



**Tai Chi and Numerology Box Set: 20+ Lessons on  
How to Master Tai chi and Fight Stress + Learn  
How to Do Your Own Numerology Reading and  
Discover Your Destiny (tai chi, taoist tai chi,  
numerology)**

*Dennis Gross, Myra Russo, Peggy Sandoval*

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It is unlikely that you have never heard of Tai Chi. But it is equally unlikely that you have a full understanding of what it is, where it comes from and how it works. If your goal is self-improvement of any kind, you may well find that Tai Chi offers everything you could hope for!

## **Tai Chi has applications for the following:**

- Self-defense
- Improving physical fitness
- Weight loss and promoting healthy bodily systems
- Combating stress, depression and anxiety
- Improving cognitive function
- Developing spirituality
- Improving creativity

## **BOOK #2: Healing Chi Meditation: 20 Lessons on How to Take Charge of Your Health and Learn Chi Meditation**

In life we all have questions we are looking for answers to. Some of these questions can be easily answered by looking inside ourselves or may take years or a lifetime of spiritual and emotional learning and understanding. This is where chi meditation comes in. Through meditation and the philosophies that we are taught we are able to peek into the hidden universe that is our soul. Now this glimpse may only be for a minute and even then take us a life time of travel and questioning to achieve even a momentary glimpse but the journey is one many of us have chosen to undertake. Through this book I will explore what it means to take on chi meditation. I will walk you through 20 lessons that when applied to your life and chi meditation will allow you to journey along the path of understanding and personal awareness.

### **Contents of the book:**

- Chapter 1 – CHI The Basics
- Chapter 2 – 20 Lessons

- And much, much more!

## **BOOK #3: Numerology: Learn How to Do Your Own Numerology Reading and Discover Your Destiny**

Numerology has always been to mathematics what astrology has been to astronomy. While astronomy is the study of the stars, astrology is the study of the stars' effects on humanity and thus in the same manner, while mathematics uses numbers to make sense of the world logically, numerology is used to make sense of the world internally, one's self, and one's relation to self among the world. With such an understanding, this book describes the ways in which numerology and astrology are closely linked and benefit mankind. There is an art and moreover a science to numerology that has been used in various ways throughout the millennia and what had trickled down has come in the form of modern numerology, that which readers and clairvoyants and other mystics use to understand the general aspects of a person's life, manner, and personality. Numerology is a safe way to understand one's self, especially the workings of one's inner psyche. Do you want to understand yourself, as the sages of eons past have considered to be the highest ideal of man? Well, numerology is a valid and accepted way to doing so.

## **Getting Your FREE Bonus**

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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**Lawanda Beverly:**

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**Shannon Grant:**

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**Shea Cross:**

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