

The Bliss Experiment 28 Days To Personal Transformation Sean Mesr

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Presents advice on overcoming depression, anxiety, and stress and recommends a series of practices which foster a deeper spirituality and promote peace of mind and harmony.
Presents advice on overcoming depression, anxiety, and stress and recommends a series of practices which foster a deeper spirituality and promote peace of mind and harmony.

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Human beings are now evolving into a new species, popularized as the light body that starts to grow when our vibration is high enough to activate DNA that exists in our genes. The growing force increases the vibration of all objects over time. When the old body design no longer thrives in the increased vibratory field a species wide metamorphosis triggers. That is where we are today. In early 2006, Mary unexpectedly experienced a kundalini awakening after years of doing meditation. After this, she devoted three years full-time to the kundalini transformation and took daily notes. The core of Our Light Body is Mary's journal for the first year of kundalini transformation with notes, poetry, insights, visions and dreams. The book has chapters with the author's insights about the personality, the higher-self, steps of spiritual awakening, dark nights of the soul, DNA activation, kundalini, human metamorphosis and evolution.

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