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Chakras for Beginners 2014-07-31

discover the magical powers of chakras want to master the basics of chakras for beginners you are in the right place limited time offer 50 off regular price 5 99 if you have been looking to understand the world of chakras then you've come to the right place chakras for beginners a complete guide to chakras and the healing power contained within is a book that will help you with finding yourself and will help you learn how to move forward in different areas of your life the chakras are different areas of the body and mind that are connected and by understanding what they are what they do and how you can take care of them you can help provide healing power in every area of your life whether you're looking for spiritual relief emotional strength physical healing or mental clarity the chakras can help you find all of those with some simple exercises and the time to focus your life into a number of different places it takes time and effort but the chakras so if you're just getting started with it this book is the place where you want to go there are a lot of different things that you need to consider and chakras for beginners a complete guide to chakras and the healing power contained within will help you to get your feet on the ground and start taking the right path toward healing your whole self thanks for considering chakras for beginners a complete guide to chakras and the healing power contained within and we hope that this book is able to help you get started on a spiritual journey unlike any other that you may have taken before find your freedom and healing with your own chakras download chakras for beginnersthis book could very well change your life inside you'll learn the following what is a chakra root chakra sacral chakra solar plexus chakra third eye chakra throat chakra heart chakra crown chakra want to know more hurry for a limited time you can download chakras for beginners your definitive guide to chakras for beginners for healing clearing and balancing techniques for a special discounted price of only 2 99 download your copy right now just scroll to the top of the page and select the buy button tags chakras for beginners chakra balancing chakra healing chakra clearing chakra meditation chakra books chakra healing with meditation healing yoga

Chakras for Beginners 2014-10-18

discover all the secrets about chakras in just 30 minutes limited time offer 50 off regular price 5 99 have you always wondered how to adjust your chakras chakras are an energy source in your body located in seven different areas these chakras need to be maintained keeping them in balance open and clear of negative energy which can block them when your chakras are clear and in balance you will also feel balanced in your everyday life chakra is an old belief and it is found in western culture today as it has traveled all around the world keep your physical mental and emotional state in balance with clear and balanced chakras each connects with a different part of who you are and becoming better rounded has to deal with keeping everything that makes up you in balance balanced and clear chakras will help you to take life in a little easier and let your emotions out a little healthier clear and balanced chakras will lead to a happier and healthier life 7 reasons to buy this book 1 this book teaches you what chakras are and where you can find them on the body 2 this book shows you the benefits of keeping clean and balanced chakras on a daily basis 3 inside this book you will learn the answers to some of the most commonly asked questions about chakra balancing 4 this book shows you some tips and techniques on keeping your chakra clear and balanced 5 in this book you will learn how to use balanced chakras to channel your emotions in a positive manner 6 this book makes balancing and clearing your chakras easy by guiding you through what each chakra is connected to 7 inside this book you will learn a little bit about the history of chakra and chakra balancing what you'll know from chakras for beginners essential information about chakras for beginners 12 quick hit facts about chakras for beginners the 10 important things you need to know about chakras the 7 most crucial benefits of chakra frequently asked questions about chakra for beginners a brief history about chakras final thoughts on using chakra for beginners want to know more hurry for a limited time you can download chakras for beginners teach me everything i need to know about chakras for beginners in 30 minutes for a special discounted price of only 2 99 download your copy right now just scroll to the top of the page and select the buy button tags chakras for beginners chakras hinduism chakra balancing yoga chakras chakra healing chakra meditation

Chakras for Beginners 2015-06-24

are chronic diseases such as diabetes cardiovascular problems and joint pains troubling you are anxiety depression and anger and other such emotions bringing you and your performance down are you constantly on medications for digestion and respiratory issues if you answer yes to any of the above questions you are probably suffering from an imbalance of energy in your subtle non physical body so what is the subtle body in many spiritual traditions the subtle body is the sacred or the immortal body it never dies and when the physical body dies your subtle body merges into the universe it comprises of the intelligence mind and ego aspects that control the human physical body the terms aura and chakras refer to parts of your subtle plane of existence these are usually seen by the mind's eye and not your physical eyes disturbances in your auric field or imbalances in the flow of energy through the chakras manifests as physical mental and emotional disorders in the physical world mostly when people fail to heal their physical bodies with modern medicine the only solution

is to turn towards healing the non physical subtle body just by working on balancing your chakras and your energy field called aura you will notice that your chronic disorders are much under control your emotions are much balanced and you are spiritually more connected to the universe and your higher power don t wait until you fall ill to begin taking care of your chakras take action now and start learning about chakras and the subtle body this simple guide about chakras for beginners is perfect to get you started on this journey it will help you learn about what are chakras what the 7 main chakras are and how to strengthen your aura and radiate strong positive and healthy energy by opening or balancing your chakras

Chakras for Beginners 2011-01-08

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

Chakras for Beginners 2017-03-15

do you want to awaken and balance your chakras to bring joy and harmony into your life if so then keep reading do you struggle awakening your chakras creating balance and harmony in your life learning the 7 locations and functions of each chakra or to heal your bodies energy if you do this book will help you to counter these problems by reading chakra healing scripts which can help you unlock the power once and for all in chakras for beginners you will discover a simple trick you can do to unblock blocked chakras the best strategies to bring harmony and balance in your life the locations and function of the 7 chakras from root to crown why balancing chakras is important and why everyone should be doing it understanding why some people will fail with chakra healing and much much more the proven methods and pieces of knowledge are so easy to follow even if you ve never tried chakra healing before you will still be able to awaken your chakras by following the strategies and teachings taught in this book so if you re ready to start your journey chakra awakening journey then click buy now in the top right corner now

Chakras For Beginners: Guide On Chakra Balancing And Chakra Healing 2018-04-12

chakra healing is important and it begins with a world class chakra guide to help you through the steps vanessa boult provides insight on chakra healing and how to maximize its potential for your requirements this is the ultimate chakra handbook and will highlight everything required to get started for beginners

