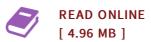




Kundalini: Divine Energy, Divine Life

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.



Reviews

Definitely among the best publication We have possibly read through. I really could comprehended everything using this published e ebook. Its been written in an exceedingly straightforward way and it is simply after i finished reading through this ebook through which basically altered me, change the way i believe.

-- Mr. Malachi Block

Unquestionably, this is actually the greatest function by any writer. We have go through and so i am confident that i am going to gonna read through once more once again later on. I am just happy to explain how this is actually the very best book i have got go through during my individual existence and might be he greatest ebook for ever.

-- Wilbert Connelly