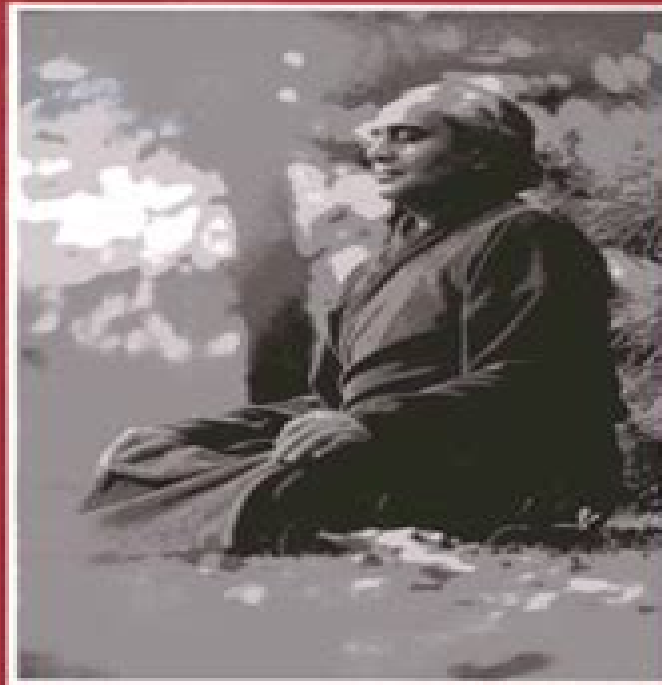


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Reiki Yoga Meditation and Yagyas presents a case for practicing these ancient disciplines While many people are meditating some have had difficulties with meditation because they were not doing Hatha Yoga It is essential to do yoga meditation to obtain the best results Reiki is useful as an added adjunct to keep the body healthy and also open the inner channels often called the meridians or nadis Yagyas are the third aspect of the yoga meditation triangle The purpose of yagyas is to strengthen ones spiritual connection to the Higher Power however yagyas effect all areas of an individual the body mind and spirit These Hindu ceremonies can reduce problems even if youve had them for decades This book provides practical tips about these disciplines and how they can help anyone achieve higher states of consciousness Enlightenment in one lifetime

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