



Third Eye Awakening: Ultimate Beginner's Guide to Open Your Third Eye Chakra (Activate and Decalcify Pineal Gland, 3rd Eye, Expand Mind Power, Astral Travel, Intuition - Book 1) (Paperback)

By Chloe Brisbane

Createspace Independent Publishing Platform, 2018. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Third Eye Awakening: Ultimate Beginner's Guide to Open Your Third Eye Chakra is your one-stop guide to awakening your third eye and learning how to open it. You have chakras all throughout your body, and they are intricately tied to your health, energy, and soul. In this guide, the main focus will be on your third eye chakra. The source of your intuition and your psychic gifts rests within your third eye. Located between your eyebrows, it can be opened with different methods which are detailed throughout this book. Through various meditation exercises (some as short as 5 minutes, others approximately 20 to 30 minutes), you can activate your third eye with some very simple techniques. This book includes detailed visualization techniques, with quotes to inspire you, along with healthy ways to improve every part of your mind, body, and spirit. All of these techniques can be used to help you open your third eye chakra yourself, without any formal training. You will learn how every part of you is connected, and how a holistic approach to health and healing can...

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