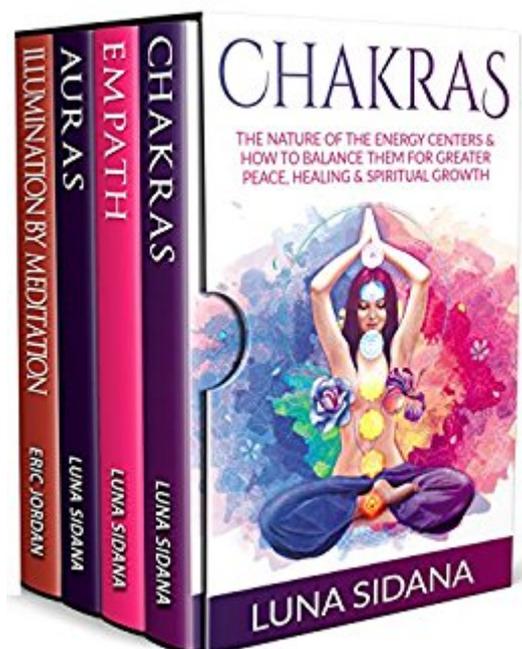


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Psychic Development: 4 Manuscripts - Empath, Auras, Meditation, Chakras (Energy Work)



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 ++ Download now & ready yourself for an astonishing journey of self-discovery!

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