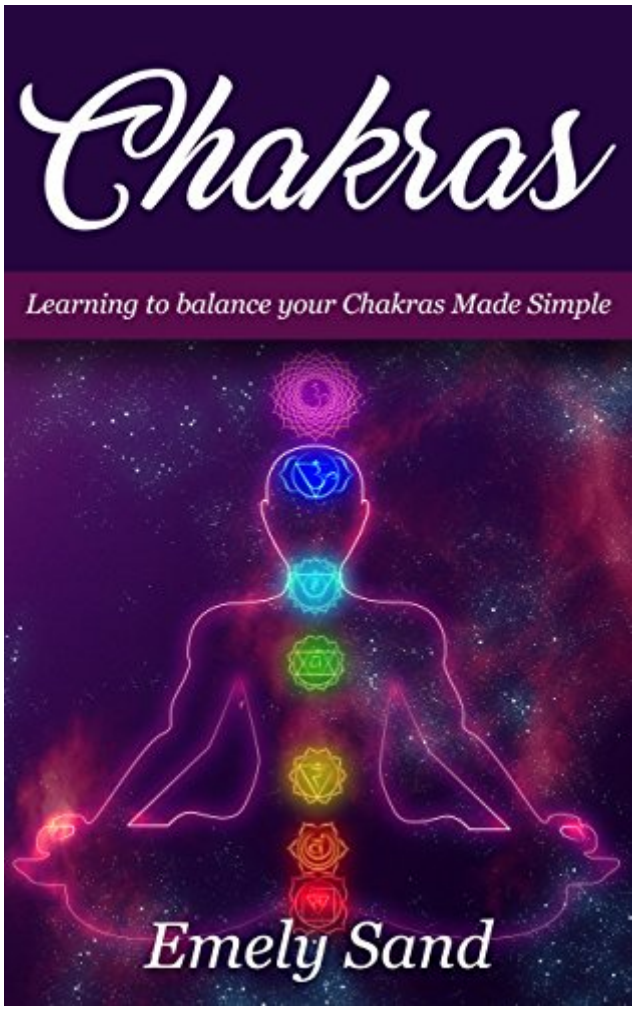
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Chakras: Chakras :Learning To Balance Your Chakras Made Simple (Chakra Alignment ,Chakra Healing, Chakra Balancing Book 1)



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Synopsis

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Customer Reviews

Chakras are all about finding your inner energy and balance. In the modern world our spiritual side is so often neglected that we something need that little help in getting it back.This book highlights the different Chakras like the Solar Plexus Chakra and examines the Zodiac signs and how they connect to our Chakras. Looking at what causes our Chakras both physically and mentally. Most importantly provides some useful meditation techniques to get your Chakras back in line.

This was a very interesting book. It starts with making sure you understand what a chakra is, how many you have, and then talks about how to keep balanced. As a westerner, I admit that I need to get more in-tuned with this eastern area of knowledge. I appreciated the book being concise and yet substantive. I recommend this book for those who need a good introduction to the study of chakras.

Read this easy to understand book to get a good understanding of your body's 7 chakra centers and spiritual energy system. The crown chakra connects to beauty itself and the spiritual realm. It helps you to understand who you are beyond your physical selfÃƒÂ¢Ã â ¬Ã â •that you are a spiritual being having a human experience. It is not located in the body but actually hovers above the crown of the head. When it's closed, you think happiness can only come from the outside, and you suffer. Working on this chakra helps you to feel free in any situation.

There is no doubt that chakras is not a myth but a thing we all have. Once you discover this it's very likely you are not aware how to open and balance them all. This book gives techniques and exercises that you will be able to customise and practice in the way that fits you best. Very interesting and practical book!

I tried some things in there. I love it. Very relaxing.

Shorter than expected, a little bit more beginner than was expecting, but a good book. If you are just starting to learn about chakras this is a good start. If you have a little bit of experience, this might help fill in some cracks. Well written.

good stuff to focus on during my meditations

I thought it was a nice overview.

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