



Kundalini Empowering the Mind, Body, Heart and Soul: The Energy of Joyful Transformation (Paperback)

By Debora Lynn Cohen Cehp

Balboa Press, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. An introduction to Kundalini and the many ways it can awaken. Learn the challenges and opportunities of Kundalini rising and its relationship with the chakra system. Be inspired by Debora s unique journey and examples of her work with clients. Included are self-meditation techniques for the chakra system and Kundalini activation.



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