



# Chakras: Harness the Power of Chakra Meditation to Radiate Energy, Balance Chakras, Enhance Your Spiritual Wellness and Physical Health (Paperback)

By Research Analyst Jason Williams

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\*\* Print on Demand \*\*\*\*\*\*. Boost Your Health/Wellness and Navigate Your Inner World! When you open this expanded second edition of Jason Williams Chakras, you Il be amazed at his down-to-earth approach to this fascinating healing modality. Remember, you deserve to feel better in every moment - and Jason will show you how! Inside, Jason describes a wealth of energy healing techniques for: Increasing your energy for daily life Balancing your chakras, feeling happy, and increasing your productivity Discovering the next step on your spiritual journey and Improving your physical health/wellness Combining chakra work with Kundalini Yoga With Jason s easy-to-understand guidance, you can explore the potent energies of the 7 Main Chakras - and even discover the 5 Higher Chakras. He describes how to use the colors, crystals, and sounds associated with the various chakras to create massive healing in your body - and in your life. You Il even learn which real foods can nurture and unblock your chakras! This expanded second edition includes a vast array of chakra wisdom. Jason helps you balance your chakras with powerful natural element meditation techniques. He guides you through...



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