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The New Age Bundle: The Meditation and Reiki Box Set

Lewis Haas

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Transform Your Life with the Holistic Qualities of Reiki & Meditation - Four Bonus Books Included on Kindle

Get the Two Most Powerful Books on Meditation and Reiki

Learning how to meditate and developing a regular meditation practice does not have to be difficult. Meditation can seem difficult at first and learning how to take control of your mind can be a challenge. However, meditating for just minutes a day can help you significantly reduce stress, improve your physical and mental health, maximize your ability to focus and increase productivity.

Buddhism teaches that taking control of your mind through meditation is the only real antidote to stress, anxiety and depression. Scientific studies have validated this and offer proof that meditation can change brain chemistry and alter brain waves.

Don’t worry if your meditation efforts have been frustrating. “How to Meditate” will help you overcome the common obstacles to developing a long-term meditation habit, even if you are a beginner. With practice, eventually your ability to meditate becomes easier, and your meditation routine becomes the most refreshing and life-giving part of your day.

See why readers said:

"The author has put together an easy to follow guide on how to meditate and the benefits involved."
-Jamie Hill, Amazon reviewer

"Not only does Mr. Haas give a detailed description and a guide to performing each form of Meditation, he includes tips for beginners like myself."
-Ramsey A., Amazon reviewer

"Few people have explained the process of meditation as detailed and from a practical acceptance of the difficulties in quieting the mind. This book has been a great source for me in learning the way to meditate."
-Anne Malic, Amazon reviewer

The Healing Energy of Reiki - A Beginner's Book for a Better Understanding

Would you like to feel physically and emotionally energized? Do you need to get rid of anxiety or depression? Can you imagine feeling mentally and emotionally stronger? What if you could relieve physical and emotional pain? Do you want to release past traumas and finally heal yourself? How about if you could realize your self-worth, find your path in life, to feel free of anger, worry, and doubt? Would you like to create vibrant health for yourself and others?

The solution is simple and natural - Reiki. After reading “The Healing Energy of Reiki: A Beginner's Book for a Better Understanding” you will know what Reiki is and how to unlock its power. The healing art of Reiki is an incredible way to create a life full of health, happiness and abundance.

Find out why readers said:

"There is some great philosophy in this book. The five principles, don't worry or be angry, honor your elders, earn an honest living and be grateful for everything, are great principles for life. Everyone can benefit from these principles."
-Concerned, Amazon reviewer

"This book is well written and goes into (more) detail about Reiki."
-Marion Disney, Amazon reviewer

"This is a very comprehensive guide for beginners to Reiki (that) is easy to follow and has a great introduction on what Reiki and the benefits that can come from (its) practice."
-Franz, Amazon reviewer

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