Chakras for Beginners: Awaken Your Spiritual Power by Balancing and Healing the 7 Chakras With Self-Healing Techniques 2019-03-06

the complete beginners guide for understanding the art behind healing your chakras inside of all living things you will find the seven divine chakras these are centers of energy and with the right knowledge they can have life changing effects but in order to unlock the full effects of our chakras one must first learn how to heal and maintain them that s where chakras for beginners comes in in this book we will cover all of the different techniques that can be used to heal our chakras and once we have done so we can use their power to better our lives start your journey to spiritual enlightenment and holistic wellbeing with the healing of our chakras comes the healing of a whole variety of physical ailments and psychological hurdles by stepping on this path you are unlocking the ability to heal headaches allergies chronic pain fatigue and bowel issues you ll also have the ability to combat psychological burdens like anxiety and insomnia chakras for beginners features beginner friendly content find plain english explanations simple instructions and advice from self taught experts and lifelong gurus alike a large variety of techniques every technique used to heal balance and make use of your chakras is within this book why because not everything works for everyone details that big pharma doesn t want you to know find all the secrets and forgotten information that have been lost to the western world for centuries rediscover ancient traditions and divine methods of healing that practitioners of modern medicine fear all the

information you could ever need get all the details explanations science and history behind chakras and their use throughout the ages from ancient times to the modern day explore chakras in all their glory and become an expert yourself with this wealth of knowledge what are you waiting for start healing your chakras now and watch your life improve

Chakras for Beginners 2019-04-28

always wanted to know how to easily understand supercharge your body's energy centers but always end up overwhelmed keep reading chakras are an ancient spiritual part of life that countless people have sought to bring happiness fullness balance into their lives countless generations have passed this practice on for thousands of years the fact that chakra work is still a practice in the 21st century proves that the benefits of chakra alignment balancing have long lasting effects will continue to have an impact in the future unfortunately so many people are stuck in suffering because they don't realize how simple it is to benefit from understanding the chakras to function well chakras need to remain open balanced if they become blocked or unbalanced they can cause a wide variety of physical mental symptoms since they are connected to our nerves organs mentality much more what chakra blockages or imbalances are you suffering from right now want to know how easy it is to direct energy to your chakras to unblock or balance them it's easier than you think while seated gradually lift your legs one at a time work your core chakra without distracting your mind this brings energy into the solar plexus breathe the prana life force energy from the universe into your stomach hold it there before releasing your breath imagine a bright yellow flame in the middle of your abdomen glowing warming you as you fill that chakra with self confidence igniting your self potential you can supercharge this exercise by chanting the seed mantra for this chakra ram want to know an easy but powerful yoga pose that benefits the root chakra to get into the tree pose or vrksasana stand up straight lift your arms up above your head then bring them down so your hands are joined over your heart chakra lift one of your legs up so that your knee is pointing out to the side your foot is flat against your other leg this helps ground you brings about mental physical balance you'll discover the tiny movement you can do from literally anywhere that snowballs solar plexus energy ancient discoveries of our energy centers how they can help us today the supportive energy center that can be difficult to manage the overlooked reasons why an easy chakra rundown that anyone can immediately understand benefit from the real reason you could be suffering from emotional overwhelm easy chakra boosting yoga poses that you can benefit from right now a breakdown of the most powerful stones to accompany your chakra work the unbelievably passive way to aid digestion clear fear of rejection manifest boost self discipline with no work how to skyrocket self love romantic love deep compassion for others in your sleep a treasure trove of bonuses including a companion video course with over 45 hours of empowering content energy tapping videos powerful guided meditations journals so much more much more chakras for beginners is a helpful little guide to assist you in taking your first steps into the world of chakras provide you with a loving hand into what can otherwise seem like an intimidating inaccessible world take a second to imagine how you'll feel once you're able to easily use the power of balanced chakras to reach your full potential imagine how your body mind soul will feel once you align your energy centers channel unlimited loving creative intuitive energy so if you have a burning desire to reap the amazing benefits of opening yourself up to universal prana energy then turn the first page

The Chakras for Beginners: Essential Aura and Chakra Balancing for Wellness 2021-05-20

blocked energy in our seven chakras can often lead to illness so it's important to understand what each chakra represents and what we can do to keep this energy flowing freely today only get this bestseller for a special price the sanskrit word chakra literally translates to wheel or disk in yoga meditation and ayurveda this term refers to wheels of energy throughout the body there are seven main chakras which align the spine starting from the base of the spine through to the crown of the head to visualize a chakra in the body imagine a swirling wheel of energy where matter and consciousness meet this invisible energy called prana is vital life force which keeps us vibrant healthy and alive here is a preview of what you'll learn the mysteries of chakras the seven chakras first chakra the root chakra second chakra sacral navel chakra sanskrit third chakra solar plexus chakra fourth chakra heart chakra fifth chakra the throat chakra sixth chakra the third eye chakra ajna seventh chakra the crown chakra sahasrara and basically everything you need to know to start understanding chakra download your copy today take action today and download this book now at a special price

Chakras 2014-10

do you understand the importance of chakras are you aware of your purpose in life and where you fit in this book will help you gain a deeper understanding we are all on this planet for a reason but so many of us are oblivious to our purpose and live our lives never understanding what it is chakras are ancient symbols that represent the energy that flows through us the 7 main chakras align through our spine and correspond to nerve

centers in our bodies now in this new book chakras for beginners the ultimate beginner's guide to balancing chakras and radiating positive energy you can learn what chakras can do for you with chapters on the 7 main chakras and their functions chakra meditation using chakra crystals benefits of chakra healing mindfulness and positivity protecting your positive vibes and more written for those who have little knowledge of the subject chakras for beginners is a book that will open your mind to a whole new world of possibilities promote health and wellbeing increase vitality and a range of other benefits get a copy to find out what your life purpose is and where it will lead you

