



Yoga

Ultimate Yoga For Beginners Guide For
Weight Loss, Stress Relief And To Find
Inner Peace!

Mia Conrad

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Introduction

I want to thank you and congratulate you for downloading the book, “Yoga: Ultimate Yoga for Beginners Guide for Weight Loss, Stress Relief, And to Find Inner Peace.”

This "Yoga" book contains proven steps and strategies on how to do yoga poses depending on your goal.

The ancient practice of yoga aims to unify the mind, body and spirit. It also has numerous benefits. People who want to lose weight and improve their strength and flexibility will find yoga beneficial. Practicing yoga for a few minutes daily is also a great way to release any stress and tension from your body.

There are also other practices that can be paired with yoga such as meditation, mindfulness and Tai chi. These meditative practices can help you improve your intuitive ability and enable you to live your life fully without focusing too much on your problems.

Remember that yoga is a process that cannot be perfected overnight. Do not be discouraged if you do not succeed the first time and try again.

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1 - Yoga For Beginners

Yoga is an ancient practice that has been around for over 500 years. The term yoga came from a Sanskrit word 'yuj' which means to unite. In simpler terms, yoga aims to unify the person's consciousness and universal consciousness.

Ancient yoga practitioners believe that humans have to harmonize his body and the environment. In yoga, the body is seen as a sacred vessel and should be treated with utmost respect.

Yoga Poses

Most people think that yoga only involves stretching but it is more about creating a balance in the body while developing strength and flexibility. This is usually achieved through poses and postures. Each of the poses has a special purpose and benefit. When these poses are done in succession, you create body heat through your movements.

Which yoga is for you?

There are a lot of options for beginners who want to explore yoga. You can improve your flexibility and quiet your mind with any yoga style. You can get the most benefit by choosing a yoga style that fits your lifestyle and personality.

Ashtanga Yoga

Ashtanga yoga provides enough challenge through non-stop series of yoga poses. It also incorporates breathing techniques that can improve your focus and help control your breathing.

Bikram Yoga

Bikram yoga is done in a hot room. Yoga practitioners will do a sequence of 26 yoga poses. Always make sure that you are medically cleared before you try this 'hot' yoga.

Hatha yoga

Hatha yoga has a gentle approach. The word 'hatha' means the physical practice of yoga. It also incorporates different styles to create a simple

routine. Hatha yoga is ideal for beginners who want to learn the basic poses.

Iyengar Yoga

This is a gentle and slow-paced yoga that is ideal for beginners. You may be required to use props like belts and pillows to ensure that your body is in correct alignment.

Kripalu Yoga

Kripalu yoga usually starts with slow and easy poses before it progresses to challenging movements that can develop mind and body awareness.

Kundalini Yoga

Kundalini yoga is more philosophical and spiritual in nature than other yoga types. It also greatly emphasizes on meditation, chanting and breathing techniques.

Power Yoga

Power Yoga is one of the most challenging and athletic forms of yoga. It is based on Ashtanga yoga poses. It can help build upper body strength, flexibility and balance.

It is a good idea to explore other slower styles of yoga before trying this one. Some yoga studios call this type of yoga different names like flow-style yoga or vinyasa flow.

Sivananda Yoga

This is a gentle type of yoga that involves 13 poses. This can easily be adapted to any training program and can be performed by all people regardless of their current fitness levels.

Viniyoga

Viniyoga focuses more on your breathing and not so much on the accuracy of each pose. It also includes deep stretches that are ideal for beginners and for people who want to improve their flexibility.

Chapter 2 - Yoga Weight Loss For Beginners

Yoga may not be seen to produce the same weight loss effects as boot camps or rigorous workout but doctors and fitness experts say that the deep breathing and slow poses incorporated in each session can tone the body while also relaxing the mind. Here are some tips on how you can maximize the weight loss effects of yoga.

Aim to go beyond the burn

Calories burned during a single session vary from 180 to 360 calories per hour. Vinyasa, Ashtanga and power yoga tend to burn more calories. Yoga fusion workouts that mix other cardio workouts like kickboxing and dance also accelerate their calorie burning potential.

During yoga, your breathing technique heats your body up and flushes toxin out which can boost your lymphatic system. Also, yoga emphasizes on mind and body connection. People who practice yoga are more aware of the foods that they are eating. Yoga can also help you differentiate cravings from true hunger.

Sometimes less is more

Rigorous yoga is not the only type that can help you lose weight. Gentle and restorative forms of yoga can also help tone your body by regulating the parasympathetic system and enhancing your digestion process. By practicing gentle yoga, you allow your body to take a rest. Gentle forms of yoga are also more appropriate for beginners to avoid injuries.

Strike a pose

Certain yoga poses have more calorie burning and muscle strengthening capabilities. You can also stimulate your endocrine glands to regulate your metabolic rate. However, always remember to pay attention to the alignment of your body while striking a pose.

Broaden your goals

Think of the bigger picture whenever you are doing yoga. You also have to consider the spiritual benefits and not just the physical benefits. If you

focus more on having better health rather than losing a lot of pounds, you will enjoy and feel more motivated to continue.

Chapter 3 - Yoga Poses For Weight Loss

Here are some of the most effective yoga poses for weight loss. Aim to perform these yoga poses three times a week. Make sure to hold each position for 1 to 3 breaths each.

Crescent

Start by standing with your feet together and your arms at your sides. Inhale then raise your hands overhead. Bend your hips forward and step the right leg back into a lunge position. Make sure that the left knee is at 90 degrees and the right leg is fully extended. Hold the position then step the left leg back. Repeat the movement on the other side.

Standing Aasanas

This is a great pose to tone the butt and thighs. It also stretches the sides and helps strengthen the core. Stand with your feet together. Raise hands above the head with your palms together. Exhale and bend slowly to the side. Keep your elbows straight. You should feel a stretch from your fingertips to the thighs. Hold the pose then exhale before returning to the starting position.

Chair pose

This pose requires you to concentrate on the muscles being used. Stand with your palms together in front of you. Raise your hands above your head and bend the knee like you are sitting on a chair. Make sure that your thighs are parallel to the floor. Bend the torso slightly forward. Gently stand back up to release.

Tree pose

The tree pose is great for toning the muscles in the abdomen. This can also help strengthen the arms and thighs. Start by standing with your legs together. Lift the other leg and rest it on the opposite knee. Make sure that your standing foot is facing forward. Join your palms together in a Namaste position and raise them above your head. Make sure to breathe steadily as you maintain balance.

Forward bending pose

This is a great yoga pose for stretching the hamstrings. Stand straight and raise your hands above the head as you inhale. Bend your body forward until your palms are touching the floor and your forehead is resting at your knees. Stay in the position as long as you can. To stand back up, slowly bring your arms to your face and rise up slowly without straining any muscle.

