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Meditation and Qigong Mastery

Ricardo B Serrano

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Meditation and Qigong Mastery

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Meditation and Qigong Mastery Ricardo B Serrano
A guide for healing, inner happiness and spiritual awakening by activating and developing your lightbody The first book Meditation and Qigong Mastery elaborates on the meditation and Qigong principles that masters use to activate and develop their lightbodies, also called EMF (electromagnetic fields), Wei Qi or merkaba, which is the missing mastery principle not discussed by eastern authors in their meditation and Qigong books. Omkabah heart lightbody activation and Maitreya (Shiva) Shen Gong are introduced. Quotations on inner mastery by meditation masters are included to guide the readers toward the path of inner mastery. Powerful mantras are also included to unite the meditation practitioners to the spiritual divine energy of the ancient lineage of the Siddha and Buddhist Masters. Lastly, the merkaba energy ball of light with holographic sound healing is taught for healing and spiritual awakening.

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