Chakras for Beginners: The Ultimate Beginner's Guide to Balance Chakras and Radiate Positive Energy 2020-03-31

if you want to learn how to awaken and balance your chakras to bring joy and harmony in your life then keep reading you might have a problem with your chakras without even realizing it do you experience headaches neck pain or sore throat do you feel ill and emotionally unstable at times do you have troubles making decisions or feel lost and without a purpose in life these are just a few signs of unbalanced chakras if you experience any of these symptoms i want you to know that there's a solution you see the 7 chakras are the energy centers of your body if they're blocked or out of balance you'll feel the repercussions in your body if you want to reap the benefits of a healthier mind and bring harmony in your life you have to balance your chakras and unlock their power inside chakras for beginners discover how you can balance your chakras and heal your energy system to bring balance into your life what are the 7 chakras and how do they work the locations and functions of the 7 chakras from root to crown 5 lessons for clearing chakra blockages and bringing harmony and balance in your life how damaged chakras are affecting your life and how you can heal them many people don't even know they have chakra blockages lists of questions to help you concentrate on the specific energy of each chakra and balance each one more effectively why balancing chakras is important and why everyone should be doing it helpful techniques and practices to keep your chakras open useful strategies to bring harmony and balance in your life kundalini techniques and practices to awaken your chakras the most common issues created by a clogged chakra system and how to solve them 7 effective meditations one for each chakra to help you clear energy blockages and enhance your life and much much more even if you have zero knowledge about chakras and energetic balance this beginner's guide will help you clear your whole chakra system and live your life in harmony and balance the truth is when you learn how to activate and clear your chakras they will let positive energy flow to every part of your body mind and spirit so if you want to heal your body and spirit and balance your chakras to bring joy and wellness into your life grab your copy now scroll up and click the add to cart button

Chakras for Beginners 2016-08-31

do you want to awaken and balance your chakras to bring joy and harmony into your life if so then keep reading do you struggle awakening your chakras creating balance and harmony in your life learning the 7 locations and functions of each chakra or to heal your body's energy if you do this book will help you to counter these problems by reading chakra healing scripts which can help you unlock the power once and for all in the ultimate chakras for beginners bundle you will discover a simple trick you can do to unblock blocked chakras the best strategies to bring harmony and balance in your life the locations and function of the 7 chakras from root to crown why balancing chakras is important and why everyone should be doing it understanding why some people will fail with chakra healing and much much more the proven methods and pieces of knowledge are so easy to follow even if you've never tried chakra healing before you will still be able to awaken your chakras by following the strategies and teachings taught in this book so if you're ready to start your journey chakra awakening journey then click buy now in the top right corner now

The Ultimate Chakras for Beginners Bundle 2017-12-28

welcome to chakras for beginners this is the ideal book for anyone who is looking to improve their mental emotional physical and spiritual health by recognizing and healing their chakras in this book we will delve into the history of chakras how chakras operate and why you should bother with them at all millions of people across the globe have seen tremendous improvements in their quality of life just by becoming more aware of their chakras that could be you too the chakra system is a concept from ancient indian texts that basically allows us to integrate earthly and spiritual energies into our physical beings to promote our own wellness and in turn the wellness of others although the original chakra system relates deeply to hinduism we will be accommodating people of all spiritual beliefs in this book you will be able to further your spiritual journey regardless of who you are or what your background is engaging with your chakras is truly beneficial for all and i hope you will give this book and the chakra practice a thorough chance the practices for healing and aligning your chakras are many and we will go into depth on several of these techniques including yoga we have an entire chapter dedicated to

beginner yoga poses that hold benefits for multiple chakras within our 7 chakra system yoga will also help strengthen your physical body and improve your concentration and self discipline your chakras will then reflect those qualities so that your energies are constantly in a positive feedback loop meditation this book contains a guided meditation that helps you visualize and awaken each of your chakras in order this method will also help bring peace and self discipline into your daily life aromatherapy we have provided you with different ways to benefit from aromatherapy and we have also listed the different essential oils you can use to heal each chakra crystal healing since our energies come from and go back into the earth we can use the powers from crystals to train and balance our chakras this book gives you specifics on how to go about healing your chakras with crystals and which specific stones to use for each chakra connections to nature it is so important to recognize that nature plays a huge role in our spiritual energies for that reason we help you connect each and every chakra in your system with different aspects of your external environment these connections will not only improve your outward health but will also greatly benefit the energy of your chakras so that you can be on your way to living your most grounded and joyous life this book contains so much information about each chakra the nature of the balanced chakra tips for examining the health of your own chakras and practices to instill and maintain the health of your chakras it is definitely worth a thorough read i hope you ll give this book a chance so that you can be on your way to reaping the benefits of chakra awareness

Chakras for Beginners 2021-03-20

you ve seen it on dr oz dr phil join the chakra craze learn how to balance your chakras and let your energy flow freely through out your body and put your success in overdrive did you know that blocked energy in your seven chakras can lead to various illness disease and many other afflictions it is very important that your keep your energy flowing freely through your seven chakras by getting in tune with your chakras you will feel better have peace of mind feel centered and be healthier and do it without relying on drugs or medication this book is your starter guide to freeing your energy to create and healthier you in the guide your will learn in depth information on the 7 types of chakras in detail 1 the crown chakra 2 the third eye chakra 3 the throat chakra 4 the heart chakra 5 the solar chakra 6 the sacral chakra 7 the root chakra balancing the 7 chakras balancing techniques understanding your chakras origin of the chakra how to energize your chakras enhancing the chakras with the right foods avoid these foods chakra how to get started tips for success opening the chakras benefits of chakra yoga enhancing the chakras with yoga finding the right yoga instructor what is an aura examine the different auras and much more so start your journey to balance and peace of mind you are just one step away from a book that can change your life for the better click the buy button and get your copy now become a chakra expert today tags chakras for beginners chakra balancing chakra for beginners chakras yoga aura energy yoga chakras chakra healing chakra meditation chakra clearing

