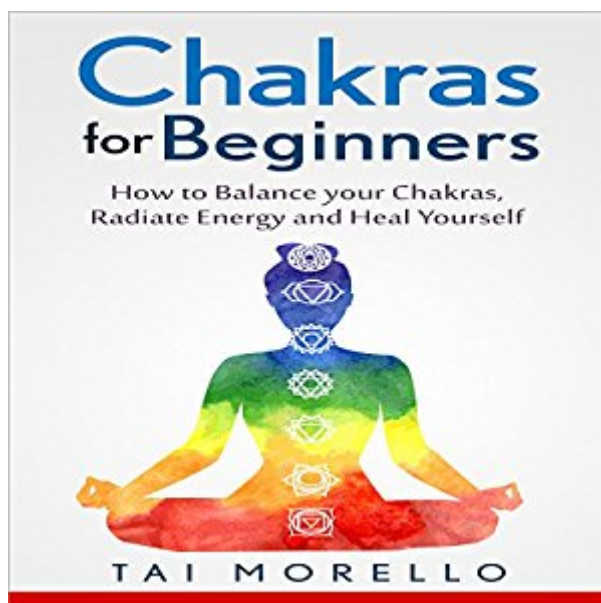


The book was found

Chakras For Beginners: How To Balance Your Chakras, Radiate Energy And Heal Yourself



Synopsis

The seven chakras located along your spine, up to the crown of your head, may be the biggest secret Western conventional health care is keeping from you. In this book, you'll discover how to clear your energetic blockages, radiate energy, and finally heal yourself. What if I told you that your body had the ability to heal itself through the use of chakras - unseen spinning wheels of energy that are found at crucial areas along your spine? If you've never heard of chakras before, you may be a bit skeptical about their existence, let alone the health and natural influence they offer your body. This book will not only introduce you to these potent vortices of health and wholeness, but it'll also reveal the secrets that make rebalancing and awakening them seem like child's play. Keeping your chakras open is absolutely critical to staying vibrant, healthy, and alive. This book will take you by the hand and show you exactly how you can use simple techniques to detect and remediate your chakra imbalances. With *Chakras for Beginners*, you will embark on an inner journey that will take you back to the state of peace, joy, and happiness you were born to inhabit. *Chakras for Beginners* will teach you :

- What chakras really are
- Simple techniques to open up and balance each of the seven chakras
- Yoga poses specific to opening each chakra
- How to release the power of your chakras
- The emotional and psychology aspects each chakra stimulate
- What happens when one energy vortex is clogged
- Positive affirmations that help you unlock this blocked energy
- And much more!

Download your copy today!

Book Information

Audible Audio Edition

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Customer Reviews

This book has straightforward systems on the most proficient method to recognize and remediate

the chakras parities. It regards realize that chakras and diverse chakra focuses if known, can be exceptionally useful in adjusting our life. This book is not hard to see, but rather still worth perusing for more than one time. Prescribe to any individual who needs to discover the vitality wheel inside body.

I heard about Chakras but did not know about them I am glad that I got this book to read about Chakras & meditation. For meditation and mindfulness I read many books earlier but to know about chakras this is a great book and very interesting one. The information described in this book is very useful to balance the life. Enjoyed reading.

As far as information for beginners - not bad at all, I've read much worse ones, where authors have no clue what they are talking about. I've also read indian books on chakras (more advanced) and this one has correct information about the subject without getting sidetracked. If you need more info than just basic - seek other books.

I am glad to have read this book. It helped me to know about Chakras. I am now starting to learn chakra meditation and eventually positive vibes will come my way. There is an interesting section on balancing your chakras, both emotional and physical.

I started to meditate two months ago, still adapting myself to it. I'm very glad that I got this formative guide when it's on free promotion. It is very helpful to improve my meditation and find my chakras. This book is not hard to understand, but still worth reading for more than one time. Recommend to anyone who wants to find the energy wheel inside body.

As a beginner, I found it enlightening since I don't have any knowledge about chakras. I now have a better understanding of the chakras. This book has offered a very clear and concise explanation of the chakras, as well useful, simple techniques for learning how to balance chakras. I do not feel confused, overwhelmed, or as though my goal is unattainable.

Great introductory books for those individuals who desire to learn about your chakras. Even if you are skeptical but curious, then this is a great book to start off with. Easy to understand, well written and educational.

I am currently learning about chakras and this book has helped with the knowledge and terminology. It only enhances your learning experience. Really good information. I have been implementing it in my daily life with my current class and using this book to further understand has helped tremendously. Truly enjoying this book.

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