

Download Your Body Of Light Energetic Practices For Better Health Emotional Balance And Higher Consciousness

bodies are as real and important for our health and wellbeing as what we eat. Taking the time to understand your body's energy systems and begin to incorporate awareness of them in your daily life is a key practice on the path of both Yogic development and personal evolution. Meditation is a practice where an individual uses a technique – such as mindfulness, or focusing their mind on a particular object, thought or activity – to train attention and awareness, and achieve a mentally clear and emotionally calm and stable state.: 228–29: 180: 415: 107 Some of the earliest written records of meditation (), come from the Hindu traditions of Vedantism around 1500 BCE. Louise Hay's seminal book about the connection between thoughts, emotions and the body was a revelation for me, but it also felt like the deepest truth. My soul just knew that this was truth, as if it was remembering something it learned many lifetimes ago. It went against everything I was taught from western allopathic medicine. These simple but extraordinarily powerful chakra yoga poses work to open, activate and balance your chakras when practiced for just a few minutes each day. - Your Body Of Light Energetic Practices For Better Health Emotional Balance And Higher Consciousness