Chakras for Beginners 2014-03-15

awaken and unleash yourself through the power of your chakras our universe is a ball of energy every entity and emitting energy from the vast ocean to the tiniest microorganism to every cell in the human body our cells radiate energy in various ways and different classes of cells emit different kinds of energy the intensity of energy depends on the location of the cell and its functionality within the body it does not come as a surprise that energy channels are positioned in key points in the body based on the specific nature of the energy these key points called chakras are responsible for the energy flow in and out at a steady pace the word chakra originates from the sanskrit word which means wheel a chakra can be viewed as a wheel spinning vortex that spins in a circular motion thereby creating a vacuum in the center the vacuum attracts energy that has the same frequency as the motion of the chakra there are hundreds of chakras in the body that have a significant effect on every being in the universe chakras are positioned across various parts of our body and account for the specific illnesses and imbalances in that area of the body these issues can be corrected when the decayed energy is released from the body the energy centers can remove any tension or rigidity in specific areas of the body they also play a significant role in maintaining your physical emotional and mental wellbeing when the unwanted energy is released it not only helps to clear the physical state of the body but also helps to balance the emotional state of mind the energy flows through all the chakras this helps to establish a degree of balance in your body an imbalance of energy in any chakra will lead to ailments if you find yourself falling ill frequently or feeling a particular emotion often you should use techniques which will help you strike a balance of energy in your body chakra healing helps to regulate the natural flow of energy throughout the body this process is also called chakra balancing since you will restore the balance of energy across all the chakras in your body a well balanced chakra can give you a relaxed vital and centered feeling it improves the wellness and embodiment of self over the course of this book you will gather information on chakras the chapters will concentrate on what chakras are the different types of chakras the healing process using chakras and the importance of well balanced chakras

Chakras for Beginners 2020-08-31

a beginner's guide to discover what chakras are and how to balance your energy body through chakra healing have you heard about chakras but aren't sure what they are and how they can improve your life the fact is that chakras are energy points located throughout the body when one of points becomes blocked energy cannot flow as it is intended to flow thus there are certain actions that you can take to heal the flow and make sure that the chakra is cleared this book assumes that you are a beginner it explores where the chakras are located and what each one of them does to your sense of wellbeing when you learn that you also learn to respect your posture your interaction with others and increase your self esteem levels by making sure that the chakras are always in perfect alignment although you may be a little doubtful about whether this really works it has been proven over centuries and is not something new those who have been able to keep the chakras open to the flow of energy that life offers them tend to be healthy and happy this book is written to help you to achieve that same level of happiness that is available for all but that few achieve because of their own inadequacies the book explains exercises that you can do to open up problematic chakras it talks about things that are important to human beings such as lifestyle and shows you how to gain harmony in your life by balancing your chakras and to encourage great energy flow the energy that you gain in your life isn't just a matter of physical activity sometimes other things can help you and this book looks at the body as a whole and shows you how to make the most of the life that you have using the energy flow to keep you enthused about each day of your life read through it find out where your chakras are blocked and learn how to unblock that chakra that may indeed be stopping your energy flow this book targets people who are new to yoga or that have never done it and the exercises contained within the book have been explained for ease of performance here is a preview of what you can learn from this book the location of the chakras changing your lifestyle for the better healing of the chakras healing the throat chakra yoga poses for the other chakras and much more tags chakras chakras book chakra healing chakra meditation chakra balancing chakras for beginners mindfulness yoga reiki meditation spirituality holism healing energy zen awakening spiritual

Chakras 2018-12-09

discover now the power of chakras use the power of chakras to heal and balance yourself would you love to learn more about chakra balancing healing and meditation this book contains proven steps and strategies on how to heal and balance yourself through fourteen powerful chakras recommended by experts you'll discover also some powerful techniques on balancing yourself and 21 proven benefits of balancing your own chakras here is a preview of what you'll learn after downloading chakras for beginners an overview on chakra six techniques to balance your root chakra six techniques to balance your sacral chakra eight ways on balancing your plexus chakra five techniques on balancing your heart chakra six ways of balancing your throat chakra seven techniques in balancing your third eye chakra 3 ways to balance your crown chakra chakra energy centers benefits of balancing your chakras three influential chakra experts that you should look up to five chakra music albums to listen while balancing your chakras frequently asked questions much much more take action right away and start to heal yourself with the power of chakras

Chakras for Beginners: a Practical Guide to Radiate Energy, to Heal and Balance Yourself Through the Power of Chakras 2020-08-18

chakras for beginners is the perfect guide to learn more about the seven chakras and why it's so very important for good health would you like to know the methods of chakra balancing understand the purpose of chakras balancing with this chakra guide you can discover how the spine and the chakras connect how to nutrition the chakra system how to balancing the chakras with acupuncture and essential oil how to awaken your energy learn more about the chakra stones and their specific system of chakra balancing you will be amazed at the differences you will feel once your chakras are all balanced tuned and stimulated chakras for beginners it is all about getting your mind and your brain into the best range of brainwaves to perform these amazing skill and abilities

Chakras for Beginners: Innovative Guide to Balance and Unblocking the Chakras and Awaken Positive Energy 2020-03-10

your complete beginners guide to chakras would you love to learn everything about chakra balancing healing and meditation you may not know now but as you read on you will find out exactly just how quickly you can learn the art of all things chakra limited time offer 50 off regular 5.99 dear reader have you always wondered how to balance your chakras are you a beginner looking for answers about this whole chakra craze the fact is

each and every living being is infused with a universal energy that nourishes and connects life this energy field is made up of the aura which manifests itself in seven layers and the chakra system which comprises of the seven major chakras read on to figure out how to harness this power to completely transform your life chakras for beginners how to balance chakras strengthen aura and radiate energy a preview understanding the 7 main chakras here you will learn how chakras are related to functions your body performs and are influenced by specific circumstances in your life balancing the 7 chakras do you think it is possible to balance something that you cannot see will you be able to open up these chakras without getting a feel of what they look like more importantly do you even know if your chakras need healing or opening up are they blocked presently what are chakras chakras can be termed as the spinning wheels of electric energy in your body these wheels are made up of various colors and are responsible for a number of functions that connect your body to your energy field and the broader cosmic energy field positive affirmations these are powerful mantras chants or quotes that encourage you to stimulate positive emotions you can choose any powerful mantra that you like or even create your own chakra mudras mudras are specific positions of your hand that instigate a positive flow of energy and are used to balance your seven chakras energy healing techniques these include reiki and acupuncture energy healers can help you open up your chakras once they sense any blockage bonus sections yoga for chakras did you know that one of the greatest and proven methods to boost your chakras is through yoga what is an aura learn about auras and maintaining positive vibrations your success story is just a click away simply scroll up and click the buy button to instantly download chakras for beginners how to balance chakras strengthen aura and radiate energy tags chakras for beginners chakra balancing beginners chakras aura energy yoga chakras chakra healing chakra meditation chakra clearing

