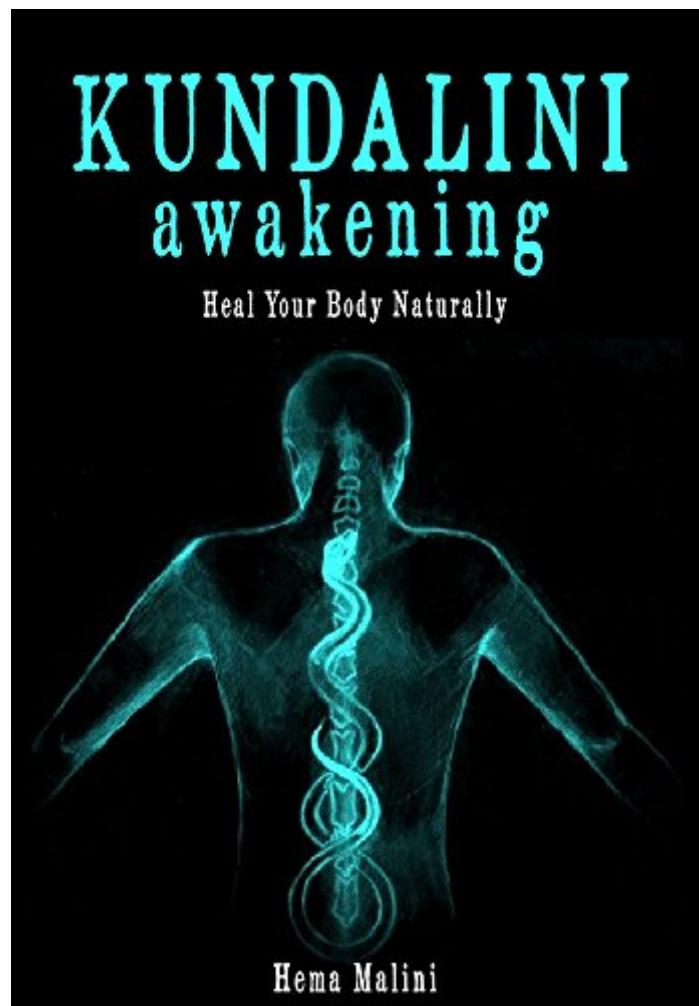


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# Kundalini Awakening: Heal Your Body Naturally



## **Synopsis**

Kundalini is a force of infinite wisdom that lives inside every single one of us. Kundalini is a dormant energy within most people. This guidebook will tell you how to use the simple Yoga poses, meditation and Mantra together to achieve the extra ordinary desired results in a short span of time. These techniques will not only awaken the Kundalini energy, moving you towards spiritual enlightenment, it also can improve your health and remove all stress and unhappiness in your life. Here Is A Preview Of What You'll Learn...- What is Kundalini- The Connection between Chakra Balancing and Kundalini- Qualities that are connected to each Chakra- Different Stages of Kundalini Process- Kundalini awakening symptoms- Breathing and meditation techniques for relaxation and stress reduction - Kundalini Mantras- Beginners Yoga exercises- and much more ...

## **Book Information**

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## **Customer Reviews**

It was a very decent book on explaining Kundalini yet be cautious it is not for the faint of heart the awakening of it. I think this happened to me and I almost lost my mind in the process and still coping to understand it and I have not been the same person since. When this occurs you have to deal with all the traumas and abuse and every issue within the body system and it takes years to process and

did I say it's no joke and no child play it isn't. Of all the book I have browsed on the subject this one is by far the best and I read a lot. It is simple though it lacks depth it gives you a good understanding.

I have read a lot of books on kundalini and had been very familiar with what it is but needed a book to show me how to wake it up or reach it. I wanted a "how to" book and this book was my answer. The book is short and sweet and to the point. It is an easy read and gives you a short but to the point explanation of the kundalini, how to wake it up and the benefits you receive when it is woken up. I liked the fact that the book went right into the steps you need to take to reach your kundalini. I really appreciated the author showing the different types of meditations you can do to waken your kundalini. I really liked how the book gave a breakout of the amount of insight you get based on the amount of time you invest into the meditation. This I hadn't read in any other books. I also appreciated the author explaining how you would feel when/ if u do the mediation correctly. This helped guide me in knowing if I was doing it correctly. I meditate a lot so reading this book made me feel like I was on the right track.

This book tells how can one energize one's book in the most basic way, through Chakra's. It talks about the energy in the seven chakra's and how we can awaken them so, that we can have a more healthy and great life...

I never like taking pills because most of them have side effects and on the long run they are not good for your health. With kundalini, you are able to help your body heal itself naturally but having the process speed up a bit. I am now able to heal by body through my soul.

This is a really interesting topic, and the author does a great job presenting the material. This is a dense book, clearly written by a qualified individual. Thank you Hema.

I enjoyed this book because it is easy to follow. It's not too complicated or hard to follow like many others are. I would recommend for people who want to learn.

A nice book for beginners to skim through. Quick enough and very easy to read with lots of great info.

Very informative , one, who reads it, stays with a positive feelingI was pleasantly surprised when I have read all the new information. Learning process never ends.

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Successfully ... Conquer Your Mind and Regain Your Life)

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