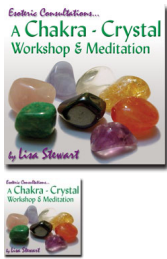


A Chakra Crystal Workshop & Meditation - Lisa Stewart



Unveil the mysteries of Chakra Crystal Energy with this wonderful 2 CD and Crystal Set.

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$30.00

Sales price without tax \$30.00

Tax amount

24 h

★★★★★

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Description

Unveil the mysteries of Chakra Crystal Energy.

This 2 CD set will open your awareness of the Chakra energy centers and their functionality. You will be invited to explore the healing vibrations of the 8 crystals included with this set and use the guided meditations for balance, stress relief and much more.

We so often get caught up in the stresses and worries of daily life which can lead to very real problems with our physical, emotional and spiritual well-being.

The gemstones, meditations and mantra chants included with this set provide a gentle, relaxing and entirely natural way to release stress and renew & revitalize your personal inner strength.

Disc One: Workshop

- [Introduction](#) (8:46)
- [Base Chakra](#) (2:22)
- [Spleen Chakra](#) (2:17)
- [Solar Plexus Chakra](#) (2:31)
- [Heart Chakra](#) (2:00)
- [Throat Chakra](#) (1:58)
- [Third Eye Chakra](#) (2:41)
- [Crown Chakra](#) (2:20)
- [Crystal Folklore](#) (8:58)
- [Crystal Power Meditations](#) (22:01)
- [Crystal Cleansing](#) (2:30)
- [The Crystals...](#) (0:17)
- [Hematite](#) (0:58)
- [Carnelian](#) (0:59)
- [Citrine](#) (1:13)

[Rose Quartz](#) (0:46)
[Amazonite](#) (1:26)
[Blue Lace Agate](#) (1:05)
[Amethyst](#) (1:09)
[Clear Quartz](#) (1:06)
[Introduction To The Elements](#) (1:06)
[Outro](#)

Disc Two: Meditations

[Chakra Crystal Meditation](#) (33:55)
[Daily Exercises](#) (1:13)
[Common Mantra Chant](#) (7:09)
[Advanced Daily Excercises](#) (0:53)
[Seed Sound Mantra Chant](#) (11:11)
[Brightest Blessings](#) (0:24)

Click on any track name above to hear a 60 second (approx.) Quicktime Audio Stream sample of the track.

Requires Quicktime - Follow the link on this page for a FREE download



Reviews

There are yet no reviews for this product.