Chakras for Beginners 2021-01-11

the seven energy centers of the body labeled by eastern spiritual traditions as the chakras are located in various places along the spine ending in the brain they are strongly tied with emotions instincts the experience of consciousness and the experience of love each chakra represents a specific area of the human existence and levels of physical spiritual emotional and psychological balance in order to apply any of the chakra balancing techniques it is crucial to understand the concept that human beings are composed of pure energy the same energy that courses through all other things on earth in chakras for everyone you will learn essentials of the seven chakras crown chakra throat chakra heart chakra energy healing the key to holistic health energy healing and overcoming suffering third eye chakra solar plexus chakra sacral chakra root chakra how to bring yourself into balance crystals and corresponding chakras plants herbs oils and corresponding chakras chakra balancing activities chakra check in and much more although there are different methods for balancing each chakra individually there are several commonalities in the process of chakra balancing when a chakra is considered out of balance that means that energy has become trapped somehow which can cause emotional psychological physical or spiritual blockages that can manifest as a variety of health problems the level of balance of each chakra is believed to correspond to human actions feelings health and general orientation in the world pick up your copy of the book right now by clicking the buy now button at the top of this page

Chakras For Beginners: CHAKRAS FOR EVERYONE - Your Beginner's Guide To Chakra Healing, Energy, and Total Bliss **2024-06-18**

do you find yourself looking for a path that can help you unlock the secrets to happiness energy and wellbeing the entire universe is made of energy and your body is no exception long before modern technology and science ancient cultures knew that all living things carried a life force with them they called the centers of energy that move inside of us chakras chakras help to regulate all of your bodies processes from organ function to your immune system and emotions they hold the key to your well being anytime a chakra becomes blocked underactive or overactive it can throw you off balance physically emotionally mentally and spiritually keeping a chakra open or balanced can be a challenge but not for those who are aware of how they function since mind body soul and spirit are intimately connected awareness of an imbalance in one area will help bring the others back into balance in this comprehensive beginners guide to chakras you will be able to discover what chakras are how chakras work 7 chakra system 12 chakra system associations of the main chakras how to know if you have a blocked chakra how to heal open and balance your chakras chakras in your home auras healing crystals and much much more this guide covers 101 essential fragments of knowledge for chakra beginners giving you a definitive understanding of all the basics you need to master your chakras so if you re ready to reap the benefits of balance clarity and inner strength and optimize your chakras to guarantee a seamless flow of energy buy this book now and begin your journey today

Chakras for Beginners 2020-11-18

there are more to bad days than you may realize and yet here s how to avoid them altogether have you ever felt off not being able to put your finger on exactly what was affecting your mood are you stuck in a pattern of negative thoughts that keep you from moving forward and progressing in life the way you dream of are you dealing with medical ailments that have randomly appeared despite living a seemingly healthy lifestyle our bodies function on energy in essence our bodies are energy because of this we as humans are very sensitive to the things that happen around us and everyday things such as technology our thoughts and our routine influence how we feel there are points within the body where this energy is concentrated and these are known as chakras each point is associated with a specific location in the body contributing to various symptoms you may feel both physically and mentally by diving into the history behind chakras and enriching your mind with knowledge on the human body s extraordinary capabilities you will be able to live a life based on the groundwork of balance and begin to experience the true meaning of connecting mind and body in chakras for beginners you will discover what chakras are as well as why it s vital for you to pay attention to them if you want to live a balanced harmonious life the 7 core chakras responsible for bridging the connection between thoughts and emotions and how to recognize the symptoms of an unbalanced chakra everyday things you can do to open up your chakras for an effortless way of stabilizing your emotions thoughts and overall sense of wellbeing a straightforward questionnaire to help you discover which of your chakras are out of alignment and need healing 6 ways to balance and heal your chakras even if you re completely new to the idea of energy healing how you can further support the healing process by incorporating these useful additions into your meditation sessions bonus a guided meditation script to use for the healing of all 7 chakras and much more considering the fact that our focus on the chakra system has been around since between 1500 and 500 bc there clearly must be more to the practice of energy healing than what meets the newcomer s eye meditating doesn t mean you have to be religious and in the end what matters most is what you believe as an individual balance is an essential part of life help yourself get to a point of peace and serenity simply by listening to what your body is trying to tell you sure enough you ll find that it s been telling you more than you d thought if you want to discover the energy hidden inside you and live a life based on positivity and balance then scroll up and click the add to cart button right now

Chakras for Beginners 2021-03-13

focusing on the three most powerful modalities for chakra harmonization foot reflexology reiki and crystal energy techniques press here chakras for beginners empowers you with a number of choices to maintain your chakras as well as perform the necessary adjustments to alleviate some of the most common ailments chakras are the body s energy centers and key to physical health emotional stability and mental clarity ensuring your chakras are perfectly balanced offers a new dimension of healing and growth with a robust toolbox that utilizes sound color smell energy philosophy and mindfulness these beautifully illustrated step by step meditations and exercises will help you achieve this balance the press here series offers contemporary takes on traditional hands on healing practices for a new generation of practitioners these introductory guides feature easy to access organization clear instructions and beautiful illustrations of each technique other press here topics include massage reiki reflexology and acupressure

Press Here! Chakras for Beginners 2019-08

do you want to find an explanation of the reasons why it is so hard for you to surpass physical problems do you feel tired restless and fatigued do you experience a wide variety of afflictions both mentally and physically these are signs of imbalanced chakras and it s essential that these be healed do you want to learn more about the ancient wisdom of the chakras do you feel like your chakras are unbalanced and out of alignment looking for an all natural spiritual way to heal your body mind and soul then keep reading search no more because the solution and answers to all your questions can be found in chakras for beginners a practical guide to healing and balancing yourself and radiating positive energy through the powers of the 7 chakras within all living beings are powerful centers of energy called chakras each chakra holds the potential for immense healing and restoration however learning how to harness the chakra system s amazing power can be challenging when so much of the information available is dense and academic or subjective and hard to trust this book explores the connection between human spirituality and the energy of the universe through your chakra your chakras are energy centers in the body that emit energy vibrations in different frequencies in response to the environment or aura your body yearns for major content to watch out for accurate understanding of chakras practical daily habits and rituals that will keep your chakras in top condition essential guidelines and procedures for chakras meditation chakra exercises for beginners vivid explanation on the seven chakras how to use the 7 chakras for your life s happiness and a lot more taking care of your chakras will heal your body and your mind it will literally change your life so what are you waiting for get your copy now

