



Spirituality Box Set: Amazing Lessons On Mindfulness Meditation, Auras, Wicca And Buddhism (Meditation, Mindfulness for Beginners, Buddhism)

April Dean, Leon Mason, Owen Payne, Abel Sharp, Amanda Byrd, Tia Hicks

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BOOK #1: Meditation For Beginners: 30 Practical Lessons on How to Learn Meditation and Quiet Your Mind

Just have a look around you and find out that everyone is worried about one thing or another. You may also have some tension in your life because of work, financial stress or any other reason. There are lots of thoughts around you, and these thoughts always chase you even on your bed. You are unable to enjoy a quality sleep because the planning of the next day is revolving around your mind.

BOOK #2: Mindfulness for Beginners: 48 Amazing Mindfulness Exercises to Help You Reduce Stress and Find Inner Peace That Lasts

There are a number of misconceptions that surround the subject of mindfulness and mindfulness meditation. Mindfulness is the art of acceptance and non judgmental attention and focus on your emotions, thoughts and any sensations that occur in the present moment.

BOOK #3: Buddhism for Beginners: The Complete Beginners Guide to Buddhism with Introduction to Modern Buddhism

Buddhism is a rich and profound understanding of the universe which is often taught incorrectly and misinterpreted, especially in the Western world when we try to fit it around our modern lives without understanding the important context and background of key Buddhist teachings.

BOOK #4: Auras: 25 Amazing Tips On How Master the Art of Sensing, Seeing and Knowing Better Your Human Aura

In order to improve the ways in which we interact with our thoughts, feelings and environment, we need to have an understanding of seeing auras, nurturing them, understanding them and, ultimately, the properties that each aura color contains. This book will provide you with some fundamentals for all these causes.

BOOK #5: Auras: 8 Fantastic Ways to See, Read, and Strengthen Your Aura

Knowledge, they say, is power. It is the best foundation anyone can have in the ability to conquer their environment. You probably might have heard about the word-Aura and wondered what it is all about or you have not heard at all.

BOOK #6: Wicca: 12 Amazing Candle Spells for Health and Balance in Your Life

Are you a person who has some interest in magic? Have you heard or seen magic and wonder what the mystery is that surrounds this act? Have you wondered if all you see has magical intonations? Are you confused when you hear or see spells being used for various reasons or intentions? Do you have a craving to know more about this topic? This is the book you need. Here is a book that gives an in depth explanation just enough for you to understand what Wicca spells is all about.

BOOK #7: Buddhism for Beginners: 25 Amazing Lessons for Absolute Beginners to Learn Buddhism

New to Buddhism? Or maybe you are curious to know what it is all about? Buddhism is a spiritual philosophy and practice which is thousands of years old; the aim of Buddhism is not to se a dogma that everybody must adhere to, but to answer deep questions about the meaning of life, how the universe work, what is our role in the cosmos and how we can reach a state of awakening and enlightenment that allows us to see through the veil of illusion that is given to us by our senses, just as the Buddha did. In fact, you too can be a buddha.

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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Margaret Soto:

Have you spare time for any day? What do you do when you have a lot more or little spare time? That's why, you can choose the suitable activity with regard to spend your time. Any person spent their spare time to take a move, shopping, or went to the actual Mall. How about open or maybe read a book entitled Spirituality Box Set: Amazing Lessons On Mindfulness Meditation, Auras, Wicca And Buddhism (Meditation, Mindfulness for Beginners, Buddhism)? Maybe it is for being best activity for you. You realize beside you can spend your time together with your favorite's book, you can better than before. Do you agree with its opinion or you have other opinion?

Robert Monson:

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Jillian Harrington:

A lot of people always spent their own free time to vacation or go to the outside with them household or their friend. Were you aware? Many a lot of people spent many people free time just watching TV, as well as playing video games all day long. In order to try to find a new activity honestly, that is look different you can read the book. It is really fun for you. If you enjoy the book that you simply read you can spent 24 hours a day to reading a e-book. The book Spirituality Box Set: Amazing Lessons On Mindfulness Meditation, Auras, Wicca And Buddhism (Meditation, Mindfulness for Beginners, Buddhism) it is rather good to read. There are a lot of folks that recommended this book. These people were enjoying reading this book. In the event you did not have enough space to create this book you can buy the e-book. You can m0ore effortlessly to read this book from your smart phone. The price is not to cover but this book has high quality.

Cherie Fidler:

People live in this new moment of lifestyle always aim to and must have the time or they will get lots of stress from both everyday life and work. So , when we ask do people have time, we will say absolutely yes.

People is human not really a huge robot. Then we request again, what kind of activity are you experiencing when the spare time coming to a person of course your answer will certainly unlimited right. Then do you try this one, reading publications. It can be your alternative within spending your spare time, the book you have read is definitely Spirituality Box Set: Amazing Lessons On Mindfulness Meditation, Auras, Wicca And Buddhism (Meditation, Mindfulness for Beginners, Buddhism).

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