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Chakra Meditations: Meditations, Visualizations and Exercises to Help You Find Energy and Balance

Swami Saradananda

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Chakras are the body's subtle energy centers through which prana, or vital energy, must flow freely for optimal physical and mental health. This beautiful package of 52 chakra meditation cards comes with a built-in easel and offers practical wisdom and spiritual guidance to help you discover this inner balance. The cards are divided into seven sections-one for each chakra-and feature visualizations, exercises, and quotations to help focus the mind and unlock natural energy reserves. On its reverse, each card reveals a vivid image of the corresponding chakra symbol to be used as a meditation aid.

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