practitioners & teachers!

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### **Sb says**

A great guide for any individual looking for an initial connection. A very basic format.

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### **Chazzy says**

the bihar school is among the most amazing publishing books on yoga. almost felt like i should pull back on practicing some of these techniques. very profound and powerful.

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### **Usha says**

this book gives great spiritual and physical insight to moola bandha, udiyana bandha and jalandara bandha. i have been practicing yoga and have been very familiar with moolabandha for 9 years, but my understanding of it and its purpose is completely different after reading this book.

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### **Roxanne says**

Moola Bandha: The Master Key describes a system of muscle exercises and locks that lead to a release of pranic energy in the body and ultimately to spiritual enlightenment. Swami Buddhananda defines a "bandha" as a bind, restraint, or lock. The idea is that "by locking or contracting certain muscles on the physical level a subtle process of 'unlocking' goes on simultaneously on mental and pranic levels" (2). By working with bandhas in conjunction with pranayama breathing exercises, a variety of physical benefits are said to occur, calming the heart rate and blood pressure, harmonizing the function of bodily systems, and creating a sense of relaxation. Bandha practice is also said to improve flow of pranic energy in the body, activating the chakras and leading to the release of kundalini energy and to heightened states of consciousness.

The most important of these muscle locks or bandhas is moola bandha, or perineal contraction, the subject of this book. "Moola" means root or foundation, and moola bandha refers to the contraction of the muscles at the "root" of the spine/trunk at the perineum. The physical contraction of moola bandha is useful in treating problems of the lower abdomen such as digestive or sexual disorders. However, moola bandha also involves a spiritual/psychic contraction of the mooladhara chakra. This has the effect of activating our latent sexual energy and channeling it upward for spiritual awakening.

The first half of the book gives background on bandhas and moola bandha in particular, as well as on mooladhara chakra and kundalini energy; it situates moola bandha in the context of ancient scripture, discusses physical aspects and pranic effects of moola bandha, and describes how moola bandha can be used in a therapeutic context. Thus prepared, the reader can move on to the second half of the book, which details several practices of moola bandha, including specific instructions and illustrations. This provides the real meat of the book - everything that came before is simply building to this point. The section on practices opens with techniques appropriate for any beginner, then moves on to gradually more advanced techniques as the aspirant progresses in her practice. Attention is paid to the anatomic differences between men and women as applied to the practice of moola bandha, making this book a good resource for truly any spiritual seeker.

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### **Felipe says**

This book brings a wide approach regarding the Yoga lock system called bandhas — specially that which gives name to it. Moola Bandha states that if a yogi learns how to develop and control his pelvic floor awareness and contraction, he will enhance his yogic practice by awakening his Mooladhara Chakra more easily and safely. Being this step one of the first on preparing the body and mind for meditation, in addition to a very comprehensive explanation about it, its author provides a neuroscience background and a list of practices (e.g. Asana, Pranayama etc) to keep whoever wants to seriously trail a healthy spiritual path. Certainly a must-have.

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## **Dominick M.koscielniak says**

It's not perfect, but there are no better book existing on the subject in print, available to general public. So ? Best, till something better arrive, but I doubt it will.

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## **Erinnmelissa999 says**

This book is basically a 100+ dissertation on the power of kegels. I've never seen anything else like it. Seriously, this goes into depth on the physiology and psychological, spiritual and karmic relevance of moola bandha and gives detailed instructions for lots of physical and psychic practices that I've found to be pretty potent after a month of working with them.

Friends, I recommend this book if you are looking for:

- a chance to clearly locate your root chakra in your body and begin to understand its function and how to engage it
- improved wellness following childbirth, surgery or other pelvic trauma, pain or disease
- deepening yoga or meditation practice

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## **Tiko says**

Just started reading this book. It starts off over a beginners head but the description of the benefits of the locks compels me to keep reading. Interesting so far.

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## **Geoff says**

This was all-around a decent book, but not great.

The book is divided into roughly three main parts with multiple sections. Part one contains an extensive introduction to what moola bandha is and its possible effects on the practitioner. Part two talks about the association of moola bandha with Kundalini awakening. It details the separation of physical effects from the psychic sensation that arises from stimulating the mooladhara chakra by engaging the physical bandha. Part three is a nice section of suggested asanas and practices to help isolate and properly feel moola bandha.

### **Pros**

- Short, compact and to the point.
- Contains a lot of information not found anywhere else
- Includes a glossary of terms and reference section for further reading
- Good practice section.
- Nice help on proper location and isolation of the bandha.

### **Cons**

- Part one was slightly repetitive and hence made it feel like the book bounced around a bit.
- The major area of concern for the book is the list of unsubstantiated claims made in the moola therapy

section on diseases and illnesses. While some of these claims may or may not be true, there are no references or notes to scientific studies included that back up these claims. Hence, the information contained in this section must be considered as anecdotal. There is a references section in the back of the book, but no mention is made as to where any of these claims can be verified.

- a minor ding, the diagram and information on contained in practice section on page 80-81 would have been nice if placed earlier in part 1 on locating moola bandha (around page 15 or so).

Still, a good reference for any yoga practitioner.

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### **Stephanie Spence says**

Can't recommend it enough. As a yoga teacher it's a subject teachers refer to yet rarely explain. I buy it for students I know are seeking greater understand of ALL of the wisdom of this ancient science of yoga.

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### **John Hawkins says**

It would be difficult for someone not involved in Yoga to enjoy this and it does involve a very personal part of the body. I recommend this for Yoga teachers who wish to get to the "root" (excuse the pun) of how the body operates.

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