Sitting aasanas

This pose can improve the capacity of the lungs as you inhale more oxygen. Start by sitting with your legs stretched in front of you. Bend the left leg and place the heel of the left foot beside the right hip. Take the right leg over the other knee. Twist your torso and look over to your right shoulder. Hold the position and repeat the movement on the other side.

Butterfly pose

This is one of the best yoga poses for the inner thighs. It can also strengthen the spine, lower back and groin. Sit on the mat with your legs stretched in front of you. Make sure to keep your spine erect. Pull your feet together so that your heels touch. Hold your feet with both hands and move your thighs up and down in a butterfly motion. Avoid doing this pose if you have knee injury.

Plow pose

This is a great pose for people who tend to sit for a very long time. It can also tone the muscle of the butt, shoulders and thighs. Lie in the floor with your feet flat. Place arms at the sides and bend your knee. Slowly raise your legs from your hips then slowly extend them behind your head until your feet touch the floor. Remember to breathe out while doing this.

Bridge pose

This is a great pose to tone the thighs and to strengthen the shoulder and abs. It can also relieve symptoms of menopause in women. Lie flat on the floor. Exhale and raise your body up to the point wherein only your neck, head and feet lie flat on the floor. Use your hands to push down for more support.

Child's pose

This pose works by gently stretching your ankles, hips and thighs. It can also help relieve stress and fatigue. Sit on the floor; make sure that your weight is on your knees. Sit with the aid of your heels and allow your stomach to rest on your thighs. Stretch your arms over head and place it on the floor.

Chapter 4 - Yoga Poses For Stress Relief

Yoga can help you slow down and pay attention to your breathing. By focusing on one thing, you are allowing yourself to decompress and release any physical tension.

Here are some yoga poses that can effectively reduce stress. You can follow them in this sequence or practice them individually. Make sure to focus on your breath as you move through different poses. Closing the eyes can help you achieve a meditative state.

Bharadvaja twist

This is one of the seven legendary seers. Start by sitting on the floor with your legs straight in front of you. Shift your weight to the right and bend your knees. Place your legs to the left side. Inhale then twist the torso to the right while keeping your buttocks to the floor. Place your left hand on your knee and tuck your right hand over to your left elbow.

Cat pose

The cat pose provides a gentle massage to the spine and belly organs. Start by kneeling and placing your palms on the floor. Make sure that your knees are below your hips and wrists. Keep your head in a neutral position then round your spine towards the ceiling. Inhale and return to a neutral position.

Cow pose

The cow pose is a good way to warm up the spine. Start on your hands and knees. Make sure that your knees are below your hips and that the shoulders are perpendicular to the floor. Inhale and lift your sitting bones towards the ceiling. Keep your head straight and your eyes forward. Exhale and return to a neutral position.

Cobra pose

This pose promotes flexibility and can help relieve stress on the back. Lie on your stomach with your legs stretched at the back. Place hands on the floor under the shoulders. Straighten the arms and lift your torso while pressing your feet and thighs to the floor. Pull the shoulder blades back and

slightly lift your chin. Hold the position for 15 seconds while breathing easily.

Dolphin pose

The dolphin pose is great when it comes to relieving tension in the shoulders. It can also tighten the core, arms and leg muscles. Place your hands and knees on the floor. Curl your toes under you and lift your tailbone to the ceiling. Make sure that your legs are straight. Press your forearm to the floor. Make sure that your elbows are right beside your head. Stay in this position for 30 seconds to one minute. Bend your knees to release.

Corpse pose

This pose requires total relaxation which makes it one of the most challenging yoga poses. Make sure that your body is in a neutral position. Sit with your knees bent and your feet on the floor. Inhale then extend the legs while softening the groins. Lift the base of your skull from your neck and release the back of the neck towards the tailbone.

Reach your hands to the ceiling then rock your body from side to side. Place the back of the hand on the floor and make sure that the shoulder blades are resting on the floor. Stay in this lying pose for 5 minutes for every 30 seconds of practice. Roll to the right and take deep breaths before you slowly lift your torso.

Easy pose

This pose can open up the hips and lengthen the spine. It can also amplify serenity and eliminate anxiety. Sit on the mat with your legs stretched in front of you. Cross your legs while widening the knees. Make sure that there is a comfortable gap between the feet and your pelvis. You can either lay your hands in your lap or place them on your knees with your palms facing the ceiling.

Extended triangle pose

This yoga pose is quintessential standing pose to many complicated standing positions. Stand with your feet apart. Raise your arms to the floor and reach to the side with your shoulder blades wide and your palms down. Turn your left foot at a 90 degree angle then twist your torso so that your

left hand is resting at your left thigh. Keep your head in a neutral position and extend the other hand to the ceiling. Your eyes should be looking at your left thumb.

Eagle pose

This is an active yoga pose that can improve your concentration and balance. It can also help you open up the shoulders and upper back. Stand with your feet slightly apart. Shift your weight to the left leg and place your right knee over your left knee. Hook your right foot at the back of your shins so that it looks like it's wrapped around your leg. Bring your arms together. Place the right elbow on top of the left elbow then join your palms together.

Legs up in a wall pose

This pose is not only used for stress reduction, it is also believed that resting your legs in a wall can slow the aging process. Sit sideways about 5 inches away from the wall. Exhale and swing your legs up on the wall and keep your head and shoulders on the floor. You can spread your arms to the side for support.

Chapter 5 - Tips In Finding Inner Peace

Finding inner peace is a continuous process. Here are some tips on how you can find inner peace every day.

Silence your thoughts

In yoga, you can make a soothing sound when you exhale. This replicates the sound of crashing waves. You can imagine yourself relaxing at the beach and let the waves carry your worries away.

Learn to appreciate things

Learn to appreciate all the good and bad things that you experience. Remember that the good things make you happy while the bad events teach you a lesson.

Trust and follow your intuition

Your intuition is your body's way of communicating to you. Yoga can help you become more attuned to your body. You usually get a positive feeling after following your intuition.

See the world from a different perspective

You have to realize that there is more than one way to look at different things. Your own perspective may be the reason why you feel stressed. See the world in a different point of view and understand that there are limitless options for you.

Change is part of life

Everyone experiences change in their lives. Be patient and allow things to evolve naturally. Learn to focus on the results you want to achieve and not staying too fixated on the problem.

Simplify your life

Simplicity can bring you inner peace. By learning how to eliminate what you do not need, you are able to focus more on what nurture you. This also allows you to understand the things and relationships that are important to you. Avoid overwhelming yourself with too many tasks and focus on one to two goals that you want to cherish most.

Finish what you start

Always make sure that you finish what you start. Unfinished tasks can weigh on your mind whether you are aware of it or not.

Be true to yourself

Learning how to express yourself is one way to have inner peace. Do not bottle up your emotions inside and look for a positive way to express it. Strong emotions like anger or anxiety can also be expressed through calm and gentle ways like practicing yoga poses.

