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## Live Your Now!: A Simple Meditation Inspired by the Seven Chakras and Gratitude (Paperback)

By Susan Cambigue Ryt500

BookBaby, 2017. Paperback. Condition: New. Language: English . Brand New Book. This is an artfully illustrated booklet for yoga and non-yoga students to help them grasp the concept of chakras - the energy centers in the body. It features a series of mudras that correspond to each chakra - ideal for a short, powerful daily meditation. The relationship between yoga teacher, Susan Cambigue-Tracey, and Dr. Sandra Fallon, a cardiologist and scientist, makes this book unique and powerful. They have each written sections of the book that compliment and support knowledge from the point of view of yoga and from that of science. This book is clear, inspiring and easy to follow. The artwork, created by artist Sylvia Hamilton Goulden, expresses nuances of human energy through the use of line, shape and color. Susan states, Artistic expression helps us see and feel things more powerfully. The emphasis throughout this little gem is to transform thoughts from negative tendencies into positive energy. There is scientific evidence to show that the brain can be rewired with heightened awareness, affirmations, breathing techniques and the intention to evolve, heal and expand. Each chakra is presented in a simple, understandable way. We learn about the corresponding...



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