



## **Tibetan Meditation - Yoga Whirling Dervishes: Better Visualization Techniques of Kundalini (Chakras for Beginners, Yoga For Beginners, Mindfulness Meditation).**

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## **Tibetan Meditation - Yoga Whirling Dervishes**

### **Visualization of Kundalini. Awakening the Spiritual Center - Achieving a State of Higher Consciousness**

This book is about the Tibetan meditation. As we know meditation is a beneficial and effective way to recover our body and mind. The book mainly focused on Tibetan meditation which represents the Buddhist tradition.

1st chapter is discussed about the reorganization of what actually meditation is, what is the meaning, from the word “meditation” comes from and interpretation of meditation. By going through chapter one you can gain dept knowledge of meditation.

2nd chapter will make you know about origin of Tibetan rites and their process of taking shot. This part also includes Tibetan activities, the process of breathing while performing physical movement and stages breathing procedure.

3rd chapter covers the types of meditation. You can know different types and choose as your need.

4th chapter explains the detail information about how to practice Tibetan Buddhism.

5th chapter is all about the visualization of kundalini. Make you know the kundalini origin. This part has also discussed about the kundalini energy.

6th chapter contains the information about awakening of kundalini, the reflections when kundalini awake.

7th chapter will give you the 9 process to awake your kundalini by which you can apply whichever you prefer.

8th chapter demonstrates the awakening of spiritual center, how it rinses the spirit.

9th chapter will give you the direction about how you can awake you energy by doing kundalini meditation.

10th chapter is about that way by which you can achieve a State of higher Consciousness by doing meditation.

This is all about the chapters of this book. This book is arranged with complete information about Tibetan meditation, yoga and other forms. You can get the proper idea, knowledge and information by reading this book. If you want to know the entire idea about Tibetan mediation please read this book. Hope you will get your required answers.

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