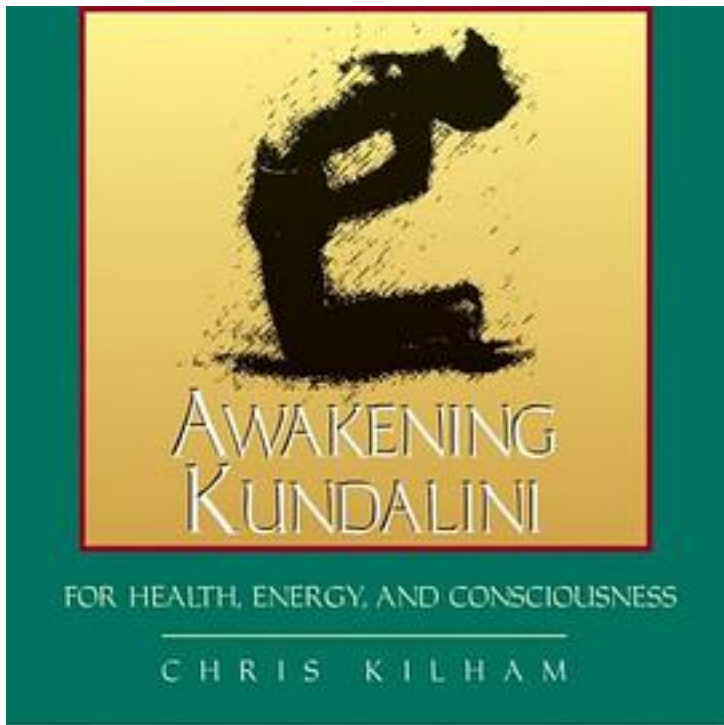


Awakening Kundalini for Health, Energy and Consciousness



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出版者:

出版时间:2004-2

装帧:

isbn:9781594770043

Kundalini is the primordial life force that enlivens vivifies and motivates our body and mind. In the entire realm of yoga nothing is more misunderstood and sought after. Coiled at the base of the spine like a slumbering serpent Kundalini when awakened can become a geyser of energy that leads to greater creativity heightened awareness and states of ecstasy. It can improve health alertness and mood. On this CD Chris Kilham explains Kundalini and introduces time-honoured meditation techniques for safely increasing its flow within the body.

作者介绍:

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