Live in the present

You cannot really do anything to fix what has happened yesterday but you can create a future by focusing on the present. Focus on living the life you want to live and not letting it pass by because you are too fixated on the past or present.

Do not worry

The time you have spent worrying about negative things that can happen will destroy your inner peace. Worrying is actually worse than the event itself. Focus on being positive instead.

Chapter 6 - Meditation And Yoga

Yoga and meditation are usually incorporated together in practice. Here are some of the ways yoga can help improve your meditation.

Flexibility

Meditating involves being in a position for a period of time which can last anywhere from 10 minutes to several hours. Practicing yoga enables you to remain comfortable while meditating.

More energy

Yoga gives you enough physical and spiritual energy to meditate. Practicing yoga also amplifies the effect of meditation.

Body awareness

One of the foundations of meditation is body awareness. Yoga helps you become more aware of your body and tune it to your inner self better.

Relaxation and calmness

Yoga is known to promote calmness. Yoga also has a grounding effect which helps calm your mind and dampen your emotions.

How to meditate

Meditation can be a simple practice but it is not easy to perfect.

Simply sit

Sit quietly in a comfortable position and observe the thoughts that pass through your mind. It might be difficult for beginners to sit quietly for 10 minutes but meditation will help you appreciate calmness in the ever-changing nature of life.

Tune in to the sounds

Close your eyes and listen to the sounds around you. Make sure that you adopt a receptive attitude. In the beginning, you might only hear the obvious noises but over time, you will discover new layers of sounds that you may have previously tuned out. Learn how to observe what you are

hearing without judging it. The world will feel more alive as your awareness deepens.

Use a mantra

A mantra can be a word, phrase or even a line in a song. Repeat it slowly while meditating. If you notice that your mind has wandered off, simply redirect your focus to your mantra.

Chapter 7 - Mindfulness Tips

Mindfulness creates heightened awareness of what you do every day which includes action and thoughts and how it affects other people. Mindfulness also nurtures acceptance without criticism. Here are some simple ways on how you can be mindful every day.

Simply walk

Driving in your car requires you to focus on a certain angle of your vision. Walking on the other hand allows you to see more of your surroundings. You can take a break and simply walk without a destination in mind. Let yourself go where your mind takes you.

Savor your meals and drinks

It doesn't matter if you are eating a simple meal or sipping a glass of water; make sure that you take time to savor the flavor and texture in your mouth. Another way of being mindful while eating is by thanking every individual that has been responsible for the food, from the farmer to the grocer who placed it on the shelf. You will appreciate it more once you realize the amount of effort poured into your food.

Focus on one thing at a time

Focusing on one thing at a time increases your efficiency. This can enable you to concentrate on the task without thinking on anything else. Also, take your time with each task. Make deliberate actions and do not rush.

Look at the eyes of the person you are talking to

It is curtsey to look at a person's eyes while communicating with them. This shows that you are at present and are listening to what they are saying. Focus on being with that person and try to enjoy the experience with them.

Let cleaning and cooking become your meditation

House work like cooking and cleaning are seen as unwanted chore but it can also be a great way to practice mindfulness. Try to perform the task like your meditating. Concentrate and do it slowly and methodically. This can change your perspective and leave you with a cleaner house as well.

Chapter 8 - Yoga And Spirituality

Many people practice yoga for spiritual reasons. Yogis try to discover the gift of life and aim to unify their body, mind, spirit and emotions.

Yoga is not a religion and can be practiced by many faiths. Many people practice yoga for its physical benefits while others use yoga meditation to commune with a higher being.

How does yoga teach spirituality?

From a yoga perspective, people achieve spirituality by cultivating their awareness and allowing the body to experience subtle aspects of life. Once you have changed the perception that some things are “trivial” to you, then you can begin to understand the connection that they can bring to your life.

Living in Namaste

Namaste can be loosely translated to a phrase that means there is light within you. Namaste can also be literally translated to “I bow to you”. This connection to other people is the foreground towards seeing the universe as a whole. Each religion also encourages acceptance of fellow humans as a way of honoring the Creator.

The 8 Limbs of Yoga

The eight limbs of yoga or ashtanga act as basic guidelines on how you can live a life with purpose. These also serve as guides for moral and ethical behavior.

Yama

Yama helps you focus on your behavior and how you can conduct yourself in every day situation. The five yamas are nonviolence, truthfulness, no stealing, continence and no covetousness.

Niyama

Niyama is the second limb and it focuses on self-discipline and spiritual observance. This can include attending spiritual services or praying before meals. The five niyamas include cleanliness, contentment, spiritual austerities, study of the sacred scriptures and surrendering to God.

Asana

Asana are postures in yoga. Through these poses, you can develop a habit of disciplining your body and improving your ability to concentrate.

Pranayama

This can be translated to breath control. It is aimed to improve the respiratory process while acknowledging the connection between breath, mind and emotions. You can practice pranayama separately and perform breathing exercise or incorporate it to your yoga poses.

Pratyahara

Pratyahara means withdrawal. It is where you consciously draw yourself away from the material world and external stimuli. This practice can help you take a closer look at yourself. It also helps you identify the things that can interfere with your spiritual growth.

Dharana

Pratyahara is a practice where you concentrate and relieve yourself from distractions. It also teaches you to concentrate on a single object whether it is an image, part of the body or a sound.

Dhyana

Dhyana is the seventh stage and it is the uninterrupted flow of concentration. While dharana focuses on keeping your attention on a particular object, dhyana is the state of being aware without focusing on anything.

It is very difficult to remain in this state of stillness, but do not give up trying. Remember that even if you do not achieve it perfectly the first time, you will still benefit from trying.

Samadhi

Samadhi is a state of ecstasy where your point of focus transcends to material world. This is the point where you can realize a connection with the Divine and all living things.

Chapter 9 - What Are Chakras?

The body has several energy centers that are also connected to major organs. Each of the main energy center is referred to as chakra which is also the Sanskrit term for wheel. In a nutshell, a chakra is like a spinning vortex that rotates in a circular motion at the center of the body and draws anything that it encounters.

The seven chakras are the main centers of the body where energy flows through. If any of your chakras are blocked, it can lead to illness and physical discomfort. Here are some of the poses that can help balance each of your chakra.

1. Root chakra

This is located at the tailbone area at the base of the spine. It also deals with survival issues like money, food and independence.

Yoga pose: Seated Angle Pose

This is an intense stretch that can relieve the muscles at your groin and allow your root chakra to release its vitality.

Sit with your feet wide open. Your toes should point towards the ceiling. Take a deep breath and drop your upper body forward. Place your hands on the floor in front of you. Make sure to relax any tension felt in the forehead.

2. Sacral chakra

The sacral chakra is mainly responsible for connection and the ability to accept new experiences. It is located at the lower part of the abdomen two inches below the navel. Emotional issues surrounding the sacral chakra include abundance, sexuality and pleasure.

