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.

Reviews

This book will never be straightforward to start on looking at but extremely exciting to read. I actually have read through and that i am sure that i am going to gonna go through once more again in the future. I am happy to explain how this is the very best book i have read through in my individual lifestyle and may be he best publication for at any time.

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This composed publication is fantastic. I was able to comprehended everything using this composed e book. It is extremely difficult to leave it before concluding, once you begin to read the book.

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