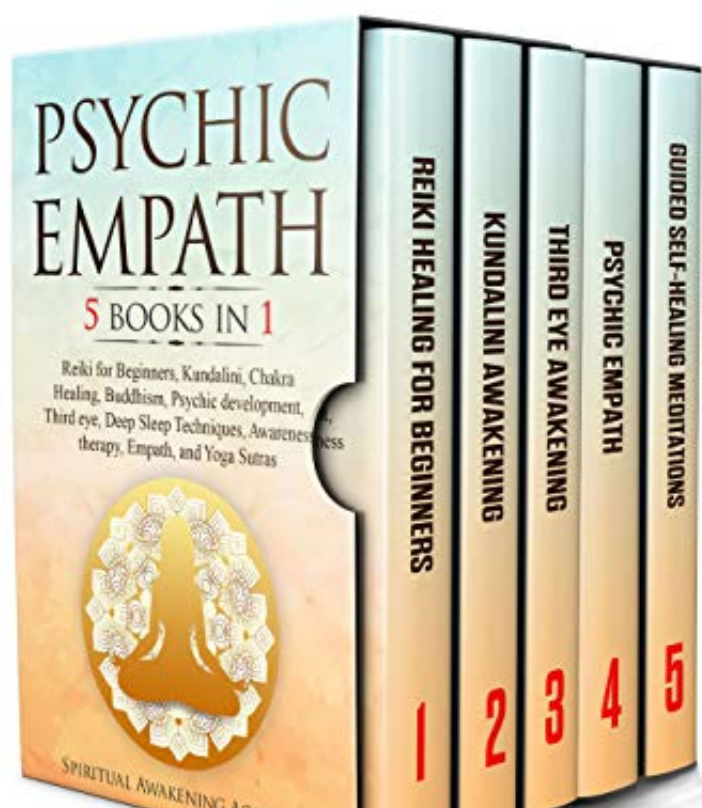


PSYCHIC EMPATH: 5 BOOKS IN 1: Reiki for Beginners, Kundalini, Chakra Healing, Buddhism, Psychic Development, Third Eye, Deep Sleep Techniques, Awareness Therapy, Empath, and Yoga Sutras

by

Spiritual Awakening Academy



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Synopsis

Are you ready to balance and Discover self-healing awakening techniques through crystals, kundalini, Chakra, Reiki & guided meditation? This book is a guide filled with proven meditation techniques that help you remove anxiety, manage stress, and find inner peace. This Book includes: 5 Manuscripts 1. REIKI HEALING FOR BEGINNERS 2. KUNDALINI AWAKENING 3. PSYCHIC EMPATH 4. GUIDED SELF-HEALING MEDITATIONS 5. THIRD EYE AWAKENING

What you will find in the BOOK:

- Learn the principles and history of Reiki.
- Learn the positions of hands in Reiki for self-healing
- The basics and understanding of Kundalini
- Prana and how to control it
- Meditation Guidelines
- How to develop your Intuition
- Secret Meditation Techniques
- Enhance your Mind Power
- Astral Travel
- How to see the Aura
- Communication with Spiritual Guides
- How chakras work
- Breathing techniques to aid meditation
- Healing Crystals
- Countless Benefits of Being An Empath
- History Of Meditation
- Guided Meditation to Manage Panic Attack
- Deep Sleep techniques
- How To Calm The Mind
- What is the Third Eye?
- How to awaken your Third Eye
- The fundamental truths of the Third Eye chakra
- Clear your body of negative energy
- Reenergize your body and mind

And much, more! Studies have shown that mindful breathing and meditation have remarkable health benefits, especially when it comes to calming the human body and mind. These studies have been inspired by mindfulness literature that dates back millennia. Before there were prescription medications, ancient Buddhists found a way to reach peace, self-actualization, and high-performance by using meditation to calm and focus their thoughts. Do you want to know more? Then Scroll up, click on "Buy now with 1-Click", and Get Your Copy Now!

Sort review

About the Author Edward Abdill, author of *The Secret Gateway: Modern Theosophy and the Ancient Wisdom Tradition*, joined the Theosophical Society in 1959. He was twice president of the New York branch and has served on the national board of the Theosophical Society in America. Abdill lives in New York City. His website is www.EdwardAbdill.com --This text refers to the paperback edition. Excerpt. © Reprinted by permission. All rights reserved. I am dropping the leaves of My Garden on coastal sand, and the breaking waves wash away their traces. Time buries everything like a seasoned gravedigger, sweeping away all the dust from the face of the Earth. But I shall not get tired from strewing the emerald leaves on the path of those who came into the world with My Name, who foresee the entire Divine Pattern by their spirit. Time has no power to remove the trace left in the souls sanctified by the touch of the leaves of My Garden. I am awakening a whirlwind of new currents coming into the world, originating from the bowels of the Sacred Himalayas. One who enters the New Round will succeed in rising to the unprecedentedly high rung of Evolution. Go together with the new people who descended into the world to help you to rise higher. Do not look back on those

who live in the past. My birds must fly, in spite of the snares set for them. Do not let them throw a bridle on your wings. Regardless of time, construct your plans, confidently projecting your thought into the future. As a mountaineer climbs towards the top, so you, too, should aspire towards your goal, and you will conquer all the Empyrean Peaks. Always remember the main thing: the reason you came down to the Earth. Neither to drink nor to eat, but to multiply spiritual nourishment. And as you nourish your body, do not forget that your spirit will remain hungry, if you do not take care of it. And it is possible to satiate the spirit only within earthly spheres, where it must gather up the deposits of imperishable treasures. The body exists for the sake of your spirit, but not the other way round! So, remember. If you bow to everyone you meet, will not you get a humpback by loading yourself down with other people's opinions? Thoughts of doubt and rejection will pile up as gravestones. Stand aside, for a rockfall threatens to come down upon you, if you have fallen under the influence of hostile forces. Straighten your back and look proudly into the eyes of Truth, paying no attention to the hail of stones flying after you. And do not throw it under foot in order to please the opinion of the first person you meet. But bow to the bearer of the Light of My World and know that you will stand up much straighter on account of this pure obeisance your heart has made. Bow your head before the Great Spirit! Earthly bells have fallen silent, and Nature has become still in anticipation of the Great Advent. And only My warriors can know the time of the Supreme Descent, for the Fire of Heaven has engraved those periods in their hearts. I am waiting for the last strike of the bell, heralding the news that the world of the Earth is ready to receive Me, but it must also resound within your heart. After finishing their discourse on Truth, the prophets left, and the world once again covered their works with cobwebs and mould, making them quite unsuitable as food for hungry souls. However, the light of knowledge has not grown dim, and the seed, not knowing decay, is reviving like a sphinx. Love will pass through all the arable lands on the Earth, and the ripe grain, reared by the divine currents, will begin to come into its own. The world, not knowing hatred and enmity, will kneel before the omnipotence of Sacred Love, and the Beauty of Her Light will reign supreme over the world eternally.

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What people say about this book

Jenn, "Book. Informative"

Momo, "Lots of information. This is a very handy book to have as a reference for someone who is interested in practicing Reiki on themselves or others as to what to expect"

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