



Chakras: The Ultimate Chakras Collection with the Best Secrets to Master Your Spiritual Energy (Chakras, Reiki, Kundalini, Chakras for Beginners)

Adahi Flores

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Chakras

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Here Is What You'll Learn in the Ultimate Chakras Bundle...

- Balancing of the Chakras- Its Role in Health
- Clearing the Chakras
- Healing the Chakras
- Prayer and Meditation
- chakra's energies
- Feel More Energised
- How your chakras reduce Pain
- Elimination of Toxins: Kundalini Yoga is carried out through an arrangement of breathing systems
- Enhanced Meditation Benefits: Meditation serves to improve nervous system. Chemicals and hormones, for example, serotonin, melatonin, and GABA are secreted during Meditation
- Magnified Mental Skills: The rising of Kundalini energy through the sensory system overwhelms the system
- Grounding our purpose in the universe!
- Promoting sound respect toward oneself! Since Kundalini is an incredible energy living inside every one of us, the arousal of it can mitigate sentiments of uselessness or self-loathing.
- Heightened feeling of Bliss
- Yoga for Increased Relationship Association
- Improved Concentration by Using Your Chakras
- Feel More Energised with Kundalini
- The Sexual Benefits of Kundalini Meditation
- Spiritual Wisdom of Chakras
- Explore and Balance Your Own Chakras
- Better Health
- The Functions and Meaning of The 7 Chakras and Understand The Colors Related to Each One
- Enhanced Creativity
- The Ability to Manifest Your Dreams
- Control How You Feel Physically Mentally and Emotionally,

- Learn Where They Are Located
- Free Yourself From Worry and Anger
- Bring Harmony to Your Body and Spirit
- Energy Healing Techniques
- Chakras and Mindfulness Extra Effective Techniques
- And
- Much, much more!

by learning to balance your chakras you will be happier and healthier, having much more energy, have laser focus concentration

In this chakras book you'll learn that by keeping our physical body healthy and working well is an essential practice in balancing and healing the chakras.

In this kundalini book you'll learn that Kundalini is a stored energy that lives at the base of the spine, overall termed as the sacrum. It is frequently spoken to by a coiled female serpent. The motivation behind Kundalini meditation is to stir the serpent and energize it up through the Nadirs (vitality channels of the body) and into the seven chakras, or spiritual centers.

Reiki is a type of treatment that uses simple process involved, no-touch, and visualization strategies, with the objective of enhancing the stream of life vitality in an individual. Reiki signifies "widespread life vitality" in Japanese, and Reiki specialists are prepared to distinguish and reduce issues of vitality flow on the physical, emotional, and spiritual level.

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