Chakra For Beginners 2015-11-17

chakras for beginners is a simple guide to healing and balancing the chakras and working with the body's energy system

Chakras for Beginners 2021-09-16

do you want to learn about how chakras work are you curious about the healing power of crystals this book is a guide for beginners who want to learn about chakras this book explains what chakras are as there are seven in total each with its own specific function chakras are energy centers in your body that control almost all aspects of your physical mental emotional and spiritual wellbeing it is only if these chakras are balanced in their specific areas and spin continuously in their place that you will feel healthy in this book you'll discover how chakra imbalances affect your mind body and soul this book provides details about all the healing methods that are used to balance chakras such as use of healing crystals chakra balancing methods reiki therapy healing treatments meditation and yoga exercises for chakras foods that boost your chakras since every chakra consists of different mechanisms each has a different way of healing as well different colors and sound therapies are also used to relax your chakras and release tension this book additionally describes meditation techniques and yoga poses for every chakra because such exercises benefit your physical and mental health chakras can also be treated by consuming specific foods which is further addressed in this book in short this book serves as a complete guide for beginners enabling you to learn about your chakras and how to treat them if they are ever disturbed you can also balance your chakras at home by changing your lifestyle consuming healthy foods following an exercise regime reciting positive affirmations or mantras and singing your favorite songs in order to have a peaceful happy and healthy life it is essential to take care of your chakras physical mental and spiritual wellbeing is also essential as chakras affect your mental health more than anything most people who suffer from depression anxiety and anger issues have imbalanced chakras however this book includes a complete list of ailments that can be developed if chakras are not aligned thereby helping you identify such problems more effectively so what are you waiting for purchase your copy today

Chakras For Beginners 2019-08-24

discover the hidden world of chakras and your innate psychic abilities are you curious about chakras have you ever wondered if there's anything to these energy centers do you know they are important but don't understand how to work with them well look no further than this book learn in depth details about your chakras you won't find anywhere else discover the magic of your energy body explore the hindu mythology of each chakra get the truth about the amazing benefits of meditation for each chakra learn how to awaken and balance your chakras with easy exercises uncover the difference between psychic and spiritual growth discover the wonders of the third eye chakra and its dangers learn the proper way to work with your chakras so you remain grounded at all times use the correct mantras for each chakra to supercharge your meditations gain extra tips and tricks to allow your chakras to work at optimum levels unlock your psychic abilities and experience a world of wonder transcend your physical self and discover the worlds that lie beyond become an expert on your entire energy body and much more with this book as your starting point you will discover the truth about your chakras and how you can maximize their potential to start living your best life right now with a comprehensive in depth analysis of each chakra you will discover that you have all the tools you need to begin your chakra work with confidence get your copy of this book right now and experience the healing power of your chakras by embracing your psychic abilities

Chakras for Beginners 2016-08-04

buy the paperback version of this book on amazon.com and get the kindle version for free did you know that there is a rainbow colored tower of energy and light in your body what would you say if i told you that your chronic health problems or anxiety and depression is likely caused by a blocked chakra or imbalanced energy in your body this book is your go to guide for learning everything you need to know about the chakras what they are how they work and why you want to know so much about them we all have our own methods for healing and health but so many people in western culture are only recently discovering and practicing the healing benefits of working with your chakra system and practicing methods to cleanse clear and unblock them for a higher vibrational life what does it even mean to have a higher vibration anyway the answer to that is in this book for beginners it explains in great detail the science behind the chakras and how we are all made of energy and radiate those frequencies all the time understanding the chakras can help you understand how to heal protect and invigorate your personal energy chakras for beginners contains the following information the history behind chakras and where they come from the science of chakras and how they really work understanding the difference between the 7 chakra and 12 chakra systems discovery of what kinds of symptoms side effects and

issues are the result of chakra blocks and imbalances what it means to heal the chakras and what an energy block really looks like methods for healing the chakras including crystals yoga meditation and mindfulness practices how to maintain a balanced chakra system after you have cleared your blocks living a healthy life through your energy everyday applications for staying in balance you can learn how to clear negative feelings thoughts and physical problems by working with these practices and concentrating on the specific qualities and characteristics of each chakra and so much more even if you never have time to take care of yourself you can learn to create a more balanced healed and whole lifestyle in just 10 days chakras for beginners will hold your hand and help you through every step of the way scroll to the top of the page and select the buy now button

Chakras for Beginners 2019-06-29

are you ready to learn a plethora of chakras 100 suitable for beginners welcome to chakras for beginners bonus content inside get my future books for free the purpose of this book is to give you a complete intro to chakras in this book i explain in simple terms exactly what a chakra is how they work and how they can benefit you the chakras presented to you in this book are 100 fool proof and are designed for those who are looking to begin their journey with chakras and reiki healing enjoy my friends if this is the very first kind of healing or mindfulness you've decided to familiarize yourself with then you have made a great choice chakras are straightforward and can be enjoyed and benefited from regardless of your age or current skill level with healing step by step no complications here's a preview of what you'll learn getting started with chakras understanding what a chakra is and how they work etc simple chakra meditation for beginners your complete step by step guide how to balance the chakras correctly to ensure they're working healthy habits to assist with balancing your chakras how to harness the power of chakras for healing for beginners of course how to strengthen your aura and radiate energy all day long pranic healing with chakra energy yep telepathic healing is possible bonus future books for free and much much more