Yoga Pose: Dancer's Pose

This pose can also improve your balance and stretch your thighs.

Start with the mountain pose and move your weight to the right foot. Exhale then lift your left leg as you bend your right knee. Extend your right arm in front and grip your left foot with your left hand. Hold the position and feel the energy flowing in your pelvic area.

3. Solar plexus chakra

The solar plexus is located at the upper abdominal area. It is associated with your capability to be in control of your life.

Yoga Pose: Lion Pose

The lion pose can release tension in the abdomen, throat and jaw.

Sit on your heels and keep your back straight. Lean forward and place palms in front of you. Take a breath and allow your abdomen to expand. Feel the sensation as you roar like a lion and release any tension in the abdomen.

4. Heart chakra

Heart chakra focuses on your capacity to love. It is located just above the heart. People who have balanced heart chakra experience joy and inner peace.

Yoga Pose: Camel Pose

Kneel on the floor with your knees apart. Place your hands on your hips then lift the chest to the ceiling. Draw your shoulder blades back. Reach your fingers to your heels and let your head drop back. Hold the position for three breaths.

5. Throat chakra

Throat chakra rules your ability to communicate. It also represents your ability to express yourself.

Yoga Pose: Fish Pose

This yoga pose can open the front of the neck. When doing this pose, imagine a blue light entering your throat chakra.

Sit on the floor with your legs extended. Place your hands behind you and move your elbows below your back. Let your head drop back and lift your neck up.

6. Third eye chakra

The third eye chakra represents your ability to maintain focus and see the bigger picture. It is located between the eyes. It also rules your wisdom, imagination and ability to make conscious choices.

Yoga Pose: Downward Facing Dog

This pose can increase the blood flow to your third eye.

Kneel on all fours then gently walk forward. Make sure that your palms remain flat on the floor. Spread your fingers as you get your balance. Lift your tailbone to the ceiling while straightening your knees.

7. Crown chakra

The crown chakra represents your spirituality and how you see inner and outer beauty. It is located at the top of your head.

Yoga Pose: Headstand

Start by kneeling on the mat. Clasp your hands together and place your forearms at the center of the mat. Rest your head at the center of your forearms. Raise your knees slowly and lift your trunk up while straightening your legs.

Chapter 10 - Yoga And Tai Chi

Unlike traditional cardio workouts, yoga and tai chi focus on movements that can transition from one position to the other. While both practices look similar, they still have differences.

Tai chi focuses on relaxed body movements and there are no pauses between each posture. Yoga focuses on stillness and each pose is held for a few seconds to allow the body to feel the energy.

Both yoga and tai chi can be incorporated in meditation and they also focus on breathing. Just like yoga, tai chi also has different styles with each one focusing on different principles and methods.

How Tai Chi Works

Tai Chi is a Chinese tradition that involves a series of gentle movements that are accompanied by deep breathing.

Tai Chi is based on a principle that relaxation is only achieved when the bio energy or Qi flows through the body seamlessly. The muscle movement is designed to stimulate the flow to the major organs.

Tai chi also focuses on body alignment and posture to release tension and reduce stress. Some tai chi movements can also strengthen the muscles and tendons. Just like yoga, tai chi also focuses on breathing and clearing your mind of distractions.

You can also combine tai chi and yoga as a meditative art form. This can result to a combination of circular motions, forward stretches, balances and spinal twists.

Benefits of Tai Chi

- Better sleep quality
- Lower cholesterol and blood sugar level
- Less joint pain
- Improved sense of well being
- Increased stamina and energy
- Increase agility and balance

Conclusion

Thank you again for downloading this book on yoga!

I am extremely excited to pass this information along to you, and I am so happy that you now have read and can hopefully implement these strategies going forward.

I hope this book was able to help you understand yoga and how to incorporate it in your life.

The next step is to get started using this information and to hopefully live a calm and happy life!

Please don't be someone who just reads this information and doesn't apply it, the strategies in this book will only benefit you if you use them!

If you know of anyone else that could benefit from the information presented here please inform them of this book.

Finally, if you enjoyed this book and feel it has added value to your life in any way, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and good luck!

Chakras For Beginners Ultimate Guide!

Chakras

How To Balance Chakras, Activate
Chakra Healing, Strengthen Aura And
Radiate Energy!

Mia Conrad

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Preview Of: "Spirituality: The Ultimate Spirituality Guide!

**Spirituality: Understand Spirituality And Spiritual Growth - Gain
Peace Of Mind Using Mindfulness Meditation, Emotional Intelligence,
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Introduction

Congratulations for purchasing the book: **Chakras: How To Balance Chakras, Activate Chakra Healing, Strengthen Aura And Radiate Energy!** This compendium is a product of the growing curiosity and public interest about Chakra. It is everywhere – in pop culture, in the movies, and in daily conversations. But what exactly is it? It is the highest hope of the author to somewhat clarify the concepts behind the cool stuff being presented in movies, novels, and anime series.

There are five interesting chapters included in this book. It will be your best and the most practical way to be well-versed with the Chakras. The discussion will involve definition, citing of important situations and examples, and the different classifications of chakras that you should know of. Towards the end, you will be introduced with the concept of mantras.

Hopefully, you will enjoy this introductory discussion. After reading this book, you will be better prepared for higher level of discussions. Additionally, you will find out that after knowing more about chakras, you will be better prepared in using the concepts in actual situations.

Good luck and have fun learning more about Chakras!

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1 – Chakras For Beginners

Chakra's origin can be traced from Sanskrit. It literally means wheel or vortex. So that explains the usual depiction of chakras in your favorite anime series. Furthermore, experts define it as the center of energy. Ultimately, human beings' consciousness and power are believed to be produced in here.

It has been established that there are seven main center of energy in our body. These points are where the chakra energy is believed to dwell. These energy centers work very much like power plants – they regulate the flow of energy and they mimic the function of pump valves to control the distribution of energy to different systems of the body.

Chakra experts say that one way of knowing how the chakras function for a certain individual is to look at how he is living his life. Depending on the kind of lifestyle that he has is the means by which this powerful energy form is being used. Additionally, chakra distribution is a great way to determine how a person makes his decisions.

And chakra is believed to go beyond the physical. Its influence dwells on the realm of the metaphysical and it stays within the range of the individual's subconscious. It is comparable to an aura, but only the fact that chakra is a lot denser than the aura. Compared to our physical attributes, of course, there is no doubt that the chakra is truly less dense.

But is it, in anyway, similar to the chakra being depicted in the movies, novels, and anime series? For the most part, which might increase your level of excitement and anticipation, the answer is yes. The depictions are

accurate as far as the way it is shown to interact with the physical attributes of an individual. If you are wondering through which channel the chakras are being manifested, the answer is through the nervous system and the endocrine system.

