

## Chakra Awakening: 7 Techniques to Open Your Third Eye Chakra: Guided Meditation for Spiritual Healing and Spiritual Growth (Paperback)



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## CHAKRA AWAKENING: 7 TECHNIQUES TO OPEN YOUR THIRD EYE CHAKRA: GUIDED MEDITATION FOR SPIRITUAL HEALING AND SPIRITUAL GROWTH (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.As more people embark on their spiritual journeys, many are becoming curious about the process of awakening their third eye chakra. The third eye is considered to be a spiritual eye located in the center of the forehead and is responsible for helping facilitate the mind-body connection. Although it has religious roots, the modern evolution of the third eye has involved in becoming a common practice for those who are embarking on a spiritual journey to their inner self. You are not required to hold any particular beliefs or religious status to awaken your third eye. The process of awakening your third eye is highly unique to you as an individual. However, there are general experiences that can help facilitate the awakening, and help you manage it. Although the individual experiences may be unique to you, the general process tends to be fairly similar for most people. Chakra Awakening: 7 Techniques to Open Your Third Eye Chakra: Guided Meditation for Spiritual Healing and Spiritual Growth was written to help you embark on your own journey to awakening your third eye. You will learn about the third eye, why you would want to awaken it, and exactly how you can do so with the help of seven different meditative exercises. You will also learn how to tap into your natural psychic abilities, hone your skills, and lead a more spiritually aligned life where your mind-body connection is whole and nurtured. This book honors your unique experience while also guiding you on how to facilitate a successful awakening. What you ll learn in this book: What is Chakra Healing?What is your Third Eye? How to Open and Activate your Third Eye Meditations for The Third...

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