



Learn To Relax With Meditation: How to gain Bliss & Inner Peace with the Energy Meditation, Chi Gong, God Love, Tantra, Tao-Love...

Rudi Zimmerer

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Mostly people don't understand that meditation reflects what is inside of us. People fight against their thoughts, and they do not know that their suppressed feelings have caused the thoughts. The book shows you how to release negative feelings, how to gain bliss through the energy pump technique, and how to ground negative thoughts so that they disappear.

USP

1. How to make meditation fun.
2. Why is rejecting things so bad for our meditation and life?
3. Why doesn't suppressing feelings and thoughts work?
4. How can you free your negative thoughts/feelings?
5. How can we ground our thoughts with meditation?
6. How to get fast and lasting results from your meditation.
7. How to gain bliss and inner peace through meditation.
8. How to learn to Love God.
9. How to gain true love and much more through tantra.
10. How to become healthy through meditation.

Concepts that the Readers Will Learn:

1. That feelings create thoughts, but thoughts can't create feelings.
2. We cannot suppress our feelings and thoughts forever, because later they will show up again or manifest in diseases.
3. If we fight against our thoughts, they become even stronger.
4. Meditation is awareness, watching and then letting it happen.

Techniques the Reader Will Learn:

1. If we drive our energy from our lowest chakra upwards to our heart chakra, our negative feelings and thoughts will be transformed to love and bliss.
2. How to use the Energy Pump for creating bliss in their meditation.
3. To ground thoughts so that they disappear.
1. How God can benefit our meditation and life.
2. How we can love God through the techniques in this book.
3. How to use Tantra and Tao love in order to quickly gain great results for their meditation and spirituality... also to enjoy their sexuality
4. How to use the technique of EFT in order to quickly and effectively eliminate their negative suppressed feelings in order to get stillness in their mind.
5. To gain health through releasing negative suppressed feelings, the right food, and through Chi Gong exercises.

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From reader reviews:

Henry Major:

Information is provisions for people to get better life, information these days can get by anyone at everywhere. The information can be a knowledge or any news even a huge concern. What people must be consider any time those information which is inside former life are challenging to be find than now's taking seriously which one is acceptable to believe or which one the resource are convinced. If you find the unstable resource then you get it as your main information you will see huge disadvantage for you. All those possibilities will not happen in you if you take Learn To Relax With Meditation: How to gain Bliss & Inner Peace with the Energy Meditation, Chi Gong, God Love, Tantra, Tao-Love... as the daily resource information.

Jennifer Garza:

Reading a guide can be one of a lot of exercise that everyone in the world adores. Do you like reading book thus. There are a lot of reasons why people love it. First reading a guide will give you a lot of new details. When you read a book you will get new information due to the fact book is one of several ways to share the information or even their idea. Second, looking at a book will make you actually more imaginative. When you studying a book especially fictional works book the author will bring you to definitely imagine the story how the figures do it anything. Third, it is possible to share your knowledge to some others. When you read this Learn To Relax With Meditation: How to gain Bliss & Inner Peace with the Energy Meditation, Chi Gong, God Love, Tantra, Tao-Love..., you may tells your family, friends and also soon about yours e-book. Your knowledge can inspire the others, make them reading a e-book.

Miranda Durkee:

Reading can called brain hangout, why? Because when you are reading a book particularly book entitled Learn To Relax With Meditation: How to gain Bliss & Inner Peace with the Energy Meditation, Chi Gong, God Love, Tantra, Tao-Love... your mind will drift away trough every dimension, wandering in every aspect that maybe unfamiliar for but surely will end up your mind friends. Imaging each and every word written in a e-book then become one application form conclusion and explanation that maybe you never get before. The Learn To Relax With Meditation: How to gain Bliss & Inner Peace with the Energy Meditation, Chi Gong, God Love, Tantra, Tao-Love... giving you another experience more than blown away your brain but also giving you useful data for your better life with this era. So now let us show you the relaxing pattern is your body and mind will probably be pleased when you are finished studying it, like winning a. Do you want to try this extraordinary wasting spare time activity?

Jacob Florence:

In this period of time globalization it is important to someone to get information. The information will make someone to understand the condition of the world. The healthiness of the world makes the information much

easier to share. You can find a lot of sources to get information example: internet, newspapers, book, and soon. You can view that now, a lot of publisher in which print many kinds of book. The actual book that recommended for your requirements is Learn To Relax With Meditation: How to gain Bliss & Inner Peace with the Energy Meditation, Chi Gong, God Love, Tantra, Tao-Love... this publication consist a lot of the information in the condition of this world now. This kind of book was represented how can the world has grown up. The words styles that writer use to explain it is easy to understand. Often the writer made some exploration when he makes this book. This is why this book ideal all of you.

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