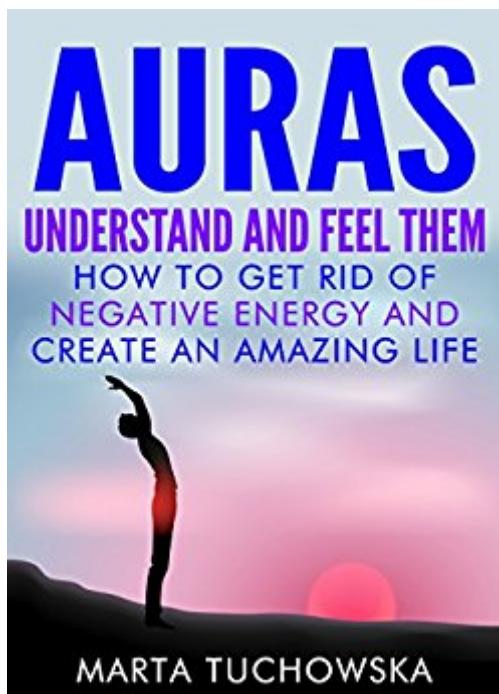


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# **AURAS: Understand And Feel Them- How To Get Rid Of Negative Energy And Create An Amazing Life (Auras, Chakras, Mindfulness, Healing Book 4)**



## **Synopsis**

Auras- Understand Your Energy, Achieve Spiritual Wellness and Take Your Health to a Whole New Level! You are about to explore the ABC of real holistic self-care and the best natural coffee for your soul. Everyone is different and everyone is trying to find happiness and fulfillment in their own way. Taking care of your body and mind (nutrition, fitness, diets, coaching) is utterly important but if you want to get better results, you need to work on your soul and inner energy. Dig deep. This is not always easy. It can be painful to begin with. Maybe your emotional and spiritual muscles got hurt at some point? The good news is that we can do a *physiotherapy* and massage for the soul. Yes, for your beautiful soul. By taking care of your internal energy, you will create vibrant health as well as mental and emotional wellbeing. *Auras: Understand and Feel Them* • Will Help You:-Achieve holistic relaxation-Purify your energy field-Overcome obstacles-Create a positive attitude and more zest for life-Balance your chakras-Deal with difficult and negative people-Create a body and mind connection-Learn how to use natural therapies like meditation, aromatherapy, visualizations and crystals to get rid of negative energies around you-Understand the connection between auras, the Law of Attraction and your inner energyOur own internal energy flow has to be functioning at its best. It has to be free flowing and clean. This is the one thing we have control over entirely. This is where the answer to our problems usually lies. We have the ability to cleanse our aura and allow our energy to flow freely throughout our spiritual body. Bad energy needs to be pushed out and blockages must be cleared. Some of those negative things are internal and some are external. Either way, you have the ability to fix it and you are just about to discover how to do it in an easy, practical and fun way!Let the journey begin...happy HEALING!

## **Book Information**

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## **Customer Reviews**

This is a great step to learn about auras and how it can be beneficial if being practice often. I feel great the moment I start reading this book because I feel every ideas being discussed and how it can get rid of the negative energy and replace it with positive one. Auras cannot be seen but one thing I have learned in this book is that even it cannot be seen, with proper concentration and training will lead to great focus where one can feel it flowing inside the body and control it the way we want.

I don't know much about the subject before reading this book. After hearing my yoga teacher mentions chakras and auras week after week, I finally decided to learn a little more, so I got this book. The book basically talks about the energy that we give off have direct affect on our life. And how cleansing our auras will enhance our positive energy. Very fascinating subject and very beginner friendly too.

I have been looking for this kind of book for releasing negative energy in your body and replace it with the new and revitalizing auras that will change your body, mind and soul in a more postive way of life. This book has an over all approach when in comes to achieving positivity in life.

Your book opened my eyes and helped me realize that I identify as a holistic person. I read this book in about 3 hours and feel so enlightened .I am no longer confused about my identity when it comes to being spiritual your book is helping me kick start my spiritual journey and I cant wait to read your other books . Thank you

I may say great book to read before we start the week because this book can cleanse and boost our energy to face better the start of our week, the MONDAY HABIT. I hate Mondays, and I never seen any beautiful auras throughout the day. And with the help of this book, I tend to realize and learn so

many things that can really help me take out the negative energy or bad vibes on me and cleanse my aura to face mondays a much more better!

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