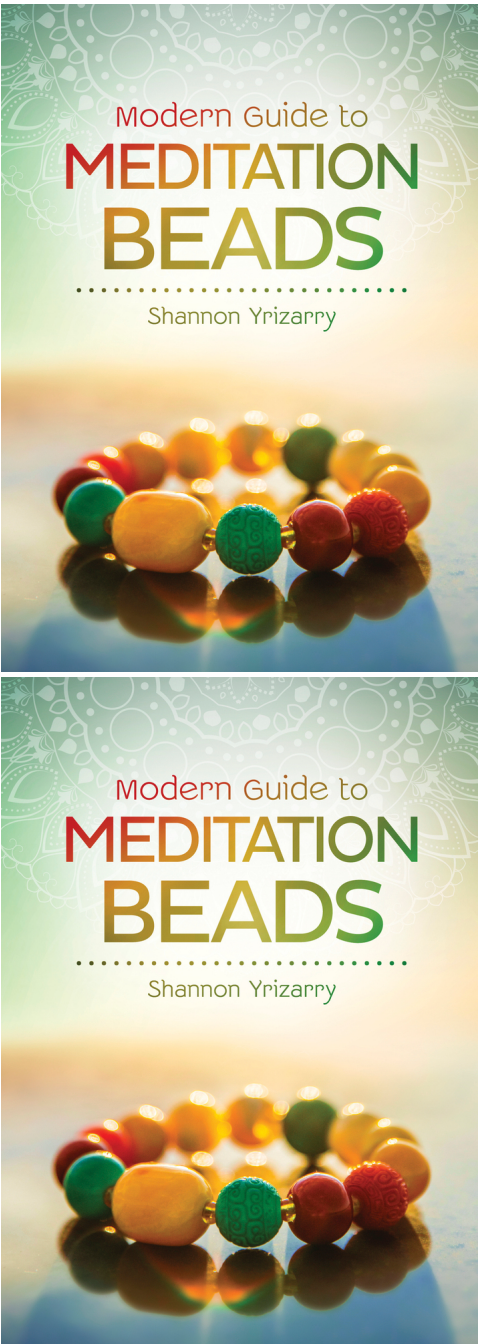


Modern Guide To Meditation Beads - Yrizarry



The Transformative Practice of Meditating with Beads

Rating: Not Rated Yet
Price
Salesprice with discount

Sales price \$15.99

Sales price without tax \$15.99

Tax amount

[Ask a question about this product](#)

Description

Learn how to use meditation beads to cultivate love, transformation, and peace in your life. Meditation beads are spiritual tools that can change your life today. Exploring practices that have been used around the world for thousands of years, this book helps you get started with meditation beads or bring your current meditation practice to a higher level.

Mindfulness and meditation are proven methods for stress relief, self-care, personal growth, and spiritual insights. Modern Guide to Meditation Beads explores the history and symbolism of this practice, and it shows you how to choose beads or make your own meditation bracelets and necklaces. Author Shannon Yrizarry provides hands-on tips and techniques for using them in meditation, and she explores how to integrate essential oils, astrology, crystals, spells, and numerology into your practice. You will discover how to use mantras and affirmations and what to do if your meditation beads break. With this book as your guide, you will learn how to practice one of the world's most popular spiritual practices with profound personal results.

Reviews

There are yet no reviews for this product.