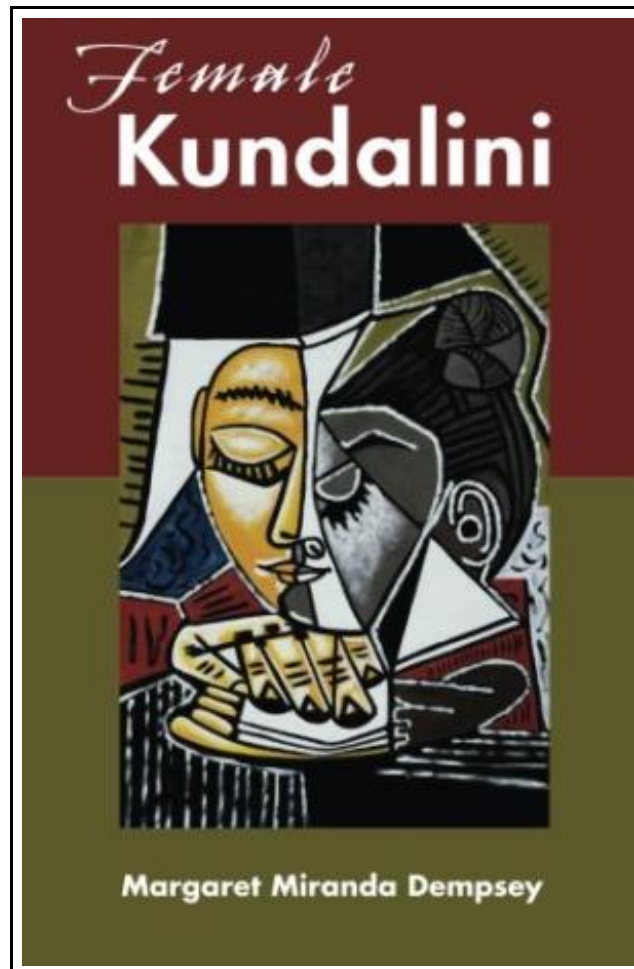


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Reviews

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Life Force Books, United States, 2014. Paperback. Book Condition: New. 220 x 142 mm. Language: English . Brand New Book ***** Print on Demand *****. Female Kundalini is first and foremost the true story of my spiritual journey, my Alpha to Omega. I have striven to make it as authentic and true as possible. It s entitled Female Kundalini because Shakti is female, and even though Shakti is female, each of us - male or female - share this energy. I am a female and have experienced Kundalini so Female Kundalini is an appropriate title. The book describes my experiences, and it is only through experiences that I am able to summon the authority to speak on this topic. I don t offer techniques or methods to awaken Kundalini because I don t advocate using techniques or methods beyond attending Kundalini yoga classes. I don t guarantee that if someone were to do the same things I have done, either intentionally or unintentionally, that he/she would achieve at the same results. What I do know, and would stake my life on, is the universality of the life force energy that lies within. I didn t recognize that I was on a spiritual path until Kundalini rose. The book reflects this perspective, me, looking back over the events of my life: where I started and where I am now. Since 1998 when Kundalini rose for the second time, I have been much more aware of this path. Up to that time, studying Buddhism and pondering continuously was more like a hobby than something that I was ever going to experience. Nevertheless, because a part of me committed unconsciously to this path when I was young, I have always taken jobs that haven t exhausted my energy. Maintaining my integrity and paying...

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