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R. Sharleyne, P. Soniashire, A. Mcwallshireson, S. Sheverlene

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BOOK #1 PREVIEW

The purpose of this book is to help you understand how meditation can make your life longer and more peaceful. The best is to outline first all the way that meditation is able to help in your life and create more peace every day. This chapter is going to focus on how many in your life and how this has been proven scientifically and the experiences of many people already.

BOOK #2 PREVIEW

The root chakra is one of the most important chakras and should always be the first to focus on. It has a very unique use when it comes to balancing the body, because it is considered the foundation of the chakras. The root chakra is in the base of the spine and is represented by the color red, and represents issues that are related to our basic survival. Every good house needs to have a great foundation, and the same is true for chakra healing. If one is off, especially the root chakra, it can create problems with the flow of all the other chakras as well.

BOOK #3 PREVIEW

Buddhism has a unique and amazing history, and it has millions of followers. There is a pathway that many people follow, and there are some great principles associated with it. There are many things that anyone could learn from it, and it can help you think in a better state of mind as well. You can feel better about yourself through the practice of Buddhism, and it's really a religion for anyone that wants to have a better

life, and it can really help to improve the quality of it today.

BOOK #4 PREVIEW

Mediation is something that can help you improve your day, and it's simple to do. You can really learn a lot about yourself through the use of meditations, and it can really change the way your life goes. For many that meditate, they can get a whole lot of benefits out of it, and they can feel the benefits immediately. It's a great way to improve the state of your life, and with meditation, you can really find the differences that can help you live a normal, and peaceful life. It's something that just about anyone could do, and it's something that people can accomplish with a little bit of training, but it can really make a difference with a little bit each day.

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Doreen Harry:

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Nicholas Williams:

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