



Chakra Meditation: Discover Energy, Creativity, Focus, Love, Communication, Wisdom and Spirit

By Swami Saradananda

Watkins Media. Paperback. Book Condition: new. BRAND NEW, Chakra Meditation: Discover Energy, Creativity, Focus, Love, Communication, Wisdom and Spirit, Swami Saradananda, In Indian healing philosophy, chakras are the seven energy centres running from the base of the spine to the crown of the head. Each is a hub for the vital energy that flows through the body. If the energy at these centres becomes blocked, emotional and physical health can suffer. By retuning the chakras with meditation, you maintain balance, and reap rewards such as inner calm and an openness to new ideas. In Chakra Meditation an enlightening introduction reveals how chakras and energy pathways work. Each chapter focuses on one main chakra, offering a variety of meditations and visualisations to calm or stimulate that energy centre, as well as self-help tools, including yoga postures and healing foods, crystals and oils, to support it. Full of transforming practices, and illustrated with evocative artwork and instructive photography, this is the ultimate guide to balance and well-being.



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This publication is definitely worth buying. It can be loaded with wisdom and knowledge I am easily could possibly get a satisfaction of looking at a composed publication.

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Very helpful to all type of individuals. It really is rally interesting throgh looking at time. Its been designed in an extremely basic way which is just soon after i finished reading this pdf through which basically modified me, change the way i believe.

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