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## Ancient Teachings for Beginners

By Douglas DeLong

Llewellyn Publications, U.S. Paperback. Book Condition: new. BRAND NEW, Ancient Teachings for Beginners, Douglas DeLong, "Ancient Teachings for Beginners "by Douglas De Long reveals the mysteries from the distant past and how they can lead to a brighter future in the New Age. It begins with a brief history of spiritual development from before ancient Egypt right up to the present. It continues by explaining the secrets of the aura and the chakras. In this section you'll learn about the importance of the third eye chakra. It is related to the pineal gland and the third eye. Opening the third eye aids intuition, creativity, and psychic abilities. You can do this easily by "toning," "doing vibrational work" or chanting Thoh (rhymes with "toe") at a middle or high "C" note. This triggers a vibration in the pineal which cause the third eye and its chakra to open. The exact techniques are included in the book. If you open the crown chakra (associated with the pituitary gland) you can improve some of your natural psychic abilities, including clairaudience, clairvoyance, and clairsentience. Vibrational work for this chakra uses the sound May. Breathing techniques and the exact way of toning to open the chakra...



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