



# Exploring Chakras: Awaken Your Untapped Energy (Exploring Series)

*Susan Shumsky*

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## **Exploring Chakras: Awaken Your Untapped Energy (Exploring Series)** Susan Shumsky

Until now, much of the wisdom contained in this book has been locked in secret hiding places in the forests and caves of India and Tibet. This book uncovers these new understandings about the subtle energy field. Kundalini shakti is a mysterious, dormant, potent force within the body that, when awakened, can bring spiritual enlightenment. This provides easy, step-by-step methods to help you begin to gently awaken your kundalini energy in a safe, reliable, and systematic way. These meditations, yoga postures, and yoga breathing methods are traditional, reliable, field-proven practices. By reading this valuable book, you will: \* Discover your subtle body and energy field. \* Learn about prana and how it functions in your body, mind, and spirit. \* Gain understanding of kundalini energy and the chakra system. \* Learn to heal blockages in your subtle body. \* Learn to maintain health of your energy field. \* Empower yourself as a multidimensional being.

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