



**Spirituality Box Set: 48 Amazing Mindfulness Exercises. 25+ Tips To Master the Art of Sensing Human Aura. Complete Beginners Guide to Buddhism (Mindfulness for Beginners, chakras, Zen Buddhism)**

*Leon Mason, Amelia Salazar, Owen Payne, Tarun Lucas, Abel Sharp*

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## **BOOK #1: Mindfulness for Beginners: 48 Amazing Mindfulness Exercises to Help You Reduce Stress and Find Inner Peace That Lasts**

There are a number of misconceptions that surround the subject of mindfulness and mindfulness meditation. Mindfulness is the art of acceptance and non judgmental attention and focus on your emotions, thoughts and any sensations that occur in the present moment.

Many clinical psychologists and psychiatrists have developed a number of therapeutic programs that are based on mindfulness since 1970. These programs are designed to help people that are experiencing many types of psychological conditions. Mindfulness is used in psychology to provide relief from a variety of mental and physical conditions, and has also been proved to reduce the symptoms of depression, reduce stress and anxiety and can also be an enormous help in the treatment of drug addiction. Mindfulness has gained an enormous following worldwide as a characteristic that enables people to handle their emotions in a controlled way.

## **BOOK #2: Chakras: The Ultimate Guide to Chakra Meditation. Learn How to Meditate and How to Open Your 7 Chakras**

Chakra meditation is practiced in systems of belief all over the world. From Hinduism, to Buddhism and Spiritualist believers, chakra meditation is widely believed to have spiritual and divine significance, allowing a person to connect with his or her inner self and to open oneself up to the divine. When chakra meditation is practiced responsibly and with a full understanding of its significance, it can open your eyes to a whole new realm of experiences and to higher understandings about yourself and the world.

## **BOOK #3: Buddhism for Beginners: The Complete Beginners Guide to Buddhism with Introduction to Modern Buddhism**

Buddhism is a rich and profound understanding of the universe which is often taught incorrectly and misinterpreted, especially in the Western world when we try to fit it around our modern lives without understanding the important context and background of key Buddhist teachings.

## **BOOK #4: Reiki: 28 Incredible Beginners Tips To Supercharge Your Mind and Feel Great and Energised By Mastering The Power of Reiki**

If you've been searching for a daily practice that can make sharpen your mind and make you feel more energized and renewed physically, mentally and spiritually, then you could benefit from the self-healing techniques of Reiki. This eBook explains what Reiki is, how it developed and how it enables you to channel energies that you didn't know existed and powerful techniques for self-healing. You will learn how to use Reiki to remove toxins from your physical body and toxic thoughts and behaviors from you mind.

## **BOOK #5: Auras: 25 Amazing Tips On How Master the Art of Sensing, Seeing and Knowing Better Your Human Aura**

In order to improve the ways in which we interact with our thoughts, feelings and environment, we need to have an understanding of seeing auras, nurturing them, understanding them and, ultimately, the properties that each aura color contains. This book will provide you with some fundamentals for all these causes.

## **BOOK #6: Auras: 8 Fantastic Ways to See, Read, and Strengthen Your Aura**

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Aura accessibility and operations is something that many consider difficult. To many it is one of the very impossible achievements. You might also be one of those people who have this impression.

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