



Chakra Awakening: Guided Meditation to Heal Your Body and Increase Energy with Chakra Balancing, Chakra Healing, Reiki Healing, and Guided Imagery (Open Your Third Eye Chakra, Higher Consciousness) (Paperback)

By Sarah Rowland

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Chakra Healing is an ancient form of alternative medicine. It is also referred to as energy medicine or energy therapy. The intent of Chakra Healing is to realign and replenish the energy of the chakras within the human body. It will put you in a state of relaxation, followed by emotional, physical, and spiritual healing. Chakra Healing is about accepting the fact that you are a unique energy being, and it is the belief that a life force energy flows through all of us and is what keeps us alive. If your life force energy is low, you might begin to feel sick or stressed out. If your life force energy is high, you will be stronger, healthier, and happier. This book is not only about Chakra Healing, however. This book contains ALL the different aspects and techniques that circle around spiritual healing, including the awakening, opening, and activation of the Third Eye Chakra. In this book you will learn: What Chakra Healing isHow to awaken your higher self through guided meditationHeal your mind and body through energy healingUse chakra meditation...



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Reviews

If you need to adding benefit, a must buy book. I am quite late in start reading this one, but better then never. I am happy to inform you that this is the best book i have read through during my own lifestyle and can be he best publication for at any time.

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It in one of my personal favorite publication. Indeed, it is actually perform, still an amazing and interesting literature. Its been printed in an exceptionally easy way which is merely soon after i finished reading this book where really altered me, change the way i believe.

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