



# BEAUTY HEALTH AND YOUTH

MAGIC MEDITATION "FRAGRANCE OF SPRING"

*DMITRY MARYSKIN*

**Dmitry Maryskin**  
**Beauty, Health and Youth: Magic  
Meditation “Fragrance of Spring”**

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**Аннотация**

The magic meditation described in this book will fill you with youthful energy. Your body and soul will bloom like a spring flower and emanate the fragrance of beauty, health, and youth.

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# Beauty, Health and Youth: Magic Meditation “Fragrance of Spring”

**Dmitry Maryskin**

*Our life is like changing of seasons. It's a pity we don't  
live to see the next spring.*

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*About the author*

*Dmitry Maryskin is an expert on Asian self-improvement techniques. Has studied Asian self-understanding and self-improvement methods for 20 years. Authored more than 100 books.*

# **This book will teach you**

***HOW TO USE REJUVENATING ENERGY TO BECOME BEAUTIFUL, HEALTHY, AND YOUNG AGAIN;***

***HOW TO FEEL THE POWER OF THE AWAKENING IMPULSE;***

***HOW TO ACTIVATE THE REJUVENATING ENERGY OF SPRING;***

***HOW TO STAY ACTIVE AND FULL OF ENERGY;***

***HOW TO FEEL THE BEAUTY OF THE WORLD AND ENJOY LIFE AGAIN;***

***HOW TO FILL YOUR BODY AND SOUL WITH BEAUTY, HEALTH, AND HAPPINNESS BY ONLY MEDITATING 10 MINUTES A DAY***

# Introduction

*Awakening energy can make your body and soul beautiful, healthy, and young again.*

Spring is a magical time when flowers blossom, nature wakes up and bursts with new energy. The origin of life is a phase when energy magically transforms into matter. At this stage, life demonstrates its characteristics to the fullest.

To go back to that phase and engage with the impulse of awakening, you need to mentally go back in time and feel the breath of the young energy of life. This is what the meditation complex “Fragrance of Spring” was developed for. It allows you to experience the most powerful energy of life, feel its magical transformations in your body and soul, and feel young and healthy again.

Every spring, perennial plants wake up to a new life. Dry, dead twigs grow into a blossoming garden filled with a transforming power of youthful energy. Our body is like a garden. When filled with power and energy, it regains beauty, health, and youth.

This book will show you how to live a long, happy, and beautiful life. You’ll learn how to stay young both physically and mentally and enjoy health and youth.

This books offers you an easy meditation complex called “Fragrance of Spring.” By only meditating 10 minutes a day,

you'll regain youth and enthusiasm and feel joy of life again.

Relive the spring of your life by becoming young, cheerful, active, healthy, and happy.

# Lifecycle theory

## Lifecycles and energy

*Our life is like changing of seasons. It's a pity we don't live to see the next spring.*

Like in nature, our life consists of several stages. We're born in spring, with the energy forming our body. In summertime, we get older and our body reaches the peak of its energy. In late summer and early fall, we reach a balance between our body and energy. In fall, we start to get older as our energy is fading away. Winter is synonymous with decline and death. This is the "sunset" of our life when energy is leaving our body. When spring comes again, a new life emerges in a new body, and everything starts again.



# Конец ознакомительного фрагмента.

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