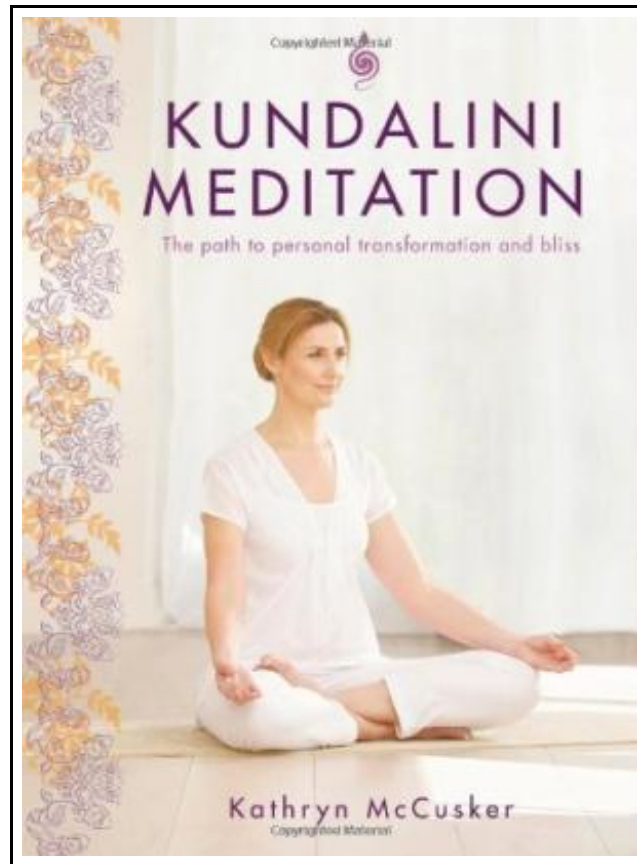


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## KUNDALINI MEDITATION: THE PATH TO PERSONAL TRANSFORMATION AND BLISS

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Watkins Media. Paperback. Book Condition: new. BRAND NEW, Kundalini Meditation: The Path to Personal Transformation and Bliss, Kathryn McCusker, The term 'kundalini' is an ancient Sanskrit word referring to the powerful life force present in us all. The purpose of kundalini meditation is to open up this life force, helping it flow through each of the seven chakras, the energetic centres of the body. When kundalini is fully awakened you will feel amazing levels of energy with electric-like currents flowing up and down the nerves. You will experience inspiration and insight during meditation and doubts and anxieties will disappear. Your body will feel as light as air and your mind calm and serene. You will be at one with the divine. This book explains, in guided stages, how to awaken kundalini. First you must become aware of the energy channels running along the spinal cord - the nadis - and the chakras or energy centres which are strung along the nadis like jewels in a necklace. Next, by practising purification rituals, breathing exercises called pranayama, meditation, yoga poses and mudras (hand positions), you can ensure that kundalini is drawn up through the spine, opening each chakra in turn and causing it to 'bloom like a flower'. A special feature of the book is the guided meditations targeting common problems and issues - for example, releasing anger, lifting depression, promoting healing and inviting love into your life. This beautiful, inspiring yet practical book will bring you to a whole new level of awareness, inner peace and insight.

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