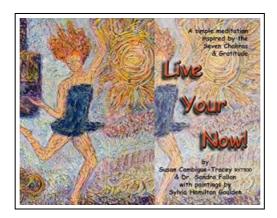
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Reviews

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)



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 is 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.



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