



Spirituality Box Set: Open Your Spiritual Chakras, Radiate Energy, and Get Healing Through Meditation (Spirituality, chakras, Buddhism)

Alex Gill, Jessica Green, Manuel Webb, Roman Everson

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BOOK #1: Meditation For Beginners: 55 Techniques, Benefits & Beginner's Tips To Relieve Stress, Increase Productivity, And Access Deeper Awareness

We've all struggled with stress or anxiety at some point in our lives. There is also something to be said for discovering our inner selves and feeling the peace that comes from having a deeper awareness of yourself. So how do we gain this understand and how do we reduce stress and anxiety in our lives? One great strategy for this is through meditation.

BOOK #2: Buddhism for Beginners: 55 Ways to Improve Your Buddhist Meditation. Learn About Zen Buddhism, Buddhist Mantras, and Tantric Buddhism

All of humanity since its inception has been seeking, desiring, and chasing after the elusive creature we most often call, "inner peace." Some have found it in religious constructs while others tap into their inner peace through physical exertion. Whichever means delivers the desired result seems to be acceptable, wherein the axiom, "whatever works for you" finds its genesis.

BOOK #3: Buddhism: The Secret Starting Guide to Buddhism. Learn How to Achieve Mindfulness

Having the right orientation and understanding about issues in life go a long way to help one approach such subjects with the right frame of mind. Over time, research has shown that people generally all over the world have different understandings and approach to issues of religion. This is why even within a particular form of religion; there are different understandings and frames of approaches with regards to religion.

BOOK #4: Chakras: 8 Steps to Open Your Spiritual Chakras, Radiate Energy, and Get Healing Through Meditation

Everyone is infused with a unique and universal energy that connects your life to that of the Universe, and which nourishes you.

The energy field includes your aura and the system of chakras in your body. Reading this book will help you learn the ways you can harness your own energies to transform your life completely.

BOOK #5: Buddhism: Basic Guidelines for Practicing Buddhism in Your Daily Life

According to recent studies the so-called Western World is in a psychological crisis. The United States alone is leading the world in anxiety levels and has become a nation where a certain pervasive nervousness has become an identifiable national trait! Even Donald Trump and Marco Rubio take notes on who has the biggest meltdowns; during a presidential campaign that uses “nervous nelly” as a byword.

Getting Your FREE Bonus

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Spent a free time and energy to be fun activity to complete! A lot of people spent their leisure time with their family, or their very own friends. Usually they carrying out activity like watching television, planning to beach, or picnic within the park. They actually doing same thing every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? Could possibly be reading a book could be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the book untitled Spirituality Box Set: Open Your Spiritual Chakras, Radiate Energy, and Get Healing Through Meditation (Spirituality, chakras, Buddhism) can be very good book to read. May be it can be best activity to you.

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