

Meditation & Aromatherapy Box Set (6 in 1) Calm Your Mind and Find Peace through Meditation and Essential Oils Mindfulness for Beginners: Calmly Acknowledge Thoughts, Feelings, Sensations & Find Peace Here is a preview of what you will learn from this book: The origins and history of mindfulness Modern applications of the lifestyle The Mindfulness movement Techniques to help you acknowledge your thoughts, understand your feelings and experience your sensations Techniques to find your peace Meditation, breathing exercises and conscious control Differentiate feelings with identity Removing mental clutter Practicing self-remembering Mindful eating Walking meditation Body scan Stopping over thinking Flowing with the moment Accept and surrendering Aromatherapy Revealed: How to Use Essential Oils for Everyday Living Plus 30 Recipes to Make Your Own Inside You Will Learn about: The Benefits of implementing essential oils and aromatherapy in your daily life Top aromatherapy recipes for everyday life Top aromatherapy recipes for physical needs Top aromatherapy recipes for psychological needs And Much More Heal Your Life: Transform Yourself and Strengthen Your Aura Using Chakra Here is a preview of what you will learn from this book: The definition of an aura The meaning of chakras The different types of chakras Cleansing the chakras And Much More The Magic of Meditation in the Real World: How to use Meditation for Focus, Relaxation and so Much More! In this book you will learn: The basic concepts of meditation and simple ways to get started. The full benefits of a frequent meditation practice. How to use meditation for everything from emotional health to stress relief and even things like improved energy and weight loss. How meditation can benefit your entire family Essential Oils for Beginners: Amazing Guide to Secrets of Aromatherapy with Easy Recipes for Stress Relief, Healthy Body and Mind In this book you will learn: Unmasking the main concept of essential oils Revealing the inevitable effects of the aromatherapy Explaining the benefits of the essential oil purpose Guiding about the essential oils selection Unveiling the essential oils blends Considering the essential oil's preventive and risk factors Mudras for Beginners: A Simple Guide to Hand Gestures for Self-Healing and Spiritual Growth Inside You Will Learn: What mudras are How exactly to use mudras The five elements that mudras regulate Several healing hand poses, that help with the five elements How mudras are beneficial to the mind and body Self-Healing hand poses Mudras for Health What chakras are and how they relate to mudras All the chakras What mantras do Foods that help all the chakras

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