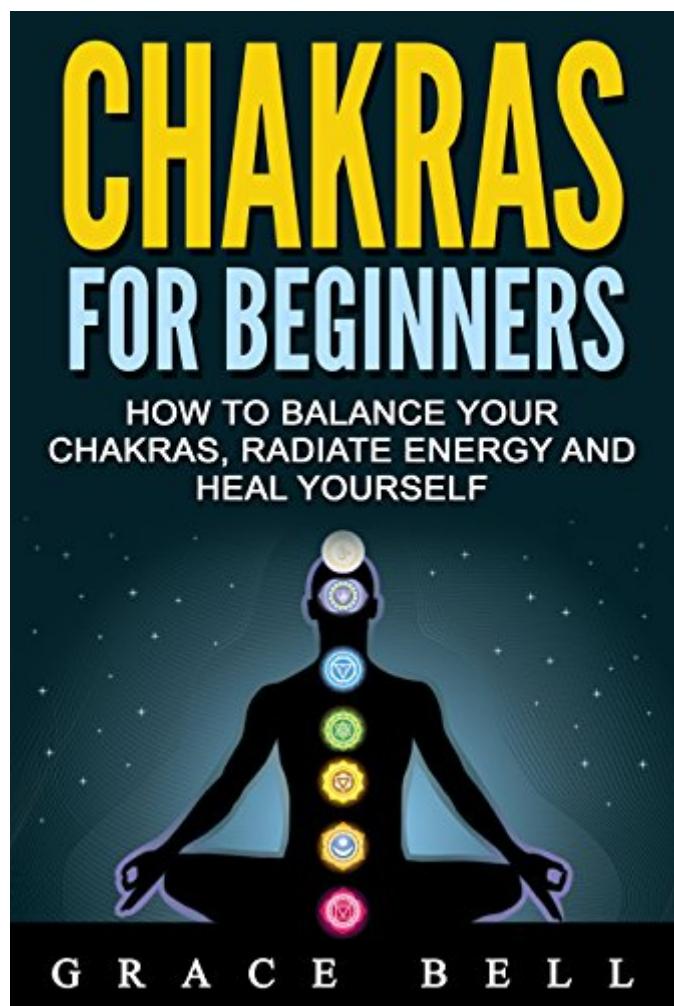


The book was found

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



## **Synopsis**

Chakras Made EasyThe seven chakras are responsible for the energy flow and life force in your body. When a blockage occurs in one of your chakras, you'll notice obstacles in the parts of your health and life that are governed by the chakra. A chakra blockage can be caused by anything from a childhood trauma that you haven't dealt with to a poor diet to imbalanced emotional responses to life events.In this book, you will learn the symbols and colors of the seven chakras and how each chakra influences your mind, body and spirit. You will learn powerful techniques to resolve chakra blockages and restore your balance.Yoga is one of the best ways to energize chakras. In this book, you will learn the best yoga poses to energize your chakras and boost your energy levels.

Download CHAKRAS: Chakras for Beginners now and begin harnessing the power that chakras provide.----TAGS: chakras for beginners, chakras book, chakras made easy, balance chakras, chakra healing, chakra balancing, chakra clearing

## **Book Information**

File Size: 2824 KB

Print Length: 38 pages

Simultaneous Device Usage: Unlimited

Publisher: Grace Bell (August 22, 2016)

Publication Date: August 22, 2016

Sold by:Â Digital Services LLC

Language: English

ASIN: B01KW8R0NO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #208,674 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #30

inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Rituals & Practice #58

inÂ Books > Religion & Spirituality > Hinduism > Rituals & Practice #147 inÂ Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Chakras

## **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. The book identified the seven major chakras and explained how to balance them. It also detailed how to meditate, with a helpful guide for the beginner. This is a useful book for myself as I am trying to get into meditation and exploring my emotional and mental imbalances.

I am glad to have read this book. This was very informative. I just recently started researching about chakras and how to center myself and this was very straightforward and to the point. It is great for a beginner to learn more about what each chakra is and how it relates to the others.

This is an interesting read ,chakras work through centers in body each of the centers of spiritual power in the human body, usually considered to be seven in number. This is Indian way to get radiation. The book is well written and easy to understand thanks.

Disclaimer: I got this book for FREE during its promotion so I'm writing an honest review as an appreciation to the efforts made by the author. Moreover, I am in no way connected to the author, neither is being paid to review this book. This book explores the basic ideas of chakras and outlines in a very clear very visually pleasing format all the possible associations of the chakras - identifies the archetypal energies - physical exercises for balancing the chakras - explores the milestones of development of each chakra and the crystals associated with them. This book is just plain fun. Its candy for the eyes. And nurture for the soul. When I am up against a block in my life - I go to the next visualization associated with that chakra and pretty soon I'm refocused and re-centered.

[Download to continue reading...](#)

CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (FREE Bonus Included) (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye) CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakras For Beginners, Hinduism, Buddhism, Meditation) CHAKRAS: Chakras for Beginners: How to Balance Your Chakras, Radiate Energy and Heal Yourself CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Mudras, Third Eye) Chakras for Beginners: How to Balance Your Chakras, Radiate Energy and Heal Yourself Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy and Healing Through Meditation

(Chakras, Spirituality, Serenity) Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy and Healing Through Meditation Chakras: Chakras for Beginners, Learn to Balance Your Chakras, Heal Yourself and Attain Inner Peace (Spiritual Journey Book 3) 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 Activate and Balance Your Chakras to Strengthen Your Character and Live a Better Life (Chakra Balancing & Healing For Beginners) Chakras: The Ultimate Guide to Chakra Meditation. Learn How to Meditate and How to Open Your 7 Chakras (chakras, chakra healing, 7 chakras) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [ A Beginner's Guide to Opening and Balancing Your Chakras ] (Mudra Healing Book 3) ANTI INFLAMMATORY DIET: Anti-Inflammatory Recipes To Heal Yourself (Anti Inflammatory Diet, Anti Inflammatory, Anti Inflammatory Diet Cookbook, Anti Inflammatory ... Fast, Pain Free, Heal Yourself Book 1) Chakras: How to Awaken, Maintain, and Balance Your 7 Chakras Yoga For Beginners: An Easy Yoga Guide To Relieve Stress, Lose Weight, And Heal Your Body (yoga, yoga for beginners, yoga for weight loss, yoga guide, chakras, meditation) Reiki For Healthy Life: 25+ Techniques To Heal Yourself, Increase Your Energy And Reduce Stress: (Reiki For Beginners, Reiki Healing, Reiki Symbols, Reiki ... and relaxation, reiki techniques Book 1) Reiki: The Ultimate Guide: The Definitive Guide: Improve Health, Increase Energy and Feel Amazing with Reiki Healing (reiki, reiki healing, chakras, energy ... techniques, aura, reiki for beginners) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Chakras for Beginners: Teach Me Everything I Need to Know about Chakras for Beginners in 30 Minutes

[Dmca](#)