



**Meditation, Reiki and Chakra Healing: Bundle:  
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*Lindsey James*

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# **Meditation, Reiki and Chakra Healing: Bundle: An Introduction to Meditation, Learn Reiki Healing in 30 Minutes or Less, The Basics of Chakra Healing in 30 Minutes or Less**

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- The Reiki symbols and their meanings
- Basic Reiki hand positions
- Reiki breathing techniques
- How to heal the Chakras with meditation
- How to heal the Chakras with crystals
- How to heal the Chakras with affirmations
- How to heal the Chakras with aromatherapy

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