

basic chakra meditation techniques - the chakras can be represented by seven small yantras, this way you can get a geometrical representation of each energy center. each chakra is also represented by a mantra. the muladhara, or root chakra, is located at the base of the spine. this is gathering center of shakti energy. its symbol is a **chakras page 1 of 17 sat-chakra-nirupana (by purnananda ... - sat-chakra-nirupana (by purnananda swami)** 7 chakras contents editor's introduction 1. muladhara chakra 2. svadhisthana chakra 3. manipura chakra **excerpt from - law of time** - book of the transcendence **cosmic history chronicles** volume vi 8 activates the preconscious mind as profound samadhi is the intergalactic channel (bmu 341) through which the alpha-alpha hyperplasma is secreted into the brain. from the first mental sphere, mentally direct the alpha-alpha hyperplasma to the crown chakra and impress it above the dali seal. **crystal healing: the ultimate beginner's guide to crystal ...** - chapter 1 "how does crystal healing work? there are many different theories surrounding whether or not crystal healing works and how they work. **part ii: methodology and techniques of kriya yoga** - chapter 6 lahiri mahasaya's kriya yoga "first part introduction the techniques of kriya yoga are explained in the second and in the third part of this book. other interesting subjects like the value of the devotional prayer or the kriya of the cells are dealt with in the fourth part of the book. the second part of the book is addressed to the persons who are curious **andrew kemp kfrp dip mesk kinesiology scan lists - quantum k** - reasons for d step 1 "establish total number of triggers for the symptom step 2 "explore each priority trigger for this treatment step 3 "refer to the other scan charts as necessary to "flesh out" the detail

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