



# Mind Magic Kit

*Swami Anandakapila Saraaswati, Jonn Mumford*

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Get in touch with your relaxation response, rejuvenate your natural energy, and begin enjoying life to the fullest, with Dr. Jonn Mumford's breakthrough *Mind Magic Kit*.

The *Mind Magic Kit* is composed of three parts, all of which are included in the box. First, it includes a 128-page illustrated book which explains, in detail, how to use the kit. The focus of the book is the **CRAM** technique. It uses **C**oncentration, **R**elaxation, **A**ttitudinal change, and **M**editation to help you reduce stress.

The second element of the *Mind Magic Kit* is an audiotape cassette with step-by-step instructions for using the system. The final element is a specially coded biofeedback thermometer so you can immediately see the results of your work.

Once you learn the simple techniques in this kit, you will be astounded at what they can do for you:

- Increase your natural levels of melatonin to reverse aging, fight cancer, and rejuvenate energy
- Enhance your immune system
- Reduce the tension and stress of day-to-day living
- Help you relax, resulting in optimal health and performance
- Wipe out stress, migraines, panic attacks, and insomnia

In the *Mind Magic Kit*, you will learn ancient, tested techniques that are brought into the twenty-first century. For example, an ancient way to meditate is with the use of a simple, repeated sound known as a *bija* mantra. You will discover how a certain common word can be used to quickly trigger states of deep relaxation and meditation. You will experience a deeply refreshing and invigorating meditative state of mind through the most powerful and safe form of self-hypnosis ever revealed.

The *Mind Magic Kit* delivers immediate and dramatic results, using a unique hands-on approach. You owe it to your body and mind to get this kit now.

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A lot of people always spent their own free time to vacation or maybe go to the outside with them household or their friend. Were you aware? Many a lot of people spent that they free time just watching TV, or perhaps playing video games all day long. If you wish to try to find a new activity this is look different you can read the book. It is really fun in your case. If you enjoy the book that you read you can spent 24 hours a day to reading a guide. The book Mind Magic Kit it is rather good to read. There are a lot of individuals who recommended this book. These folks were enjoying reading this book. In case you did not have enough space to deliver this book you can buy typically the e-book. You can more quickly to read this book from a smart phone. The price is not to fund but this book offers high quality.

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