Later on in this book, you will find out that there are seven chakras. For beginners, it might be difficult to memorize all of them. But if you are looking for a hint, it would be easier if you know your endocrine glands. All seven glands, except one – the plexus – correspond to a chakra center. The function of each chakra center, as you will find out later, correspond to the function of the gland they are located in.

More importantly all, our perceptions, level of awareness, and sense of being can be rooted to the chakra centers. Therefore, it is a lot more than what you think. In fact, chakras are actually the means to make the impossible a reality.

Chakra – A Closer Look at its History

In case you are wondering where exactly the idea of chakra originated, here is an attempt to trace back its long history. There are many historians who are saying that the word “chakra” is older than the notion of history itself. But it is important to note that the concept, the types, and the hierarchy of the chakra were popularized during the eighth century. Hevajra Tantr and Caryagiti are said to be responsible to the popularity of chakras and it was during that time when people became a bit more aware of the chakras, its importance, and its manifestations.

The chakras served as the first “hints” that humans have a “subtle body” that lies within the physical body. This “subtle body” is otherwise known nowadays as the soul or the spirit.

India is believed to be the origin of the chakras. This was used in the practice of Ayurveda, a field of traditional medicine. The first time the term chakra was used was believed to be in 2,500 BC. It was used in Ayurvedic medicine because Ayurveda is commonly taken as a body of knowledge that deals with the creation of a sense of balance within a person. Based on the Ayurvedic principles, diseases and sickness can only be corrected through balancing acts like physical exercise, use of herbal medication, and different kinds of meditation. The other major belief of Ayurveda is that the most effective means to achieve healing and wellness is through the manipulation of the chakras – be it via realignment, unblocking, or achieving balance.

The historical conception of chakra is no different from our modern depictions that are shown via pop culture. They are actually seen as circulating energies that are capable of flowing freely. Drawing the link between the body, soul, and mind is only made possible because of chakra channels. Experts say that an individual can only master his chakra control if he has a well-balanced physical, spiritual, and mental health. Ayurvedic medicine would also assure you that there are several hundreds of minor chakra channels in the body, but you only need to focus on the seven major chakras.

Characteristics of the Chakras

Ancient texts would describe chakra according to the categories or type where they belong to. But these ancient texts would also describe the common characteristics of chakras. Here are the characteristics mentioned in these discussions:

*) Though there are no physical representations, chakras are parts of the body. They cannot be removed. Without them, you are incomplete.

*) Locating the chakra is easy. There is a need for you to locate exactly where the channels are.

*) Visually speaking, the chakras are not just round or wheel-like. They also appear to have petals or spokes.

*) There are pairs of sides that tend to sandwich each channel of the chakra. These depict the positions of the chakra.

*) Chakras have colors. There are chakras that are associated with Gods and deities. Finally, they can help in communicating specific mantras.

Chapter 2 – How To Balance Chakras

Achieving a well-balanced chakra system has many benefits, experts say. While there are many others who take this aspect for granted, it should be established that the benefits of balancing one's chakras can go beyond the physical. It can even affect the way a person handles his finances, his health, his dreams and aspirations, and even his future. Therefore, if you wish to achieve success, then you have to know how to balance chakras.

Anyone should have the proper working knowledge about the different variations of energies that can be used and utilized for different activities. From this knowledge, one will know how to use the energies and how to allocate them accordingly.

First, you need to understand that finances are actually controlled by the root chakra. The financial aspect therefore is an essential type of knowledge. Though there are many energies managed in the root chakra, one has to give due attention to this chakra if he wishes to be rich.

At the base of the chakra, one can find the capability to produce. One has to fight off all negative energies in this particular chakra and avoid blockages. By achieving that state of balance, one can commence his journey to become really rich.

Additionally, more than increasing the abundance of material resources, one should understand that chakras also have a great effect on the manner of enjoyment and achieving success. But first, one has to genuinely believe before such changes will be achieved. It is similar to sowing some seeds.

Without the symbolic seed sowing process, your chakras won't be aware of the true intentions of the heart and the soul.

Also, the root chakra is not labeled "root" for nothing. Just like a plant's root, it is the chakra from which all other energies originate. By keeping this healthy and open, and by preventing it from being clogged, one has to take care of the root chakra.

Techniques in Balancing the Chakra – the Easiest Ways

Truth be told, balancing the chakra might not be that difficult. Two buzzwords should come to mind: visualization and of course, meditation. These are two of the most common and the easiest ways of maintaining chakras that are prone to being clogged.

Experts say that one has to "feel the chakra" in order to be successful in connecting them with the other chakras. Without "feeling the chakra," it would be impossible to balance them. To make this process simpler to understand and to do, keep the following things in mind:

(*) First, try to do some grounding. Plug up to the elements and feel the earth. The earth still is and always will be the best source of all of our energies.

(*) Do your breathing properly. With proper breathing, anyone can find it easier to make the energy flow from one chakra to another. Proper breathing will help you become more relaxed and by doing so, you will learn the correct chakra route.

(*) Be the master of visualization. It might not be possible for you to see what's happening in your system, but you can clearly see what you want to happen in your life. By visualizing your goals and aspirations, the energy tends to fall into its proper place.

Chapter 3 – Activate Chakra Healing

In this chapter, you will have a better idea on where each chakra is stationed in relation to your physical attributes. By knowing these, one will know how to activate chakra healing. Each of the seven chakras are capable of address different concerns. This will help you accomplish one important task – activate chakra healing. The centers of the chakras should be known because this is an essential step for you to control the flow of energy.

There are also instances wherein you might find your chakras blocked or congested. This is usually the result of lengthy exposure to stress and emotional factors like problems, stress, confusion, and other physiological irregularities. The blockage and congestion can lead to more serious conditions because the energy can be trapped. When this happens, the body parts that are deprived of the energy may not function fully and normally. In the process, not only the body parts will suffer but also the spiritual and emotional aspects as well.

This chapter promises to deliver information about the seven systems of the chakra in a human body:

First System of Chakra: The Base or Root Chakra System

Associated color to this system of chakra is red. It is found at the base or the root of one's body: at the tail end of the spinal cord. Compared to all other systems of the chakra, the base or root chakra system is the most proximate to the ground. Basically, the role of this system is related to that: it is used to constantly be grounded to the earth. It also gives a person the instinct to survive despite physical obstacles or limitation. The body parts that

correspond to this system are the following: the feet, the legs, the bones, the large intestines, and the adrenal glands. The first system of the chakra enhances a person's capability to sense whether the better option is flight or fight. If the first system of the chakra or the base or root chakra system is blocked, it can lead to paranoia, procrastination, defensiveness, and fearfulness.

