



## Chakras: The Chakra Meditation Guide for Healing, Balancing and Feeling Energized and Recharged (Paperback)

By Jane Peters

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Heal Yourself and Undergo a Favorable Transformation by Awakening Your ChakrasAre you confused, or feeling out of control? Are you suffering from chronic disease? Are you emotional or having difficulties expressing your feelings and seeking harmony and inner peace? You may think that you are unfortunate and feel helpless. Nevertheless, if you only activate and rebalance your chakras, you can quickly recover and undergo a favorable transformation, development, and growth in your life. Experience how chakra meditation enables to improve and heal you and make a great difference in your life. Foremost, this book guides you to discover and understand comprehensively your inner centers of forces or chakras, which are present, yet, commonly latent amongst many of us. Your discovery and total awareness will inevitably prompt you to work out the seven fundamental chakras within you. It is through stimulating them via a chakra meditation procedure; the primordial purpose of which is, attaining not only an authentic, personal, spiritual enlightenment or samadhi, but also changing your way of thinking, and heals suppressed emotions to change...



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