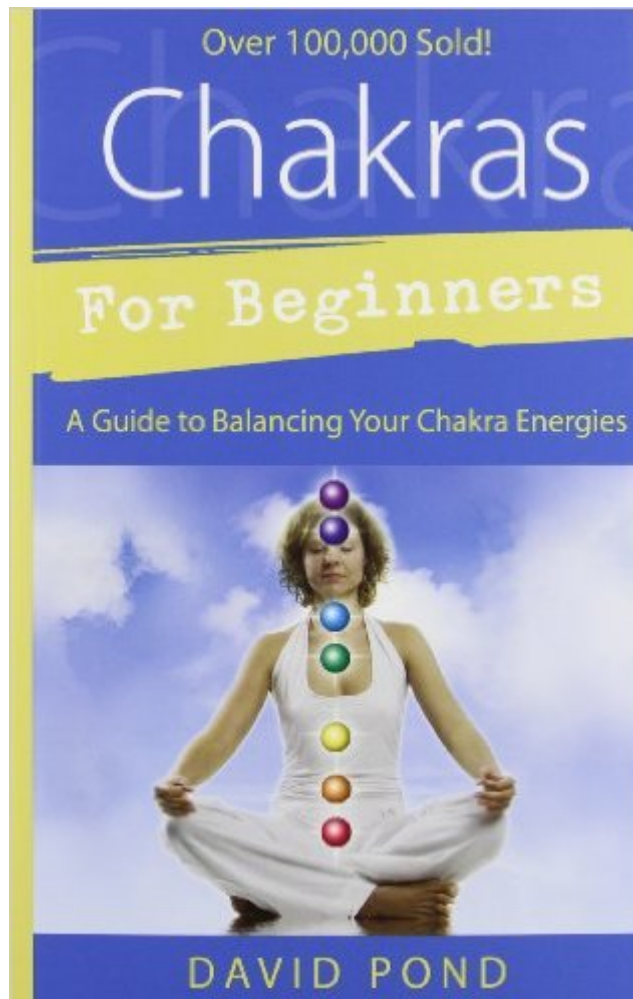


The book was found

Chakras For Beginners: A Guide To Balancing Your Chakra Energies (For Beginners (Llewellyn's))



Synopsis

You may think that difficult situations and emotions you experience are caused by other people or random events. This book will convince you that inner imbalance is not caused by situations in the outer world •instead, your imbalances create the situations that interfere with your sense of well-being and peace. Chakras for Beginners explains how to align your energy on many levels to achieve balance and health from the inside out. In everyday terms, you will learn the function of the seven body-spirit energy vortexes called chakras. Practical exercises, meditations, and powerful techniques for working with your energy flow will help you overcome imbalances that block your spiritual progress. Discover colors and crystals that activate each chakra Explore the balanced and unbalanced expressions of each chakra's energies: survival, sexuality, power, love, creativity, intuition, and spirituality Practice spiritual exercises, visualizations, and meditations that bring your energies into balance

Book Information

Series: For Beginners (Llewellyn's)

Paperback: 176 pages

Publisher: Llewellyn Publications; 1st edition (October 8, 1999)

Language: English

ISBN-10: 1567185371

ISBN-13: 978-1567185379

Product Dimensions: 0.8 x 5.5 x 8.2 inches

Shipping Weight: 7.2 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 starsÂ Â See all reviewsÂ (108 customer reviews)

Best Sellers Rank: #210,745 in Books (See Top 100 in Books) #133 inÂ Books > Religion & Spirituality > Hinduism > Chakras #329 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #648 inÂ Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

David Pond says that "understanding the chakras is one of the most effective means of accessing the various levels of consciousness available to you." In Chakras for Beginners: A Guide to Balancing Your Chakra Energies, he describes the chakras and what it takes to keep them functioning properly. Chakras are energy centers. Pond calls them the "batteries for the various levels of your life energy." Their source is the universal life force. Of the many chakras we each

have, seven are considered as primary. These seven are in a straight line along the length of the spine. Any blocks or imbalances in the chakras can result in disease or emotional difficulties. After discussing chakras in general, Pond devotes a chapter to each of the seven primary energy centers. He first describes the "drive" or purpose of each chakra. For example, the first chakra is concerned with survival, while the fourth chakra deals with the quest for love. He then discusses all the ways in which the chakra can be out of balance, including problems related to too much energy as well as difficulties stemming from too little energy. After explaining how to balance the chakra, Pond discusses how to keep it in balance. Each chapter includes exercises designed to balance and maintain the individual chakras. He finishes with a section on special tips and techniques for activating the chakras. He also explains how colors and crystals can affect the chakras. The last part of the book is a collection of essays about chakras. In those, he discusses subjects like kundalini, spirituality, and transmuting negative energy into a positive force. He also includes several meditations.

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

Chakras for Beginners: An Idiot's Guide to Chakra Healing Chakra Energy and Chakra Balancing for Health, Wealth and Happiness (Chakra Healing, Chakra Balancing, Chakra Meditation Book 1)
Chakras for Beginners: A Guide to Balancing Your Chakra Energies (For Beginners (Llewellyn's))
Chakras: The Ultimate Guide to Chakra Meditation. Learn How to Meditate and How to Open Your 7 Chakras (chakras, chakra healing, 7 chakras) 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) 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) Chakras for Beginners: How to Activate and Balance Your Chakras to Strengthen Your Character and Live a Better Life (Chakra Balancing & Healing 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: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Mudras, Third Eye) CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakras For Beginners, Hinduism, Buddhism, Meditation) Third Eye: Awakening Your Third Eye Chakra: Beginner's Guide (Third Eye, Third Eye Chakra, Third Eye Awakening, Chakras) CHAKRAS: Chakras for Beginners: How to Balance Your Chakras, Radiate Energy and Heal Yourself Chakras: Chakras for Beginners, Learn to Balance

Your Chakras, Heal Yourself and Attain Inner Peace (Spiritual Journey Book 3) Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy and Healing Through Meditation (Chakras, Spirituality, Serenity) The Beginners Guide to Chakra's and Crystals Box Set:: A Beginners Guide To Crystals Their Uses And Healing Powers And Chakras: Understanding The 7 Main ... Gems, Law of Attraction) Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2 Third Eye Awakening: The Ultimate Guide on How to Open Your Third Eye Chakra to Experience Higher Consciousness and a State of Enlightenment (Third Eye, Pineal Gland, Chakra, Kundalini) Chakras for Beginners: Teach Me Everything I Need to Know about Chakras for Beginners in 30 Minutes Chakras for Beginners: How to Balance Your Chakras, Radiate Energy and Heal Yourself The 7 Chakras: Balancing, Color and Meaning: Hinduism Philosophy and Practice Reiki Healing: Reiki Healing, A Beginners Guide to Healing Your Body (Reiki for Beginners, Chakra for Beginners Book 1)

[Dmca](#)