



Chakras: The Ultimate Guide to Chakra Meditation. Learn How to Meditate and How to Open Your 7 Chakras (chakras, chakra healing, 7 chakras)

Amelia Salazar

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Chakra meditation is practiced in systems of belief all over the world. From Hinduism, to Buddhism and Spiritualist believers, chakra meditation is widely believed to have spiritual and divine significance, allowing a person to connect with his or her inner self and to open oneself up to the divine. When chakra meditation is practiced responsibly and with a full understanding of its significance, it can open your eyes to a whole new realm of experiences and to higher understandings about yourself and the world. As well as helping a person to become more spiritually aware and connected to the divine, chakra meditation can also help you to tackle issues in your life and heal physical, spiritual and emotional wounds. The Ultimate Guide to Chakra Meditation offers an insight into who practices chakra meditation, how and why. It is a vital contextual guide to this ancient and spiritual practice and can help you to understand chakra meditation and take the first steps towards practicing it yourself. For any person with an interest in chakra meditation, but no idea where to start, this essential guide is a must-have. It will tell you everything you need to know to decide if chakra meditation is right for you and give you a knowledge of the systems of belief surrounding chakra meditation so that you can embrace everything that chakra meditation can offer spiritually, mentally, physically and emotionally.

In this book, the following chapters are covered:

- What are chakras?
- Systems of belief
- The seven chakras
- Features of chakra meditation
- Body position
- Visualizations
- Affirmations

Getting Your FREE Bonus

Read this book to the end and see "**BONUS: Your FREE Gift**" chapter after the introduction and conclusion.

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Tammi Rosado:

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