



# The Magnetic Meditation Kit: 5 Minutes to Health, Energy, and Clarity

*Ilchi Lee*

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# The Magnetic Meditation Kit: 5 Minutes to Health, Energy, and Clarity

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## **The Magnetic Meditation Kit: 5 Minutes to Health, Energy, and Clarity** Ilchi Lee

Magnetic Meditation is a groundbreaking method of meditation in which you use the magnetic fields of magnets to feel, amplify, and circulate energy. Meditating for just 5 minutes with magnets will totally change your meditation experiences. Release stress, regain focus, and recharge your life with Magnetic Meditation. In just 5 minutes you will: \* Feel your energy more quickly and easily \* Shake off distracting thoughts more effectively \* Focus and stay in the moment effortlessly \* Replenish positive energy and refuel your life. The meditations in the book included in the kit are simple; you'll feel like you're playing a game. The detailed descriptions of each meditation are accompanied by clear illustrations demonstrating the technique. This kit provides the bullet-shaped hematite magnets used in the meditations in the book. It also provides a handy velvet pouch you can use to carry the magnets with you wherever you go to replenish your energy and peace of mind throughout the day.

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