



## The Psychic Anatomy Exercises: For Enhancing the Health and Performance of Your Psychic Anatomy and Physical Body (Paperback)

By Brett A Rogers

Createspace, United States, 2012. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.The Psychic Anatomy Exercises are a set of spiritual development exercises that are done in a meditative state to enhance the health and performance of your psychic anatomy (ex. chakras, aura, meridians, nadis, tan tien, hara and more). They are based on extensive research into traditional practices, scientific observation and of course experience. This enhances your emotional, mental and of course spiritual health and performance, giving you greater awareness and control of yourself and the psychic energies (aka. energy, chi) around you. Intuition is a special type of benefit that has tremendous advantages to the decision rich lifestyles many of us lead. Being more aware of your intuitive feelings helps you sense when something will or will not work before investing time and energy into trying. Your psychic anatomy interfaces with your physical body in many ways. This is the mind-body-spirit connection. As the health and performance of your psychic anatomy increases or decreases, your body reflects this. In general, the Psychic Anatomy Exercises enhances your health and performance by reducing the presence of unhealthy psychic energies within...



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