



Kundalini Awakening: A Gentle Guide to Chakra Activation and Spiritual Growth

John Selby, Zachary Selig

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Kundalini Awakening delivers a universe of easy benefits for readers seeking to find relaxation, harmony, and inner peace.

Kundalini Awakening demystifies the complex science of Kundalini in a compelling content of:

- A full understanding of the seven Chakras, from the first Root Chakra located at the base of the spine to the brain's Crown Chakra
- The power of mantras and complete instructions for their use
- Breathing techniques for relaxation and stress reduction
- Meditation exercises using the guided imagery and the magnificent full color Chakra paintings of Zachary Selig that clarify the color coding of the Chakras

Kundalini Awakening presents a dynamic humanization solution through Chakra models framed in meditations to address the challenges in our world and the way we interact with ourselves.

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