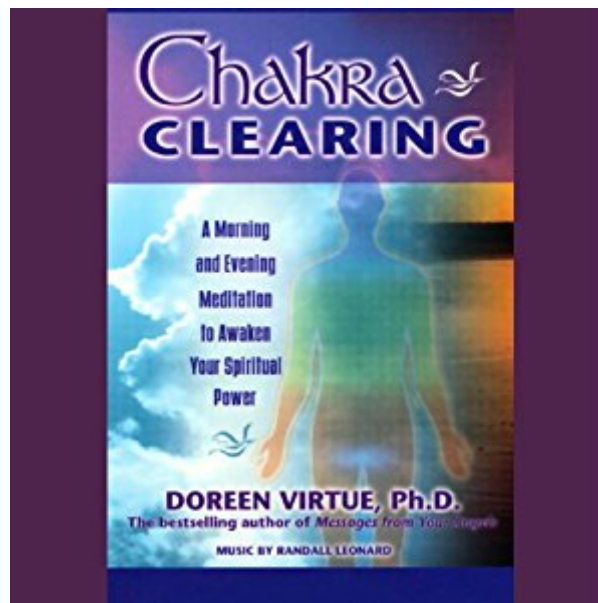




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Chakra Clearing: A Morning And Evening Meditation To Awaken Your Spiritual Power



Synopsis

On this meditative audio program, Doreen Virtue, Ph.D., guides you through spirit releasement and angelic healing therapy, which clears your energy chakra centers and activates your inborn healing and psychic power. The program starts with a morning meditation designed to begin your day with a bright, positive energy frequency and surround you with healing light. The relaxing evening meditation that follows clears away energy that you may have absorbed during the day, and invites angels to enter your dreams and give you divine messages.

Book Information

Audible Audio Edition

Listening Length: 46 minutes

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Customer Reviews

I enjoyed this tape. I use it everyday. It is important to work to have spiritual practice for spiritual power. What I liked most about this tape is that it is the exact length that I can include it in my daily schedule. Most meditation tapes are an hour. I don't have two hours to spare. I use the tape once in the morning and then in the evening. I had especially like that the author suggest you feel the energy of the chakras. I am not a visual person. This helped me a great deal. I would highly suggest this tape and any other from Doreen Virtue.

Even if you don't believe in chakras, it can't hurt to give chakra cleansing a try. I highly recommend this wonderful guided mediation! The morning meditation will energize you and uplift you immensely. The evening meditation will create a sense of peace within you beyond compare. My only warning is that introduction to any of Doreen Virtue's tapes may create a hunger for more.

I can't say enough good things about this tape. It never fails to put me to sleep in the evening (and that's a good thing). I rarely use the a.m. side as I never have time in the morning but the p.m. side is just about the best thing that's ever helped me with my chronic insomnia, pain, anxiety, stress, and even nasal congestion. By the middle of the tape, I'm usually asleep and I feel well rested in the morning (and not wake up intermittently during the night). The only small complaint I have is that this would have been better as a CD because as soon as the tape is over, my tape players make a loud popping sound to stop playing it. Then I wake up, which defeats the purpose of it helping me to fall asleep. But then I do fall asleep immediately and it gives me time to take the headphones off and put my earplugs on. So I guess it's okay. The other things this tape really helps me with is releasing any stressful interactions I've had with people that day and worries about the next day. It takes a little bit of thought the first few times I listened to it (to know what to do... sometimes relaxing is harder than being stressed) but now my body knows how to just go along with it without much effort. What a lifesaver this tape has been in my life specially recently when I've had to take care of health problems with my husband and my cat. It helps me take care of myself to be there for them.

Doreen's Chakra Clearing book contains excellent information on clearing the chakras in your etheric body, interpreting aura colors, and leading a more balanced lifestyle. If you are an open intuitive, this book is a must-have for being completely centered in your true-self state. It helps you to let go of materially-minded concerns and become focused on your light body as a transformative tool. This book will help you achieve positive change in your physical, day-to-day activities. Please buy this book today!

Doreen writes wonderful books and creates beautiful card decks, but she should leave sound healing to those who really know what they are doing. Trust me, the sound quality and voice in this recording are NOT conducive to clearing your chakras!! For an excellent chakra meditation with soothing, clear voice, serenely healing crystal bowl tones and angelic healing vibrations, give yourself the gift of "Crystal Voices" cd, its the quintessence of chakra healing meditations (has it).

If I remember correctly it was about 4 years ago when I found a book about Doreen Virtue in a bookstore that brings only English books. After I read that book I ordered her tape Chakra Clearing. And as the tape advised I started using it morning and night before going to bed. It was unusual for me to stay on the same routine for such a long period of time as I did for that, I kept doing this for about 21 days more or less. I should say also that a few months earlier I had begun attending a

group that once a month met to go through meditation to the 5th dimension to the Archangels and Angels, as Mrs Maria Zavou the lady that taught these trips said. So after doing this routine with Doreen's tape and some of the time while doing it, I fell asleep. But it seems that this worked despite that. And one day I felt that my third eye had opened I was starting to see there were we had been going with Maria Zavou (her site is [...]) and I saw some very strange and interesting things. And my life was different after that. I had more questions than ever and since then I have done a lot of searching. Of course I was enthusiastic about Doreen Virtue's tape I lent it to other people in my group and expecting the same to happen to them. But they all told me they didn't have any results, what I found after asking them, was that no one had tried as I had tried to do it for such a long period of time..... not even a week and it all started from the narrowminded perception that this could not possibly happen to them. I was different and that is why it happened to me they didn't believe in their selves and they limited themselves. So later when the book with the dvd came I bought it again in order to have the book and the dvd together. And another thing when I tried to talk to them about Doreen Virtue and her books they said they found them very simple but the truth that they are simple but they work.

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