



# **AWAKENING KUNDALINI: SAFELY AND QUICKLY - A MODERN AND REALISTIC APPROACH**

*Dr. Nids*

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## **AWAKENING KUNDALINI: SAFELY AND QUICKLY - A MODERN AND REALISTIC APPROACH** Dr. Nids

Why this book? A question you must ask and I should answer. First of all I am not writing this book to boast about my achievements. This is a step by step guide to yoga and meditation which will make you physically fitter, mentally sharper and spiritually aware and in the process you will realize that your kundalini will get awakened

This book will tell you how to use the simple Yoga poses, meditation and Mantra together to achieve the extra ordinary desired results in a short span of time, without harming yourself

These simple techniques will transform you into a extra ordinary person and will open a whole new world of opportunities for you, whether you are a student, job person, sports person or a home maker, by applying these techniques you will be able to perform your duties more efficiently with a sense of spiritual enrichment

Now without taking your much time, let's begin the beautiful journey of self realization

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