

## Live Your Now!: A Simple Meditation Inspired by the Seven Chakras and Gratitude (Paperback)



Filesize: 6.48 MB

### **Reviews**

*This written book is great. I am quite late in start reading this one, but better then never. You will not really feel monotony at at any moment of your time (that's what catalogues are for about when you check with me).*  
**(Abe Reichel DDS)**

## LIVE YOUR NOW!: A SIMPLE MEDITATION INSPIRED BY THE SEVEN CHAKRAS AND GRATITUDE (PAPERBACK)

[DOWNLOAD](#)

BookBaby, 2017. Paperback. Condition: New. Language: English . Brand New Book. This is an artfully illustrated booklet for yoga and non-yoga students to help them grasp the concept of chakras - the energy centers in the body. It features a series of mudras that correspond to each chakra - ideal for a short, powerful daily meditation. The relationship between yoga teacher, Susan Cambigue-Tracey, and Dr. Sandra Fallon, a cardiologist and scientist, makes this book unique and powerful. They have each written sections of the book that compliment and support knowledge from the point of view of yoga and from that of science. This book is clear, inspiring and easy to follow. The artwork, created by artist Sylvia Hamilton Goulden, expresses nuances of human energy through the use of line, shape and color. Susan states, Artistic expression helps us see and feel things more powerfully. The emphasis throughout this little gem is to transform thoughts from negative tendencies into positive energy. There is scientific evidence to show that the brain can be rewired with heightened awareness, affirmations, breathing techniques and the intention to evolve, heal and expand. Each chakra is presented in a simple, understandable way. We learn about the corresponding organs and emotional impact of each energy field, as well as affirmations that strengthen and balance each one. There is power in seeing the chakras separately and then as an integrated whole. This book culminates with a simple meditation inspired by the seven chakras and ending in gratitude. Yoga practitioner, Nancy Culp, states It's like a wake-up call to action, summoning each Chakra's power to manifest in ME.

[Read Live Your Now!: A Simple Meditation Inspired by the Seven Chakras and Gratitude \(Paperback\) Online](#)[Download PDF Live Your Now!: A Simple Meditation Inspired by the Seven Chakras and Gratitude \(Paperback\)](#)

## You May Also Like

**Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large**

Madelyn DR Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

[Download eBook »](#)

**Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age**

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video...

[Download eBook »](#)

**The About com Guide to Baby Care A Complete Resource for Your Babys Health Development and Happiness by Robin Elise Weiss 2007 Paperback**

Book Condition: Brand New. Book Condition: Brand New.

[Download eBook »](#)

**50 Fill-In Math Word Problems: Algebra: Engaging Story Problems for Students to Read, Fill-In, Solve, and Sharpen Their Math Skills**

Scholastic Teaching Resources. Paperback / softback. Book Condition: new. BRAND NEW, 50 Fill-In Math Word Problems: Algebra: Engaging Story Problems for Students to Read, Fill-In, Solve, and Sharpen Their Math Skills, Bob Krech, Joan Novelli,...

[Download eBook »](#)

**Keeping Your Cool: A Book about Anger**

Baker Publishing Group, United States, 2016. Paperback. Book Condition: New. 203 x 203 mm. Language: English . Brand New Book. Stories to Encourage Positive Behavior in Small Children The preschool and kindergarten years are some...

[Download eBook »](#)

**Kingfisher Readers: Your Body (Level 2: Beginning to Read Alone) (Unabridged)**

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: Your Body (Level 2: Beginning to Read Alone) (Unabridged), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to the

[Download eBook »](#)

**Read Write Inc. Phonics: Purple Set 2 Non-Fiction 4 What is it?**

Oxford University Press, United Kingdom, 2016. Paperback. Book Condition: New. 215 x 108 mm. Language: N/A. Brand New Book. These decodable non-fiction books provide structured practice for children learning to read. Each set of books

[Download eBook »](#)

**California Version of Who Am I in the Lives of Children? an Introduction to Early Childhood Education, Enhanced Pearson Etext with Loose-Leaf Version -- Access Card Package**

Pearson, United States, 2015. Loose-leaf. Book Condition: New. 10th. 249 x 201 mm. Language: English . Brand New Book. NOTE: Used books, rentals, and purchases made outside of Pearson If purchasing or renting from companies

[Download eBook »](#)

**Twelve Effective Ways to Help Your ADD/ADHD Child: Drug-Free Alternatives for.**

Book Condition: New. Ships From Canada. New. No dust jacket as issued. Glued binding. 264 p. Contains: Illustrations. Audience: General/trade. Book Info Consumer text of recommendations backed by scientific studies. Discusses diet, allergens, vitamins and

[Download eBook »](#)

**Kindle Fire Tips And Tricks How To Unlock The True Power Inside Your Kindle Fire**

CreateSpace Independent Publishing Platform. Paperback. Book Condition: New. This item is printed on demand. Paperback. 52 pages. Dimensions: 9.0in. x 6.0in. x 0.1in. Still finding it getting your way around your Kindle Fire Wish you had

[Download eBook »](#)