



## **Meditation & Aromatherapy Box Set (6 in 1): Calm Your Mind and Find Peace through Meditation and Essential Oils (Zen & Peace)**

*Bernice Carter, Aimee Long, Nicole Moran, Olivia Henson, Tiffany Brook, Jessica Meyer*

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## **Meditation & Aromatherapy Box Set (6 in 1) Calm Your Mind and Find Peace through Meditation and Essential Oils**

### **Mindfulness for Beginners: Calmly Acknowledge Thoughts, Feelings, Sensations & Find Peace**

**Here is a preview of what you will learn from this book:**

- The origins and history of mindfulness
- Modern applications of the lifestyle
- The Mindfulness movement
- Techniques to help you acknowledge your thoughts, understand your feelings and experience your sensations
- Techniques to find your peace
- Meditation, breathing exercises and conscious control
- Differentiate feelings with identity
- Removing mental clutter
- Practicing self-remembering
- Mindful eating
- Walking meditation
- Body scan
- Stopping over thinking
- Flowing with the moment
- Accept and surrendering

# **Aromatherapy Revealed: How to Use Essential Oils for Everyday Living Plus 30 Recipes to Make Your Own**

## **Inside You Will Learn about:**

- The Benefits of implementing essential oils and aromatherapy in your daily life
- Top aromatherapy recipes for everyday life
- Top aromatherapy recipes for physical needs
- Top aromatherapy recipes for psychological needs
- And Much More

## **Heal Your Life: Transform Yourself and Strengthen Your Aura Using Chakra**

### **Here is a preview of what you will learn from this book:**

- The definition of an aura
- The meaning of chakras
- The different types of chakras
- Cleansing the chakras
- And Much More

## **The Magic of Meditation in the Real World: How to use Meditation for Focus, Relaxation and so Much More!**

### **In this book you will learn:**

- The basic concepts of meditation and simple ways to get started.
- The full benefits of a frequent meditation practice.
- How to use meditation for everything from emotional health to stress relief and even things like improved energy and weight loss.

- How meditation can benefit your entire family

## **Essential Oils for Beginners: Amazing Guide to Secrets of Aromatherapy with Easy Recipes for Stress Relief, Healthy Body and Mind**

### **In this book you will learn:**

- Unmasking the main concept of essential oils
- Revealing the inevitable effects of the aromatherapy
- Explaining the benefits of the essential oil purpose
- Guiding about the essential oils selection
- Unveiling the essential oils blends
- Considering the essential oil's preventive and risk factors

## **Mudras for Beginners: A Simple Guide to Hand Gestures for Self-Healing and Spiritual Growth**

### **Inside You Will Learn:**

- What mudras are
- How exactly to use mudras
- The five elements that mudras regulate
- Several healing hand poses, that help with the five elements
- How mudras are beneficial to the mind and body
- Self-Healing hand poses
- Mudras for Health
- What chakras are and how they relate to mudras
- All the chakras
- What mantras do
- Foods that help all the chakras

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