



**Meditation + Chakras for Beginners! 2 in 1
Bundle: Book1: The Ultimate Meditation Guide:
Daily Meditations + Book2: The Ultimate Guide to
Chakra Healing! Learn How to Balance Chakras,
Strengthen Aura**

Lillian Way, Isabella Main

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Book 1 - Meditation for Beginners

The Ultimate Meditation Guide: Daily Meditations - How to Meditate to Relieve Stress and Depression. Experience the Benefits of Meditation - Be truly Happy and Peaceful.

This book Meditation for Beginners is the ultimate guide to meditation for beginners. It will help introduce a beginner to various types of meditation and their techniques. It will also enlighten them on the various benefits that they will derive once they start meditation. It is meant to be a resourceful guide that will help them take some time off their duties and unlock the power from within and without therefore helping them come to self actualization. The book will help readers become sensitive to their environment therefore developing a sense of intelligence that will help them unlock productivity and happiness in life. Besides being a source of information for beginners, this eBook will also help those already enjoying the fruits of meditation get much more. It will provide a step by step guide to getting into an maintaining a meditative life. After reading this book the reader should expect much more awareness and an improvement in their emotional intelligence.

The book will cover:

- ? Benefits of meditation
- ? Types of meditation
- ? How to meditate
- ? How to prepare for meditation
- ? 15 simple meditation techniques for beginners
- ? 13 tips for beginners to make their meditation effective
- ? A simple daily meditation practice for a beginner

Book 2 - Chakras for Beginners

The Ultimate Guide to Chakra Healing! Learn How to Balance Chakras, Meditate, Strengthen Aura, and Radiate Energy (Reiki, Yoga, Chakra Balancing, Healing, and Meditation)

The book, Chakras for Beginners, is a beginner's guide to the chakras. It is the ultimate guide to chakra healing. It will introduce readers to the chakras, make them understand what the chakras are, where they are located and their roles in our bodies and life. The book will further enlighten the reader about the various chakras and how they can be able to open, heal and balance the chakras to bring about a well nurtured holistic body. The book will introduce the reader to the various yoga exercises they can indulge in to bring the balance required in the body and chakras and further guide them through a meditation sequence for the same. The book will cover the following topics:-

The seven chakras

Chakra balance

Importance of balancing chakras

Healing and balancing the chakras

Meditation for the chakras: seven meditation exercises for a balanced chakra system

Yoga for the chakras: seven yoga exercises for a balanced chakra system

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William Troutt:

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James Chavez:

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Chris McCree:

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