Chakras for Beginners 2021-01-18

do you want to overcome stress at work and home from the first day without spending a dime in therapy counseling and consultation stress is a menace that affects everyone do you think you'll be less affected by it if you didn't know it this is a misconception that most people have they believe that only the people who have to see a doctor are suffering from stress stress affects all of us because it is our body's natural reaction the problem begins when this reaction is serious and becomes chronic more than 110 million americans are currently affected by prediabetes or diabetes but most are ignorant about it does that make them less susceptible to danger the same is the case with stress the overall stress level of american society is much above the acceptable level and that even includes kids in reality a much greater population is currently battling with high stress which is affecting them emotionally behaviorally and physiologically did you know that stress can have a deep impact on your physical health too most people have a very vague knowledge of stress and they would clearly fail to identify clear signals of stress this means they might be overlooking their own real health issues as well as the issues faced by their loved ones this book will help you in understanding the real depth and penetration of stress types of stress and how it matters to us impact of stress on our body mental and emotional health as well as behavior the real terms in which you need to identify stressors ways in which you can bring down stress at the workplace ways in which you can bring down stress in your personal life ways in which you can deal with your mind causing the stress more importantly ways to deal with unchangeable stressors techniques like meditation visualization mindfulness and goal setting that can help in bring down stress and much more

Chakras Healing Meditation for Beginners. How to Balance the Chakras and Radiate Positive Energy 2018-02-06

would you like to achieve a clearer mind and experience the benefits of positive energy would you like to learn how to awaken every chakra in your system and improve every aspect of your life if you want to know more then keep reading you tried all sort of expensive drugs but haven't been able to see any benefits you heard the opinion of many different doctors but they can't even agree on which treatment is the best you have trouble sleeping because your head is always full of negative thoughts and worries you are afraid of the effects that traditional stress and anxiety medications can have on you sounds familiar if it does then the information inside this book is your answer this is the ideal book for anyone who is looking to improve their mental emotional physical and spiritual health by recognizing and healing their chakras in this book we will delve into the history of chakras how chakras operate and why you should bother with them at all millions of people across the globe have seen tremendous improvements in their quality of life just by becoming more aware of their chakras that could be you too the chakra system is a concept from ancient indian texts that basically allows us to integrate earthly and spiritual energies into our physical beings to promote our own wellness and in turn the wellness of

others although the original chakra system relates deeply to hinduism we will be accommodating people of all spiritual beliefs in this book you will be able to further your spiritual journey regardless of who you are or what your background is engaging with your chakras is truly beneficial for all and i hope you will give this book and the chakra practice a thorough chance thanks to this book you will discover the secrets of yoga learn about beginner yoga poses that hold benefits for multiple chakras within our 7 chakra system yoga will also help strengthen your physical body and improve your concentration and self discipline meditation guided meditation can help you visualize and awaken each of your chakras in order this method will also help bring peace and self discipline into your daily life aromatherapy we have provided you with different ways to benefit from aromatherapy and we have also listed the different essential oils you can use to heal each chakra crystal healing since our energies come from and go back into the earth we can use the powers from crystals to train and balance our chakras you will learn about specifics on how to go about healing your chakras with crystals and which specific stones to use for each chakra connections to nature nature plays a huge role in our spiritual energies these connections will not only improve your outward health but will also greatly benefit the energy of your chakras so that you can be on your way to living your most grounded and joyous life if you want to learn more about chakras and how to use them to improve your life this book is your answer here is where your chakras journey begins start walking the path scroll to the top and click buy now button

Chakras for Beginners 2019-12-22

no one saves us but ourselves no one can and no one may we ourselves must walk the path buddha reject stress accept change and prepare to radiate positive energy with the natural healing powers of the chakras in the eastern world the powerful healing properties of the chakras and their awakened state have been known for generations in the western world however the awareness of their properties and purpose are still relatively limited simply speaking the chakras are specific points in your body through which energy flows the unlocking and empowering of these chakras allow for a more balanced healthy and harmonious life undertaking a regimen of exercises geared towards the empowerment of the chakras will enable you to unlock these energy streams as a means of combating the stresses fears and doubts that plague our everyday lives if you re ready to become a more centered and harmonious human being then look no further than this introductory guide with the wisdom of meditation guru and author michael williams you will be able to explore the different chakras and their part in completing a healthy whole human being with various exercises geared toward each chakra this guidebook acts as a toolbox for empowering your chakras through meditation and practice here s what to expect in the beginner s guide introduction to the chakras reasons for suffering breathing techniques to aid meditation preparations for meditation guide to the meditation process exercises for each chakra diet guide to promote healing and wellness overview of spiritual awakening and much much more organized informative and inspiring this introductory guide serves as a roadmap to peace and harmony through the revolutionary and natural wisdom of the chakras born from an ancient tradition of meditation and inner exploration the practice of healing through chakra empowerment is a natural way to combat the crippling evils of stress anxiety and fear take back control of the good energy in your life and reap the benefits of a calm balanced mind through the empowerment of your chakras take the first step to improving your life and grab your copy of chakras for beginners awaken your internal energy and learn to radiate positive energy and start healing today

Chakras 2019-10-28

have you ever felt a powerful surge of energy before a wealth of energy which suddenly comes into you and you can t really explain what it is you might ve just accidentally tapped into the power of your chakras continue reading you are energy the sooner you understand this the sooner your life will change by knowing the ancient teachings of the chakras you open your mind to the world of self healing and well being an amazing hidden world that can work wonders on your life and that already lives inside you with the book chakras for beginners you will master the teachings of the sacred chakras step by step and start living a healthier and happier life today imagine the chakras as being wheels of energy in this book you will learn how to visualize unblock and realign your chakras thousands around the world support the interaction between working your chakras and the healing of each organ necessity or mental state there are seven chakras positioned from the base of your spine to the top of your head each one has its own color and its own function from the liver to the heart and lungs to anxiety and depression which all could be cured naturally by the energy of the chakras the best results you can ever find are your own the chakra is a doorway these are doorways that lead you into other dimensions but you have to focus on them to the exclusion of everything else frederick lenz your greatest healer is your spirit this book helps to work wisely with your energy all aspects of your life will be improved likened to a domino effect all you have to do is pay attention and open your mind to the sacred ancient knowledge that helps men to become free act now by clicking the buy now or add to cart button after scrolling to the top of this page p s what s holding you back in life most people are stopped either by their fear or their laziness remember the best investment you can make is in yourself invest the time and the price of less than a coffee to make a quantum leap in your life wealth love and happiness act now

