



# **A Chakra & Kundalini Workbook: Psycho-Spiritual Techniques for Health, Rejuvenation, Psychic Powers & Spiritual Realization**

*Jonn Mumford*

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# A Chakra & Kundalini Workbook: Psycho-Spiritual Techniques for Health, Rejuvenation, Psychic Powers & Spiritual Realization

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Spend just a few minutes each day practicing the remarkable yoga and energy work techniques in this book and you will quickly build a solid foundation of inner relaxation and energy discipline that leads to better health, a longer life, and greater control over your personal destiny. Dr. Jonn Mumford's classic guide to the fundamentals of energy work is one of the clearest, most accessible books on yoga available. It offers a wealth of illustrations, tables, and full-color chakra energy cards to bridge the gap between instruction and understanding. In this unique self help book's final section, a beautiful Tantric ritual describes the "levers" with which you can transform an everyday moment into one of transcendence.

*A Chakra & Kundalini Workbook* includes a twelve-week plan of powerful psychic techniques, breath and posture exercises for ultimate health and wellness.

- ?Experience total release from everyday stress and worries
- ?Overcome insomnia, mild depression, anxiety, and panic attacks
- ?Rejuvenate your nervous system and sharpen sensory perception
- ?Improve your memory and access "forgotten" subconscious material
- ?Develop your psychic abilities, including telepathy and clairvoyance
- ?Enter states of ecstasy and gain cosmic consciousness

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