



SELF HEALING

PREMIUM COURSE

Lecture 6

About Fire element meditation

It would help with Forehead and Crown chakra related problems.

All the senses belong here. They collect information that is processed by the brain and becomes knowledge to add to the quality of life. Fire element represents the knowledge lurks around your comfort zone, waiting to find an open door to enter. It helps with illnesses related to the senses and the brain. Also strengthen your intuition.

You may also use the meditations for guidance, connections or simply keeping fit mentally.

These meditations are guided.

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Life is yours to win!