



Chakras Box Set: 33 Meditation Techniques That Can Help You Learn The Benefits of Meditation Plus Heal Your Mind and Body by Learning How to Balance Chakras ... of meditation, meditation techniques)

Nick Long, Ruby Olson, William Diaz, Ester Clark

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BOOK #1: Chakras For Beginners: Heal Your Mind and Body by Learning How to Balance Your Chakras, Align Your Energy, and Improve Your State of Being

From the mystic ancient home of ancient India, to the cosmopolitan offices of the western world, Chakra balancing offers a rewarding experience to inner-peace that anyone can practice in the comfort of their very own home. In this guide, beginners will learn what a Chakra is, how it affects their mind and body and how to start learning about balancing these energy sources at home.

This questions are elaborated in the book:

- Suffer from reoccurring feelings of self-doubt?
- Have you ever felt like you have lost control of your emotions?
- Can't understand why you're finding it hard to connect to people around you?

BOOK #2: Chakras: Opening Your Inner Energy Centers - The Ultimate Chakras for Beginners Guide to Help you Learn How to Balance Your Chakras

Learning how to properly balance our inner energy systems is important. Life can often be very overwhelming. These overwhelming occurrences can often cause our chakras to become blocked. Once you are able to understand the meaning of a chakra and how it affects our life and our body, you will then be able to grasp how to balance these chakras and the energy the runs within us.

Finding peace within ourselves and with life is important. If something is blocking us from this peace, we must identify how we can remove whatever is blocking and move forward with our life. The energy systems within our bodies coincide and work as a team to keep our spiritual and physical energy in sync and in tune.

Learn about:

- 7 Main Chakras
- How meditation interacts with each chakra
- The importance of keeping each chakra clear

BOOK #3: Meditation: Ultimate Meditation Techniques for De-Stress, Emotional Harmony, Creativity and Happiness Increases

Meditation can bring amazing benefits into your life. If you are stressed, coping with constant anxiety, struggling with depression, want to increase your creativity, or just want to be happier, then this e-book is for you.

What are you waiting for? Find out the secret of 5000 years worth of people.

In this book, you will learn:

- Common concerns about meditation
- Several types of meditation styles
- Meditation techniques to help you cope with anxiety and stress
- Where to find guided meditations to help you find your emotional balance
- How to use meditation to become more creative
- What mindfulness is about and how it can effective your life
- Things you can do in addition to meditation to make yourself a happier person

BOOK #4: Meditation For Beginners: 33 Meditation Tips for Better Focus, Less Anxiety, Improved Memory and Quiet Mind

Whilst meditation may look as though you are doing nothing, infact you are performing a very difficult art. Meditation takes practice, just as in any other sports, such as swimming. You need to learn how to do it and the better you get, the more fulfilling is the reward. Do not confuse meditation with religion. It is about the spiritual aspect of your inner being, even though some practices talk about the Divine.

In this book we will try to explain about:

- Breathing techniques
- Exercise techniques, such as yoga and Tai Chi
- Group Mediation
- Simple stretching and relaxation techniques

- And even full moon meditation guidance

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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Why don't make it to be your habit? Right now, try to prepare your time to do the important take action, like looking for your favorite e-book and reading a e-book. Beside you can solve your long lasting problem; you can add your knowledge by the guide entitled Chakras Box Set: 33 Meditation Techniques That Can Help You Learn The Benefits of Meditation Plus Heal Your Mind and Body by Learning How to Balance Chakras ... of meditation, meditation techniques). Try to make the book Chakras Box Set: 33 Meditation Techniques That Can Help You Learn The Benefits of Meditation Plus Heal Your Mind and Body by Learning How to Balance Chakras ... of meditation, meditation techniques) as your pal. It means that it can for being your friend when you feel alone and beside those of course make you smarter than previously. Yeah, it is very fortunated for you personally. The book makes you far more confidence because you can know every thing by the book. So , we should make new experience as well as knowledge with this book.

Marlon Duenas:

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Timothy Rocha:

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Bill Boyd:

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