Second System of Chakra: The Sacral or Navel Chakra System

In this chakra system, the color that is associated is orange. The location of the second system of this chakra is in between the navel and the spinal column. Therefore, the organs and systems connected to this chakra system are the following: the kidneys, the bladder, the circulatory system, the lower part of the abdomen, and the reproductive system. The activities connected to this system of chakra are the following: reproduction, procreation, sexuality, creativity, pleasure, and desire. If this system is blocked or clogged, there is a great chance for a person to have problems in dealing with their emotions, especially those connected with guilt in sexual activities, compulsive and obsessive behaviors, and emotional problems.

Third System of Chakra: The Solar Plexus Chakra System

The color that is associated with this chakra system is yellow. It is positioned just above the navel. Usually, it is associated with an individual's capability to digest the food taken into the system. The body organs and systems that are connected to this chakra system are the following: pancreas, adrenal glands, and different kinds of muscles. According to experts, the third chakra system is the center of a person's emotions. You can never feel happiness, anger, joy, and even power without this chakra system. More often than not, this chakra system stores sensitivity, ability, and ambition. Once the solar plexus chakra system is blocked, a person

might feel helpless to the point of being victimized, have the lack of direction, anger, and frustration.

Fourth System of Chakra: The Heart Chakra System

Green is the most commonly associated color with this. This can be located at the very core of a person's heart. This chakra is known for being at the very heart of love, compassion, peace, and harmony. Most of the believers of the chakra system believe that our very soul is enclosed in this particular chakra. There are different parts of the body that are connected to this chakra – they are the thymus, heart, lungs, and the upper extremities. Many people associate the act of finding one's soul mate or life partner to this specific chakra. Also, our capacity to show and feel “unconditional love” is attributed to this chakra system. This is also the center of all our emotions. It helps us feel the signal that we already have to form respective families or to settle down. If this particular chakra is very weak, one may have a weak heart or unhealthy lungs. Also, weakness in the heart chakra will lead to the lack of compassion and love, immoral thoughts and lack of principled actions, and the absence of sense of humanities.

Fifth System of Chakra: The Throat Chakra

Turquoise is the associated color to the throat chakra system. It is located in – yes, you guessed it right – the throat. It is often where our capability to communicate, to express, to create, and to judge are connected. The body parts that are usually associated with this chakra are the following: the hands, the neck, the shoulders, the parathyroid glands, and the thyroid glands. Gaining control mastery of this chakra assists in the proper development of both the skill of inner and outer hearing. The process of purifying or filtering thoughts is also connected to this chakra. It helps in healing diseases and illnesses. It also assists in doing the following:

synthesizing information and other kinds of ideas and transforming one entity into another form. Finally, having a problematic throat chakra can lead to miscommunication, capability of saying false words, and the absence of creativity.

Sixth System of Chakra: The Chakra of the Third Eye

By far, this is the most popular chakra because it is often depicted (in a very negative manner) by the pop culture. It is seen in the movies and TV shows. Usually, indigo is the color associated with it. If you wish to locate your third eye chakra, it is at the center of the forehead and aligned with the two other eyes. It is very powerful due to the fact that it is the window towards transacting directly in the spiritual world. Usually, the capabilities attributed to this chakra are as follows: the capacity to ask, to perceive, and to know. The ideals connected to this chakra are the following: intuition, wisdom, and vision. This particular chakra is said to store the best memories, recollections, and even one's dreams and aspirations. If it is blocked, a person is expected to lack foresight. He may also have problems in selecting memories. He might as well experience depression, forgetfulness and difficulty in having flexibility of thought.

Seventh System of Chakra: The Crown Chakra

Violet is the color of the crown. It is on top of one's head. The cerebral cortex, the central nervous system, and even the pituitary glands are all associated with the crown chakra. Its main concern is to properly receive and accurately process all sorts of information, to have a deeper level of knowledge and understanding, to have a sense of blissfulness, and to gain the acceptable level of acceptance. The crown chakra is said to be every person's channel to God or to the Divine Being. Other experts call it as the

Divine Purpose's Chakra. If this chakra is blocked, it can lead to insanity and instability of all psychological attributes.

Chapter 4 – Strengthen Aura

Aura is comparable to a bright light or halo that covers not just the head but the rest of the body. It is an approximation of a person's mental, emotional, spiritual, and physical energies.

More often than not, aura comes in different color spectra. They are often associated with color frequency and intensity. The vibration of the aura is usually really fine and really subtle. This needs a high level of sophistication and intuition. It is usually an indicator of what a person can do and what a person cannot do. that is why a person needs to strengthen his aura to do better.

Up until today, fields of science can still offer not exacting explanation for the existence of aura. But if you wish to be very scientific, you will not be disappointed either. If you are aware of the methods of measuring different forms of energy, then you will see a close and deep association between and among these energy forms.

Nowadays, even the field of medicine and other hard sciences use aura for diagnosis. Even medical practitioners are convinced that a person's level of health can be based on a person's aura.

In order to keep a very healthy aura, one should focus on pranic forces. The prana refers to the inner energy that is necessary for balancing astral, mental, emotional, and spiritual health.

Chapter 5 – Radiate Energy For Healing

If you wish to radiate the right kind of energy for healing, then you must read further.

It is no secret that the sun is the ultimate source of energy on earth. Without it, majority of life forms on earth would be impossible. From there, you know that the first form of energy that reaches the earth is in the form of light. And light can be divided further to different colors that represent different energies – ROYGBIV or red, orange, green, blue, indigo, and violet.

Light and color, in effect are not separable. When one knows the represented energy of each color, then one will have a mastery of the different kinds of energy that is radiated.

Why the Chakra System is Important in Radiating Energy for Healing

While not much is understood about chakra, it has been proven that by mastering this aspect of a person's being, a person will have a working knowledge on purging out impurities and toxins. These are the forms of pollution that causes illnesses.

By knowing more about the chakra system, you will have more knowledge about the entire body.

Chapter 6 - Kundalini

Kundalini is a branch of yoga that focuses mainly on awareness. According to experts, this is a very powerful tool known for being truly dynamic and it can enhance the soul's level of experience.

The energy flow is focused on one's nervous system. This way, the physical and mental processes are enhanced. The elements that are usually combined are the following, focus of the eye, locks of the body, posture, balance, lung expansion, pattern of breathing, and blood purification. This way, a better body can result which is essential for a better mind.

Note that the Kundalini yoga is far from being a religion. It is just a process of purifying the body to enhance mental functions and to uplift the spirituality of the person. It is universal. It holds no restriction at all. It does not have to be about religion or denomination.

Kundalini is for people who can deal with daily problems, challenges, and stresses. It can be for housemakers, laborers, students, managers, writers, or health practitioners. It is an open option for everyone. It can help challenge the changing pace of the times.

In the past, Kundalini is a secret kind of yoga. This was the trend until a popular yogi taught this kind of yoga so that more people will be able to benefit from it.

