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Meditation ... And Other

| Musical Psychoactivity

| **Musical Psychoactivity**

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Essentially, instead of working on your brain first, the 'Energized Meditation' in this book seeks to get at the mind/body connection by working on your body.

Negative thought manifests itself by creating muscular blocks to the flow of energy in your body, and the exercises in this book help undo those blocks.

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Christopher S Hyatt Ph.D.

(Author)

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Undoing Yourself With Energized Meditation and Other Devices by Christopher Hyatt. i think this book provides a means for undoing/changing yourself, but its

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