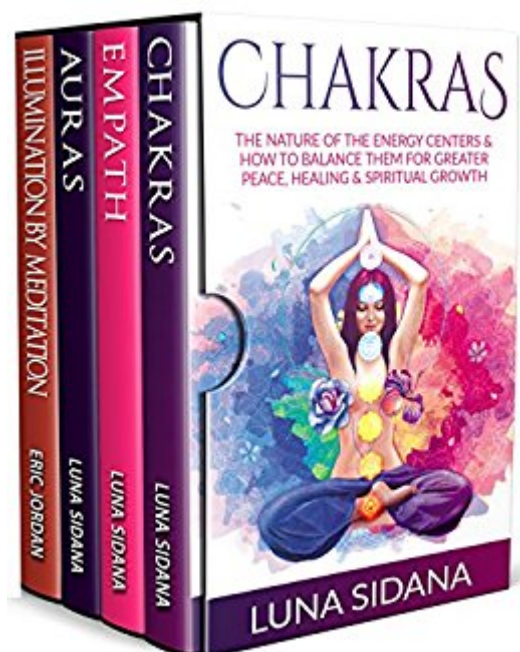


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Psychic Development: 4 Manuscripts - Empath, Auras, Meditation, Chakras (Energy Work)



Synopsis

Psychic Development & Spiritual Growth Learn how to nurture your empathic abilities, shield yourself from psychic vampires, how to sense auras, develop your seven energy centers and meditate like a seasoned monk. During the course of these 4 manuscripts, you will get to explore your true, spiritual nature, and discover how to develop psychic abilities you may not even know that you had. This book includes:

- Empath: A Guide To Understanding, Defending & Nurturing Your Precious Gift
- How to recognize if you or another person is an empath
- The nature of Oneness and how it relates to empathic abilities
- Masculine/Feminine polarity and sensitive individuals
- The ups and downs of being an empath
- Living your life day-to-day as a sensitive soul
- Energy Vampires and how to deal with them
- Maintaining and further developing your precious gift

++Auras: A Beginner's Guide On How To Feel, See & Strengthen The Auric Field

- The nature of the human aura & its attributes
- How the auric field plays a part in your spiritual evolution
- The different layers and colors of the aura & their meanings
- How to start sensing auras
- How you can learn to see them
- Cleansing your field of negative energy
- Strengthening & maintaining good auric health

++Illumination by Meditation: 13 Meditations for Mind, Body & Spirit

- Mindfulness
- Chakra meditation
- Zen meditation
- Self-inquiry
- Yoga Nidra
- Trataka meditation
- Vipassana
- Standing meditation
- Loving-kindness meditation

++Chakras: The Nature Of The Energy Centers & How To Balance Them For Greater Peace, Healing & Spiritual Growth

- The Nature of the Chakra System
- The Root Chakra - Muladhara
- The Sacral Chakra - Svadhishtana
- The Navel Chakra - Manipura
- The Heart Chakra - Anahata
- The Throat Chakra - Vishuddha
- The Third-Eye Chakra - Ajna
- The Crown Chakra - Sahasrara

Chakra Balance & Relationships

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Book Information

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I downloaded this book and will be purchasing the physical version not only for myself but for friends and family! This book is well worth it, it was easy to read and comprehend it also had great little funny moments which made it a pleasure to read. Honestly i am not big on reading and i tend to put books down and come back rarely but this book kept my interest and i only put it down once to answer the phone and i told the caller i would call them back when i was finished.

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