Chapter 7 – Meditation For Beginners

Meditation for beginners – this is where everyone should begin. Meditation is one approach to train a person's mind. If the body needs the gym to tone up, the mind needs meditation. There are many techniques that exist.

In this chapter, you will be given an overview of the different methods of meditation deemed best for beginners:

Technique #1: Concentration Meditation

This enables the meditator to focus on one chosen point. Here, a person may choose to watch his own breathing or repeating a chant in his mind. Others prefer staring at an object or listening to a repeated or periodic sound. There are a few who chooses to count small objects (e.g. rosary beads).

Technique #2: Mindfulness Meditation

Wandering thoughts are shot down through mindfulness meditation. This way, he can travel into his own thoughts. No, the intent is not to judge the person, but to increase his level of awareness when it comes to what comes in and comes out of his mind. By doing this, thought patterns can be drawn.

Other Techniques for Meditation for Beginners

Compassion cultivation is one technique that is very simple yet very noble. It is a practice that is done on a day-to-day basis by Buddhist monks. This involves the process of envisioning negative effects of events and remodeling such so that they can become more acceptable and the transformation can only be possible if you know how to use your

compassion. Others use kung fu, tai chi, and even meditation through walking as techniques for beginners.

Benefits that Can Be Derived from Meditation

Note that if you think that relaxation is the ultimate goal of meditation, then you are getting it wrong. It is merely one of the tangential effects of meditation. The following are some of the benefits that may be derived from meditation:

- (*) lower level of blood pressure
- (*) better quality of blood circulation
- (*) marked improvement and normalization of heart rate
- (*) lower level of perspiration
- (*) acceptable level of respiration
- (*) less fear and anxiety
- (*) lower level of cortisol in blood
- (*) greater feeling connected to the betterment of well-being
- (*) lower level of stress
- (*) deeper level of relaxation

If you are still wondering how meditation should be done, then you might be interested in doing the following steps:

- (*) First, find a spot where you can lie down or sit comfortably. There are many people who purchase a chair that is made especially for meditation.

(*) Next, the eyes should be kept shut.

(*) No effort should be done to control or restrain your breath. It is always better to do the natural way of doing breathing.

(*) The attention should be placed on breathing. The process of inhalation and exhalation should be normalized. The chest, belly, rib cage, and even the shoulders should be kept under close watch.

Chapter 8 - Mantras

Mantra is a word that literally means “mind instrument.” Therefore, this can pertain to the powerful energy or vibration that is usually used as a pace setter or rhythm for meditation. In this particular chapter, some important concepts about mantras will be tackled.

According to the traditional Vedic definition, it is important to have proper discernment and discrimination of different kinds of sounds that are naturally-occurring. To illustrate, each sounds from nature have specific vibrations. For example, we have the wind, animals, thunders, rivers, and even the insects. Each sound manifests the kind of soul that each creature possesses.

During the ancient times, the clairvoyant members of the communities rely on their mantras in making their predictions. Healers also use these in carrying out their roles. Subsequently, given these important roles of mantras, they found a special spot in the history of the Vedas.

Technically, mantra stands for holy utterances. It can be a syllable or a sound that can be represented by a phoneme. According to experts, such mantra has a great effect on the power of a person’s spirit. Mantra can go beyond syllables. They can also be in form of words or phrases. More than what can be heard, the mantra should likewise be manifested in a person’s level of consciousness and even in their thoughts and deeds.

It was during the early Vedic era when people first thought of recording (through writing) the different kinds of mantras that were used in their

different ceremonies, rituals, and rites. In approximation, the records are already three thousand years old already.

Depending on the philosophy or school of thought, the mantra has different use, function, significance, structure, and importance. Also, there are different kinds of mantras that can be classified depending on their forms. Usually, they can be sung even by ordinary people. That's where the appeal comes in. Aside from the appeal, it also communicates the concepts of truth, action, reality, knowledge, peace, immortality, light, and love. But what can be understood best is the fact that mantras are meant to actually lift our spirits.

Centuries ago, Renou proposed that mantra is just a plain thought. But later, it was qualified that mantra is more than that. While it can be classified as thought, it is a higher form of thought.

Chapter 9 – Different Chakra Mudras

Yoga and tai-chi are two of some exercise forms that have been rediscovered and are currently peaking in terms of popularity. These two forms of exercise that do not merely focus on the physical aspects give due importance to psychological, mental, and spiritual aspects of a person. While there are many people who would dismiss these exercises as mere venues to display their physical skills, it should be noted that it goes beyond that. Truth be told, there are many mudras that help out in tapping the maximum potentials of the chakras. They are especially useful for meditation.

Mudras can be defined as gestures with specific meaning that are often adopted for enhancing meditation. Mudras are helpful in channeling energy to different parts of the body. The following are the different Chakra Mudras:

The Gyan Mudra

This is commonly known as the mudra of knowledge and is believed to assist in obtaining a fresh mind. In order to do this mudra, one has to let his index finger touch the tip of the thumb. For the remaining fingers, they should be extended in the most relaxed manner possible.

The Vayu Mudra

The good thing about this mudra is that this can be done while you are standing up, sitting down, or when you are resting while lying down. The index finger has to be folded and the phalanx bones should be a bit visible.

Once the finger is folded, the thumb should press on the bone. All other fingers, on the other hand should be relaxed and extended.

The Agni Mudra

This mudra is often associated with the element of fire. By folding one's ring finger, this mudra can be achieved. The folded finger's middle bone should be able to press the base of the thumb. Again, all other fingers should be extending outwards. This brings the best results if done in upon waking up and sitting down. Experts say that one can do this best with an empty stomach. To see significant effects, this has to be done for 15 minutes every single day.

The Prithvi Mudra

This mudra is associated with the earth element. To be able to do this, the tip of the ring finger should be able to touch the tip of the thumb. The tips of these fingers should press each other really well with the other fingers extended really well. This can be done at any time within the day, but it is often recommended to do this in the morning.

The Varun Mudra

This mudra is best associated with the water element. This is known to invite positive mood. This can effectively eliminate stress from your system. The little finger's tips should press the thumb's tip. The other fingers in between should be kept straight yet relaxed.

Chapter 10 – Spirituality And Mindfulness

According to experts, emotional intelligence and other desirable attributes are related directly to spirituality and mindfulness. In fact, these two main points of the chapter are essential in developing a person's development of the sense of self-awareness. Ultimately, reality can be tested through spirituality and mindfulness. Somewhat, this is related to coming up with solutions to many problems and tolerating stress.

A person can only be truly spiritual and mindful through meditation. In an earlier chapter, meditation was fully discussed. If only everyone will have the skill to perceive everything through the lens of meditation, it will be much easier to acquire wisdom. Cultivation of wisdom can only be possible through gaining more experience. This is the only path towards the state of non-judgment and non-expectation.

