



## Keys to Spiritual Being: Energy Meditation Synchronization Exercises (Paperback)

By Adrian Ravarour

iUniverse, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Keys To Spiritual Being is a two-part manual of meditation exercises designed to give the individual the ability to come to a higher state of spiritual awareness and development. The first book- Energy Meditation, presents the premise that one begins a transformational process through the infusion of biopsychic energy. Through the application of Ravarour s Energy Meditation exercises, one activates and magnifies the biopsychic energy potential within the individual; coming to an inner path of higher consciousness eventually leading to transformation through one s own sensorial awareness and growth. The second book- Synchronization Exercises, presents a series of exercises which when practiced enables couples the ability to unite at the deepest levels of spirit, mind, and being. These exercises allow the advanced practitioner to synchronize the various chakras within the body with his or her mate, thus being able to co-create a harmonization between each other-a unity of heart, feeling, mind, and soul. Originally created by Adrian Ravarour, Ph. D. in the 1960 s, this new and revised text provides the necessary instruction on how to focus one s energy to activate...



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