



## Energies of Transformation: A Guide to the Kundalini Process

By Bonnie Greenwell

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A synthesis of Eastern and Western perspectives of the ancient phenomenon known as Kundalini awakening, including 23 fascinating case histories culled from the literature and recorded in interviews with Westerners who have lived through this process and found it to be a profound life-transforming experience that forever changed them physically, emotionally and spiritually.

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