Doing mindfulness and spiritual meditation

In order to do this successfully, one has to spend time dwelling on the physical – knowing what's going on with aspects connected to the physical. This sense of awareness will make the state of stillness possible. You need to point out all of the sources of discomfort. But you should also answer the question: What makes me feel comfortable at this point? The movement and breathing patterns should be watched out closely, too. Also, all thought trails should be monitored closely. By doing these essential steps, you can bring yourself to a state wherein a higher degree of mindfulness and spirituality can be reached.

Personal and professional aspects also need to be considered when you move into the phase of meditation. Problems, challenges, and sufferings should also be considered. Note that meditation is not a means to escape problems and challenges; it is a means to achieve stability despite these problems and challenges. By considering these important aspects of your being, you can reach a point wherein you are aware of everything.

Are there specific methods of practicing spirituality and mindfulness?

It begins with entering a state of mindful and spiritual meditation. Once it has been reached, you can readily remember that state. By remembering that state, you can easily replicate or reproduce that state of body, mind, and spirit. Therefore, in simple terms, mindfulness and spirituality can only be truly attained via repetition and replication. The ideals that need to be followed are the following: compassion, appreciation, acceptance, and affection.

The state of mindfulness and spirituality can only be truly revealed to you if you embody the ideals mentioned above. These ideals are a bit overwhelming because of the fact that they are too simple. Once the point has been reached, it can be practiced anytime.

Mindfulness and spirituality is only one of the several ways to thoroughly improve a person's point of view in finding the true sense of living. By possessing this sense of awareness, a person can reach the point wherein he is truly in control – of his feelings, thoughts, emotions, and actions. The point of spiritual and mindful equilibrium is equivalent to being awakened.

Conclusion

Thank you again for downloading this book on **Chakras: How To Balance Chakras, Activate Chakra Healing, Strengthen Aura And Radiate Energy!**

I am extremely excited to pass this information along to you, and I am so happy that you now have read and can hopefully implement these strategies going forward.

I hope this book was able to help you understand the nature of chakras and how to maximize their benefits in our daily lives.

The next step is to get started using this information and to hopefully live a full and happy life!

Please don't be someone who just reads this information and doesn't apply it, the strategies in this book will only benefit you if you use them!

If you know of anyone else that could benefit from the information presented here please inform them of this book.

Finally, if you enjoyed this book and feel it has added value to your life in any way, please take the time to share your thoughts and post a review on Amazon. It'd be greatly appreciated!

Thank you and good luck!

Preview Of:

The Ultimate Spirituality Guide!

Spirituality

Understand Spirituality And Spiritual
Growth - Gain Peace Of Mind Using
Mindfulness Meditation, Emotional
Intelligence, And Other Awareness
Techniques!

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Introduction

I want to thank you and congratulate you for downloading the book, “The Ultimate Spirituality Guide! Understand Spirituality and Spiritual Growth: Gain Peace of mind using mindfulness meditation, emotional intelligence and other awareness techniques” .

This book contains proven steps and strategies on how to be mindful and how you can nurture your spiritual growth.

Living a spiritual life can help you be free from unhealthy attachments. It can be easy to get caught up with the erratic flow of the external world. Most of the time, people are concerned about the past or the future that they forget to experience the present moment.

Once you decide to nurture your spiritual growth, being mindful about everything in life can come naturally. Your psychological health and emotional intelligence influence how you deal with life's conditions and how you handle relationships in your life. People can accumulate a lot of pain and regret from the past or hide secret desires and resentment. All of the emotions that settle inside you can prevent you from connecting with your spiritual side.

The spiritual path is a lifelong journey and spiritual transformation does not happen overnight. There are a lot of things that you can do to enhance your spirituality like meditation and being mindful.

As you will learn in this book, meditation enables you to see situations and problems with clarity without providing any judgment or criticism. Practicing mindfulness can help you appreciate the seemingly mundane things in life and help you have an attitude for gratitude. Meditating few minutes a day and reminding yourself to be mindful can greatly help you live a more peaceful and happy life. Start your journey towards spirituality with meditation and the other techniques shares with you in this book.

Thanks again for downloading this book, I hope you enjoy it!

Chapter 1: What Does Spirituality Mean? Why Is It Important?

Spirituality can be defined as the desire to grow your personal relationship with God or nature. Spirituality is a vision of life for a person. It is not simply composed of beliefs that stay in the head, but rather it gives direction to your ideas and actions.

Developing spirituality is also an ongoing endeavor where you nurture it and practice it for your entire lifetime. Spirituality is oftentimes confused with religion. All religion put emphasis on spirituality as part of their practice but it is possible to be spiritual without being part of a particular religion. Spirituality is more of a personal relationship with God and the desire to make that connection deeper and more developed.

Importance of Spirituality

The benefits of spirituality extend beyond emotional satisfaction. There is a growing body of evidence that also proves that it can be associated with better emotional intelligence and better health.

Contemplative practice is good for people

Contemplative practices are activities that direct your focus to a specific sensation or concept. The practice can also focus in an inward reflection. Many traditions all over the world use these practices to increase their empathy, compassion as well as to have a peace of mind.

Examples of contemplative practices:

- **Prayer.** Prayer can give a person a feeling of hope, gratitude, and compassion. While there are many types of prayer, all are rooted in a belief that there is a higher power that can influence your life. This belief provides a sense of comfort during difficult times.
- **Journaling.** Writing your thoughts is a way for you to understand your inner self. Studies show that journaling while experiencing difficult times can help you through life's challenges, making you more resilient to obstacles.

- Meditation. Meditation can induce calmness and concentration. Richard Davidson's research shows that meditation can increase the brain's gray matter density. This can increase pain tolerance and enhance your immune system.
- Yoga. Yoga is an old practice that aims to create a union between the body and mind through postures and breathing expansions. Yoga can reduce stress, depression, and anxiety.

Spirituality can help you make healthier choices

Following a spiritual principle can also have a health benefit since it usually promotes treating the body with respect and avoiding unhealthy behaviors. Research shows that people who are adhering to their spiritual guidance are less likely to commit a crime or be involved with vices.

Helps with mental health problems

Spirituality can help people deal with mental illness and can help a person feel less lonely. Spirituality also gives people mental resilience and enable people to make sense of what they are experiencing.

Teaches people how to forgive

Learning how to forgive enables you to move forward in your life. Whether it is learning to forgive other people or yourself, research shows that forgiveness has numerous health benefits like reduced blood pressure, longer lifespan, and improved cardiovascular health.

Enables you to understand yourself better

Being spiritual enables you to understand yourself better. Some people are able to connect with their inner self through prayer or meditation while others find it in nature or even music. Understanding yourself helps you make sense of your feelings and understand the root cause of your problems.

Find the best things in life

Spirituality helps you appreciate the good things in your life. You can't appreciate anything if you are stressed or angry. Setting aside few minutes to hear the sounds, smell the scents, or see the colors around you can help you get away from stress for few minutes.

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