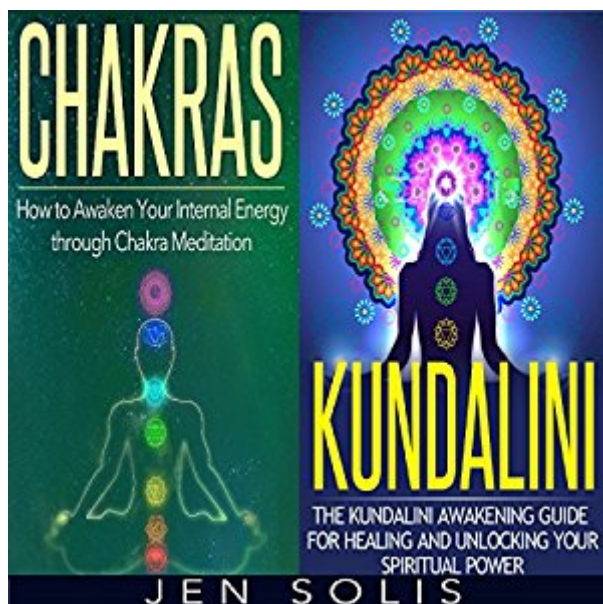


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# **Chakras, Kundalini: 2 In 1 Bundle: Book 1: How To Awaken Your Internal Energy Through Chakra Meditation + Book 2: The Kundalini Awakening Guide For Healing And Unlocking Your Spiritual Power**



## Synopsis

Two audiobooks in one: Chakras: How to Awaken Your Internal Energy through Chakra Meditation  
Kundalini: The Kundalini Awakening Guide for Healing and Unlocking Your Spiritual Power Chakras:  
Awaken Your Internal Energy Today! This audiobook contains a detailed overview of a truth that has long been hidden from us in the West. While modern science has brought us many fruits, mental wellbeing is not one of them. The ancients knew a deeper truth that allowed them to lead more fulfilled lives, at least in terms of their emotional and psychological wellbeing. We are going to teach you how to tap into that knowledge to bring about a quality of life you have always wanted. Perhaps you didn't think it was possible. Maybe you think you don't deserve happiness. Neither of these things are true. True happiness, enlightenment, and clarity of purpose are possible. Better yet, you are deserving of such a wondrous fate. I will show you the secret techniques to channeling your inner energy and bringing forth your purpose. Kundalini: Unlock Your Spiritual Power Today This audiobook aims to deliver an understanding of what Kundalini practice is, plus a brief history and other background information to help you gain a more complete context. This audiobook also includes suggestions on how to start your Kundalini practice in order to heal and empower your body, mind, and spirit. Listen to this audiobook today to learn more about chakras and kundalini.

## Book Information

Audible Audio Edition

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Program Type: Audiobook

Version: Unabridged

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## Customer Reviews

These books were very interesting and helped me understand in more detail about chakras and how to put them into practice. The author took a practical approach to explaining this theory allowing

me to understand the concept from a personal point of view. Gives some advice on meditation. It also includes a quiz which can help assess your chakras. I recommend this book if you are interested in this subject.

This book will show you the secret techniques to channeling your inner energy and bringing forth your purpose. It is going to change your life to a wonderful one with true happiness, enlightenment, and clarity of purpose are possible. Author takes us through tour of the human body with an eye for the locations of the various chakras. We'll get to the meat of how to use this information to make lasting and positive changes in your life. Stick to the tips and tricks in the book for long lasting success in life.

This book simply explains everything! Detail by detail. Before, I thought of chakra on a general overview but after reading this book, I was able to know that there are 7 main chakras on our body that has a particular purpose. After reading this book, I have a good idea about how chakras can affect your entire life. Being in balance is so important and knowing how to get in balance is even more important. For the beginner wanting to learn more about chakras, this book is for you!

To stay healthy and find peace chakras helps a lot to unleash the inner energy. There are seven chakras and it's vary from person to person. Having this book you will be able to know about your chakra and start meditation according to the instructions given here.

I'm following this book for the last few days and I'm feeling much better than before. The meditation techniques are also easy to perform. Have the book and have a better life.

I am practicing yoga as a beginner lately and I want to learn at the same time how to properly use the chakras and kundalini that is why i got this book. I think this book has shown me the right tips on how to manage your inner energy and how to balance your life by focusing and being mindful to your body and the surroundings. I have learned from this book and I hope I can incorporate it to my yoga practices soon.

Very informing! This book promises to explain how to balance your chakras and kundalini simply and easily and it delivers. I have always thought this was something where I needed to consult a professional, but after reading this book, I am no longer convinced that is the case. Really worth

recommending!

There are so many books on Chakras and many of them went way too deep too fast and lost me. I needed a book that went Chakra by Chakra, explaining what each represents and providing some exercises to work them. The writer is enthusiastic about the subject matter, and tends to be open to a wide range of ideas about chakras, though she does not claim to have an authoritative understanding of chakras and metaphysics. There are many books available about chakras, and this is a fairly good one, since it exposes the reader to a wealth of information and ideas rather than a single narrow viewpoint or dogmatic teaching.

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Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) CHAKRAS: Mudras for Balancing and Awakening Chakras: The Powerful Personalised Meditation Guide, Cleanse And Activate Your 7 Chakras, Feel Energised And ... Mudras, Enlightenment, Spirituality) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) Chakra Meditation: A User-Friendly Guide to Opening, Balancing, and Cleansing through Chakra Meditation Techniques Chakra Clearing: A Morning and Evening Meditation to Awaken Your Spiritual Power Chakras Easy Guide for Beginners: Chakra Meditation, Understanding and Balancing the 7 Chakras

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