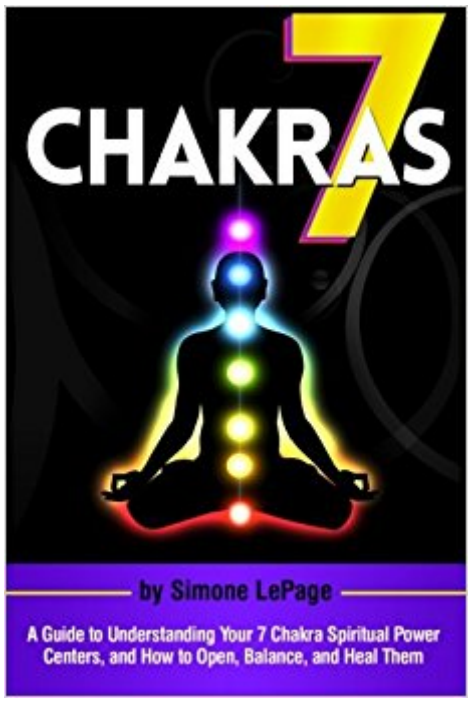
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7 Chakras: A Guide To Understanding Your 7 Chakra Spiritual Power Centers, And How To Open, Balance, And Heal Them



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Synopsis

If you want to understand your bodyÃ¢â ¬â„¢s chakras, including how to open and heal them, then this book is for you! Your chakras are your bodyÃ¢â ¬â„¢s centers of energy. They allow life force to flow into and out of your being, and your health and life can be much improved when your chakras are strong, open, and balanced. The main function of the chakras is to energize the physical body and help a person to develop self-consciousness. For those who donÃ¢â ¬â„¢t know much about the seven chakras and how they affect our bodies and lives, this book is for you. It will serve as an easy-to-understand guide for beginners, as well as a supplement for those who already have a general understanding. As you read through the chapters, you will discover what the seven chakras are, and the importance of keeping them open and balanced. YouÃ¢â ¬â„¢ll find information about the signs of blocked chakras, but most importantly, youÃ¢â ¬â„¢ll learn how you can keep your chakras open and balanced at all times. If youÃ¢â ¬â„¢re ready to start the holistic healing process in your life, letÃ¢â ¬â„¢s get started!

Book Information

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Customer Reviews

This is a book that covers the basics of what chakras are and why it is important to keep them unblocked for us to lead a vibrant life. The book starts by explaining the various chakras , their significance and what makes them so important. It then offers some affirmations to keep the chakras cleared of any blockages. Nice introductory level book on chakras for those who are new to the concept of chakras and the significance of keeping them clear.

Extremely small venture into the 7 Chakras.

I felt like this is a very basic overview of the chakras.

LePage does a great job of explaining for the less enlightened like myself, what the seven chakras are and how they effect our wellbeing. The exercises used to balance and stimulate the 7 chakras was really quite easy to do and were effective in my opinion. After reading this guide on chakras I am definitely on a path to finding myself physically emotionally and mentally on a better level.

I buy and read a lot of books on chakras. ItÃƒÂ¢Ã â ¬Ã â„¢s a subject that has fascinated me for years. The 7 Chakras: A Guide to Understanding Your 7 Chakra Spiritual Power Centers, and How to Open, Balance, and Heal Them by Simone LePage, is well done and offers a clear introduction to the topic and is nicely presented. Recommended. Five stars.

This book is quite well done. From a description of each of the seven chakras, their locations,colors, and what they mean for your physical and emotional well-being to the ramifications of blocked chakras, this guide is all you need to understand the immense benefits of chakras.

This book give a good overview and beginners guide to Chakras, It covers all the different types of Chakras as well as how to use them. If your interested in Meditation or Chakras then I suggest you check out this book!

For beginners like me its very interesting and am learning alot

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