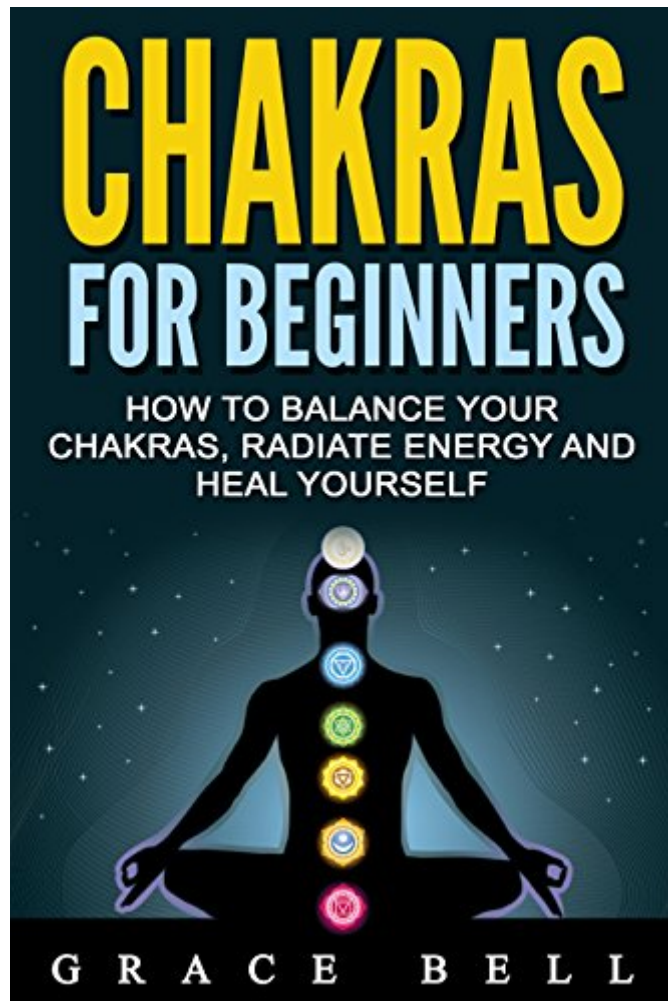


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# CHAKRAS: Chakras For Beginners: How To Balance Your Chakras, Radiate Energy And Heal Yourself



## Synopsis

**Chakras Made Easy**The 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

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## 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 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.

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