



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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Chakra Meditation book. Read 23 reviews from the world's largest community for readers. Chakras are a series of seven energy centers running from the base of the spine to the crown of the head. Each is a hub for the vital energy. Free shipping over \$10. Discover how to enhance your peace of mind, improve your focus and clarity of thought, boost your creativity and restore balance and well-being in your life. With an enlightening introduction, easy-to-follow instructions and beautiful, informative illustrations this is the perfect meditation guide for beginners and Read Full Overview. To perform chakra meditation, it helps to have an understanding of what chakras are. "They are power points of energy on the surface of our body," explains Knowles. "These points spin like vortexes, pulling the outer or "universal" energies to our most inner points, in order to align, balance and ease the physical, metaphysical and mental systems in and around the body." Medical aesthetician and spiritual healer Mashell Tabe revealed to us exactly what the chakras are and where they are positioned on the body.