



**Reiki - Yoga: how to auto balance your Chakras
with your own hands as a remedy for stress,
anxiety insomnia, stomach aches, abdominal pains,
inguinal pains, ... pains and so on... in a few
minutes!**

Marco Fomia, Milena De Mattia

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N.B. This manual is a part of the manual: "How to see Chakras with your own eyes, and not only "feel" them. Practical manual to learn, fast, how to see them, and how to open the Third Eye"

From now on, you can too! - Practical essoteric manuals: Chakra meditation, test, healing, colors, balancing, opening, activation, awakening, cleansing, seeing and so on... in a few minutes!

Title: "Yoga: how to auto balance your Chakras with your own hands."

As a remedy for stress, anxiety insomnia, stomach aches, abdominal pains, inguinal pains, back aches, cervical pains and so on... in few minutes!

Until 2009, I thought that all the holistic disciplines – acupuncture included – were full of ...it. Then, by accident, I stepped into some small 'quantic' (!) disks able to help relieve pain, insomnia, stress, hunger, wrinkles... These disks work through bio resonance with our body, without discharging any substance. Since they actually worked, I started studying bioenergy theories. I also learnt how to release and feel the energy coming from my hands (bio photons). And then, I met Milena...

- Marco Vincenzo Fòmia

I've always been fascinated by energy, frequencies, resonances and by the idea that special vibes are originated by everything that exists. Then, in 2012, I met Marco. I was intrigued by what he wrote about 'magic disks' and about the energy arising from a person's hands, which anyone can use. Although we couldn't agree on almost anything (or maybe because of it...?), we confronted our personal life experiences (his were much more earthy than mine...) and found out that Chakras can actually be seen!

- Milena De Mattia

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