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Synthia Andrews

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The Path Of Energy Awaken You can use Sahaja Yoga to awaken your inner spiritual energy (the Kundalini) in less than ten minutes. This will connect you to the all-pervading cosmic energy and enrich every aspect of your mind, body and soul. It will allow you to experience peace, and illuminate the path to lifelong transformation.

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Expand ...

Subtle energy is received via the aura, metabolized in the chakras and distributed through channels in the body called meridians. The essence of energy awareness means becoming aware of the information the body is receiving from the energy realms and how we are interacting with it.

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Your body is the energy field. Chakra dance, shaking

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your body as you feel the shake coming to your feet from the Earth, freestyle dancing, belly dance are all great ways to stimulate the energy.

## Kundalini Energy: What It Is and How to Awaken It Within ...

The Path of Energy is a unique handbook of principles, practices and exercises to help you access your energy awareness and live a more empowered life. In the book are 13 meditations that activate patterns of light within your energy body to awaken specific abilities and levels of awareness. Each meditation includes benefits and purpose, step ...

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The energy center known in Sanskrit as muladhara is called the root chakra. It is located in a layer of our subtle body called pranamaya kosha, at the base of our spine in the tailbone area. The root chakra is our connection to the earth and to humanity at large.

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