



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

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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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#### **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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