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Thread: [\[Help <> Desk\] Can help you on Chakras / Psychic abilities Emotional struggles](#)

Sir Michal - January 24, 2017, 11:36 am

Talk to me about your problems or progress or if you're curious

TowerOfTheNorth - January 24, 2017, 12:53 pm

Since you mention Chakras I'll assume you meditate? I've heard it has a lot of benefits to both body and mind but never got into it. Is there any guide to meditation?

Sir Michal - January 24, 2017, 1:22 pm

(Jan 24, 2017 01:53 PM)TowerOfTheNorth Wrote: [\[CITE\]](#) Since you mention Chakras I'll assume you meditate? I've heard it has a lot of benefits to both body and mind but never got into it. Is there any guide to meditation?

Yes there is Simple meditation for beginners which helps you be much more aware of your body, helps to activate any injured chakras, and is generally healthy for the body and mind. Of course you will see results in different subjects that includes fitness, breathing, back problems, most health problems to socialising to functioning properly in your daily life. There's actually lots of different meditation techniques that focus on different areas of the body, if you're focusing on improving your spiritual health then take this chakra test and answer every question straight from the heart.

<https://www.eclecticenergies.com/chakras/chakratest.php>

And for ways of meditating just do some research on chakras and if you don't want to get into chakras, simply research meditating.

Chakras aren't a illusion, they are real and the more you explore about them the more benefits in life they will bring you, especially if you are highly educated and mastered them you will be guided by your personal god, sounds insane but it really is not especially when things happen that are related.

Also in order for any of your chakras to work your root chakra has to be open.

My best advice on meditating is to listen to Chakra healing frequency / while meditating or going to sleep, the frequency is amazing it's like putting a angel into you and working out what's best for you and throws the bad stuff out of your chakras, also if you had a really hard life I would start with the heart chakra, put some heart chakra frequency on and go to bed, but make sure you have a puke bucket near you and expect to cry because of the powerful detox.

(My grammar is awful)

Ucel007 - January 24, 2017, 11:06 pm

thanks for the insightful knowledge on chakra :)