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## Kundalini: Divine Energy, Divine Life

By Cyndi Dale

Sanctum Books, New Delhi, 2012. Soft cover. Book Condition: New. Kundalini is one of the most talked about but least understood forms of sacred energy. So what is it, really? Intuitive healer Cyndi Dale presents concise, yet comprehensive guidance to help readers truly understand kundalini energy and how it can be used to transform their lives. This illustrated book features the latest scientific research; mystical practices such as breathwork, tantra, and mantras; and illuminating first-hand accounts from Cyndi's healing and teaching practice, all in an easy-to-follow format. Step-by-step exercises teach readers how to use this powerful energy to achieve vibrant health, have better and more meaningful relationships, and find their life's authentic purpose. Page Extent: 282.



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