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## Kundalini: A Step by Step Guide to Mastering Kundalini for Beginners in 30 Minutes or Less! (Paperback)

By Lilly Madero

Createspace Independent Publishing Platform, United States, 2015. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. The Ultimate Kundalini Guide! This book will teach you how to achieve enlightenment and become a better you Learn the tips to prepare yourself and the steps to master your very own Kundalini awakening. Kundalini is an ancient spiritual journey one takes in order to reach a higher state of consciousness. It is a process to achieve enlightenment and spiritual ecstasy. It will take away the veil from your eyes that impedes you from seeing the world as it really is. But you don t need a spiritual master or guru to tap the energy within you since you can do it for yourself even in the comfort of your own home. You just have to equip yourself with the right knowledge to prepare you for this mystical endeavor. This book will help you better understand Kundalini, the dormant energy within you waiting to be awakened. It will provide you with must-follow tips to ready your mind and body for the energy that will soon be coursing within you once the sleeping serpent rises. A detailed guide in mastering...

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