



Kundalini For Beginners: Awaken Your Kundalini Within To Heal Your Body Naturally

Alexander Yamashita

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This book contains proven steps and strategies on how to awaken the so-called Kundalini that will help you gain enlightenment and improvement through meditation. You might have heard of Kundalini somewhere or you might even have read about it. Well it is pretty much becoming popular as it spreads out through regions of the world. Maybe you have questions or may even be looking for some useful answers. But what Kundalini really is? How does it work? This book will let you know all about Kundalini- its definition, historical background, and other knowledge you might need as you journey to the path of gaining a deeper and self-understanding about things and your life. Most importantly, this book will give you strategies and steps in awakening your Kundalini. All you need in just one book? That is convenience.

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Much, much more!

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