



Chakra Meditation: A User-Friendly Guide to Opening, Balancing, and Cleansing through Chakra Meditation Techniques

Pravit Bogdani

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If you're ready to open, balance, and cleanse your chakras through chakra meditation techniques and breathing exercises, then this book is for you!

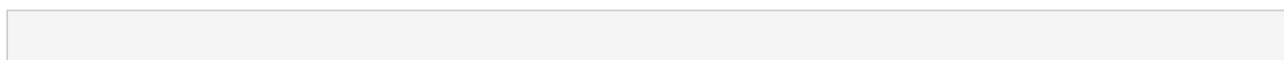
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There is so more to the human body than its physical structure. Channels transferring energy run through our bodies carrying the vital life force or prana responsible for our mental and emotional well-being. The focal points through which these energy channels flow are called chakras, and chakras can be manipulated to bring about certain conditions. No doubt you have heard of countless ways to cleanse and bolster your chakras by simply using certain lotions, oils, stones, or crystals in different sizes, scents, and colors, and other useless bits and pieces. Well, I'm here to tell you that no commercially available product can do anything for your chakras. The only real way to influence your chakras is through meditation, physical exercise, breathing techniques, chanting mantras, and other such practices. If done correctly, these activities will empower your physical body and will result in positive and noticeable effects on your mental state and your charisma as well. In this book, you'll learn what your chakras really are all about, where they're situated, which organs they each regulate, and exactly what you need to do to open, balance, and cleanse them. Stick with me; I will teach you how to adopt a regular, sustainable, and no-nonsense practice that will help you live life to the fullest.

Here Is A Preview Of What You'll Learn...

- Understanding Your Chakras and Where They're Located
- The Organs Your Chakras Regulate
- Working on Each Chakra Individually
- The Mantra and Symbol of Each Chakra
- Important Breathing and Meditation Exercises
- Mantra Consecration
- Exercises to Put it All Together
- Much, much more!

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