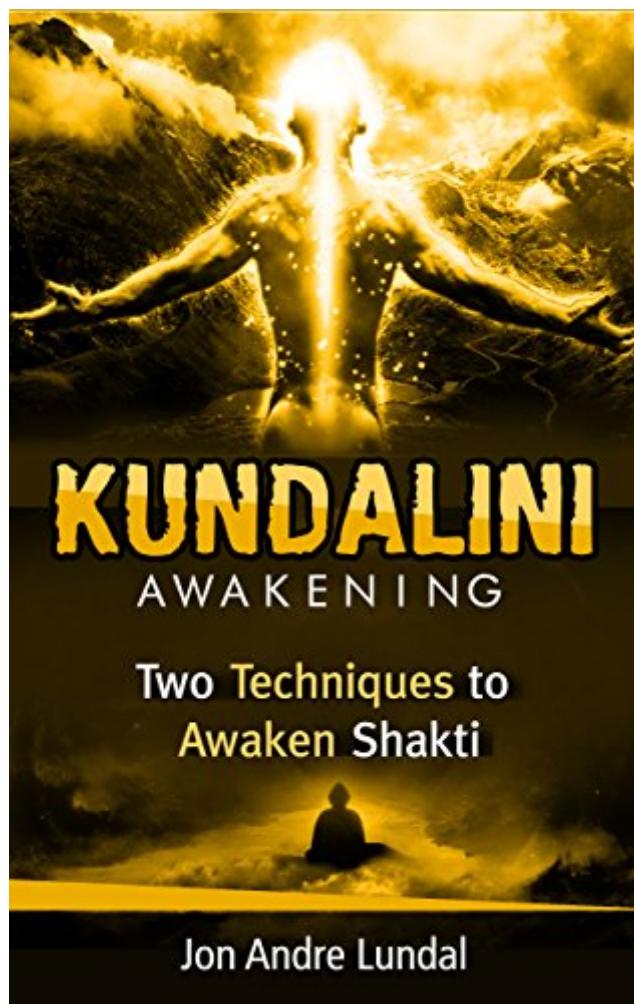


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# Kundalini Awakening: Two Techniques To Awaken Shakti



## **Synopsis**

Does the word Kundalini resonate with you on a deeper level? Are you on a spiritual path and not really sure where you are going or are you interested in learning of techniques that have been time tested and proven to help you awaken your Kundalini Shakti? If that is so then this short read is for you. Two powerful and very valuable techniques for awakening and starting the journey towards a full Kundalini Awakening are given to you in this book. It is straight to the point without airy-fairy language, but the methods used hold the potential to change your very spiritual core. A Kundalini Awakening may: Bring physical and mental healing, Erase and wash away karma that no longer serves you, Open up your mind to new possibilities on every level of life, Bring about evolution of your soul, Show you life in a new and wondrous light that you never thought possible.

## **Book Information**

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## **Customer Reviews**

This book explained the two techniques to awaken Shakti in a very well detailed manner and the biggest lesson I learned from this short book was learning how to erase the bad karma of the past and learning how to create more good karma for yourself. Great read.

As someone who has taken yoga classes off and on for years, as well as studied Buddhist philosophy, meditation and Reiki; I have always been curious about the Kundalini Awakening. It sounds quite powerful and fulfilling on a deep level. Over the years, I've read more about the awakening, but never took any action. I stumbled across this book as I looked for more material and was intrigued. Initially, I was surprised by the brevity of the book, but once I focused on the techniques included by the author, I was thrilled. I have resolved to try the techniques that were laid out and I am excited to get going.

I found Jon's level of understanding and directions as complete, simple and self explanatory. My path through this, while prior to his writings on the kundalini, were fashioned the drug free way. His words are true. The experience is beneficial to gain understanding.

Kundalini practice given a broad view of what it takes to heal your body by Awakening the energy of the body that initiates a better body system functioning by balancing the energy flow. This book is a one of a kind book for its healing techniques. It will help you to improve your health and increase your energy. I highly recommend this book for everyone

Finally someone gives actual instruction and techniques that you can follow. A very short but helpful read. I love it.

Kundalini awakening just like most traditional practices is a new area for me and I am always reading different books mostly for my research but I found some distinct information on this. I particularly liked how the author discredits use of shamanic drugs to awaken kundalini.

Kundalini awakening is one of the most effective techniques that is being used even before. But I never thought that it actually has massive benefits - may be physically or mentally. I'm glad to get informed by this book. It's something I also want to try.

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.

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