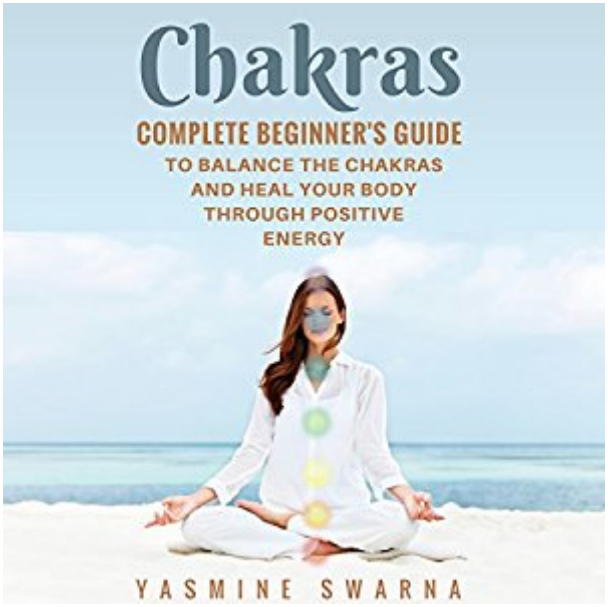
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Chakras: Complete Beginner's Guide To Balance The Chakras And Heal Your Body Through Positive Energy



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Synopsis

Did you know you can heal yourself naturally? Do you feel ill and emotionally unstable? Do you experience neck pain, headaches, and sore throat? You may have a problem with your chakras, but don’t worry. You can heal yourself naturally. A chakra (literally "wheel") is a center of energy. There are seven major centers in your body. The chakras are the spinning wheels in which energy flows through from the universe and gives you power. Like every living being we need energy to live. Nobody can survive without it. If one of your chakras is blocked the energy won’t flow freely and you will experience physical and emotional disorders. If you learn how to awaken and balance the chakras, you will receive exactly the right amount of positive energy to every part of your body, mind, and spirit. Many health issues are often symptoms of a blocked chakra. Healing yourself through chakras is possible, you just need to learn the right techniques. This book will teach you everything you need to know to start balancing your chakras and healing your body and will guide you on the path to a healthier mind, body and spirit. You’ll learn working techniques to heal yourself and bring joy and wellness into your life. The truth is, many traditional illnesses are just your body’s way to signal a problem. You’ll discover that many of them can be cured by becoming more in tune with the natural energy cycles of your body. You’ll learn: What the seven chakras are and exactly how they work Meditation techniques to effectively heal and balance every chakra How to know if you’re suffering from chakra imbalance How to heal your chakras through mindful being The reasons why your chakras are out of balance Which foods you should eat to heal your chakras and promote good energy And much, much more Start healing your chakras today!

Book Information

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Customer Reviews

A great book for beginners and seasoned spirituals. There is an in-depth chapter for each chakra with exercises to go with each one. I found it informative and helpful, if you'd like to learn about chakras or further your understanding this book is definitely one to add to your collection.This book also will help the reader explore their own chakras using poetic, meditation, physical expression and visionary art. Another nice feature of the book is a brief series of questions to help the reader analyze their own chakra activity. The author also included a chakra diet to heal through food. Recommended.

If your looking for this kind of book, you will see so many answers to it, This book will teach you everything you need to know to start balancing your chakras and healing your body and will guide you on the path to a healthier mind, body and spirit. Learn working techniques to heal ourself and bring joy and wellness into your life as we need it in times of millennial period. Be free and achieve more.

In a concise form, descriptions of all the chakras, the basics of crystal therapy and diagnostics are given. Very good for those who have just started to be interested in these issues - there is no excess of information, everything is extremely clear and specific.The stones that I got are large, without chips, of good quality.So I am happy with the purchase :)

This book is an excellent guide to chakras.This book will teach you everything you need to know to start balancing your chakras and healing your body and will guide you on the path to a healthier mind, body and spirit.Wonderful book for beginners wanting to work with chakras and finding out basic info about the chakras.

This is a really great book about the Chakras! Easy read and gives a simple description of the chakras and instruction to open them up. Recently, for health reasons, I started looking for alternative treatments and meditations. This book is great for starters!

Truly this book changed my life. I don't use the phrase lightly either, this book has had a profound effect on me. David Pond makes very big ideas incredibly easy to digest and put into practice. I was very skeptical of the whole "Chakra" system from the get-go, but Yasmine really lays it all out in a way that makes so much sense. I can see how universally applicable the chakra system is, and how

we can all benefit from examining our thoughts/energies/intentions on an every day basis. I would highly recommend this book to anyone, and I've bought it as a gift for three of my friends already.

For those people who want to know and learn what chakra meditation is, this is the right book for you. This book contains a lot of information about the benefits of chakras. I really appreciate how the writer explained the healing power of this kind of meditation. This is a complete book. You will learn a lot from this book by following the different techniques steps on how to heal and balance yourself. I will recommend this book to my friends and my love ones.

Read the book within a week! Loved it. I would suggest reading a beginner book on meditation first before chakras. Meditation knowledge brings light to the concept of chakras and with that basic knowledge it opened up my view even better. The book offered basic information of chakras because I was clueless. I really enjoyed the content and what it had to say. Highly recommended if you are willing to look beyond monotheism and expand your universe!

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Gestures for Awakening and Balancing Your Chakras: [A Beginner's Guide to Opening and Balancing Your Chakras] (Mudra Healing Book 3) CHAKRAS: Chakras For Beginners: Step-by-Step Practical Guide to Awaken Your Internal Energy & Balancing the 7 Core Chakras Using Meditation Mudras (Spirituality, ... Emotional Physical or Mental Imbalances) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) Chakras for Beginners: How to Balance Chakras, Strengthen Aura, and Radiate Energy CHAKRAS: Mudras for Balancing and Awakening Chakras: The Powerful Personalised Meditation Guide, Cleanse And Activate Your 7 Chakras, Feel Energised And ... Mudras, Enlightenment, Spirituality) The Power of Positive Energy: Powerful Thinking, Powerful Life: 9 Powerful Ways for Self-Improvement,Increasing Self-Esteem,& Gaining Positive Energy,Motivation,Forgiveness,Happiness ... Happiness, Change Your Life Book 1) Chakras: How to Awaken Your Internal Energy through Chakra Meditation (Chakras for Beginners) Reiki: Heal Yourself & Transform Your Life - Reiki For Beginners, A Complete Guide To The Holistic Reiki Healing, Chakras Healing, Increase Your Energy With Reiki (Spirituality Book 4) 7 Chakras: A Guide to Understanding Your 7 Chakra Spiritual Power Centers, and How to Open, Balance, and Heal Them

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