Chakras for Beginners 2019-09-20

do you feel like you are constantly tired are you looking for a means to replenish the energy you've lost do you feel like regardless of what you do something seems to be amiss in your life or maybe you are merely curious about chakras and want to learn more about them if yes then this is the perfect book for you you will find the answers to all these questions and more in this book this book will take you on a spiritual journey to help you get a better understanding of yourself and the chakras present within your body a lot of people are unaware of the concept of chakras and how they affect the day to day life of each person understanding how chakras work will be life changing for you you will learn more about your body mind and spirit as you delve into the world of chakras it will help you learn how you can harness your energy and inner power to heal yourself this book will teach you how you can use the chakra system for better health and increasing spiritual awareness to lead a better life the things you will learn from this book include what the chakras are how the chakras affect you and your life how to identify the blockage in any chakra various illnesses that you suffer and how they are related to the chakras restoring balance in your chakras to heal your body and mind how to ground your energy and realign your chakras healing with the help of jewellery and chakra stones using yoga and meditation for opening each chakra what to eat for keeping the chakras open and flowing how to develop your intuition expanding awareness the chakras are a profoundly important system that is important for the wellness of the body mind and spirit don't wait any longer start learning the basics techniques and chakra power that through the universe will improve your life today would you like to know more scroll to the top of the page click on the buy now button and get a copy of chakras for beginners discover the power of your body and mind and live a healthy lifestyle

CHAKRAS FOR BEGINNERS 2019-12-28

discover what your chakras are what they do and how to heal yourself can knowledge of your chakras really help you be healed and maintain a more spiritual balance in your life chakras can function as portals between the metaphysical and spiritual realm we can grow heal and change in positive ways by acknowledging and comprehending these different energy types in our bodies chakras influence our decisions relationships charisma sexuality and development topics in this book include recognizing the 7 different chakras each with their own symbolism mechanism and aura instructions for opening your chakras more effectively clearing the mind with your chakra energy spiritual counseling and healing techniques based on the roots of the chakra system balance and harmony through actively applying the chakra effects on everyday life situations the mysterious background of it and other chakra origins begin your journey to the realms of rest and peace of mind by incorporating meditation in your daily schedule

Chakras for Beginners

if you want to learn the ways of understanding chakras chakra balancing chakra healing for health wellness then continue reading the ancient study of chakras has made its way into the western world as of late frequently the first exposure can come through the study of yoga meditation or hindu practices the body and every living being is filled with a universal energy that connects and surrounds us this energy can have been described as being made up of 7 layers auras and the 7 chakras energy points or knots in the body this book is designed to offer a practical usable introduction to the chakras how they can affect our health and well being and how to identify imbalances and address these when our chakras are in balance they allow energy to freely flow through our bodies and keep us revitalized healthy and connected to the world around us however imbalances within the chakra system can cause the energy to become blocked leading to ill health both physical and emotional the chakras are like vortices a good analogy is to think of the water draining from a bath or sink when the plug is free from blockages the water can drain away effectively clogged with grime the water fails to drain becomes stagnant and polluted this is very much the way in which a blocked chakra affects the energy flow within the body and why it is important to constantly maintain a healthy energy system the book is designed for those new to the concept but will also be useful for those with some experience of chakra and energy healing in the next chapter we take a more detailed look at what the chakras are and an overview of each one of the seven main chakras the remaining part of the book looks at each individual chakra and how to examine the chakra for imbalances the final chapter provides a simple list style section of tools that traditional and modern chakra experts believe are useful in achieving balance within your chakra energy system this book also includes in depth description of each chakra what chakras are causes of chakra imbalances history of chakras how to balance each chakra and much much more to get the beginners guide to chakras click add to cart to receive your copy now

Chakras For Beginners

if you have trouble relaxing or sleeping coping with difficulties and controlling your stress level then keep reading you tried all sort of expensive drugs but haven t been able to see any benefits you heard the opinion of many different doctors but they can t even agree on which treatment is the best you tried countless therapies to alleviate your physical pain but nothing seems to work you have trouble sleeping because your head is always full of negative thoughts and worries you are afraid of the effects that traditional stress and anxiety medications can have on you sounds familiar if it does then the information inside this book is your answer this is the ideal book for anyone who is looking to improve their mental emotional physical and spiritual health by recognizing and healing their chakras in this book we will delve into the history of chakras how chakras operate and why you should bother with them at all millions of people across the globe have seen tremendous improvements in their quality of life just by becoming more aware of their chakras that could be you too in this special package you ll get 3 books the first book of this bundle chakras for beginners will introduce you to the world of chakras starting from how to open them through some very simple and effective techniques such as yoga meditation and a connection with nature we will also talk about the benefits of using crystals and aromatherapy to fully exploit the power of the chakras in the second book chrakra healing you will learn how to combine beginners techniques with the most advanced concepts you will be able to awaken your spiritual energy with kundalini meditation and eventually open the third eye and awaken hidden psychic abilities such as intuition and foresight you will discover which common ailments and issues are associated with blocked chakras and how to address them in the last book reiki healing for beginners we will explore how to use universal energy to positively influence your life and that of others you will discover how to improve your sleep and energy thus reducing your stress and anxiety how to get relief from physical pain overcome depression and discover your path to happiness even if you ve never heard anything about chakras and energy you can improve your life in just 15 days so go ahead if you ve been thinking about trying to open your chakras or you want to learn more about it this book is your answer if you know nothing about chakras but want to learn this book is your answer here is where your chakra journey begins start walking the path scroll to the top of the page and select the buy now button

Chakras

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Chakras

if you have trouble relaxing or sleeping coping with difficulties and controlling your stress level then keep reading you tried all sort of expensive drugs but haven t been able to see any benefits you heard the opinion of many different doctors but they can t even agree on which treatment is the best you tried countless therapies to alleviate your physical pain but nothing seems to work you have trouble sleeping because your head is

always full of negative thoughts and worries you are afraid of the effects that traditional stress and anxiety medications can have on you sounds familiar if it does then the information inside this book is your answer this is the ideal book for anyone who is looking to improve their mental emotional physical and spiritual health by recognizing and healing their chakras in this book we will delve into the history of chakras how chakras operate and why you should bother with them at all millions of people across the globe have seen tremendous improvements in their quality of life just by becoming more aware of their chakras that could be you too in this special package you ll get 3 books the first book of this bundle chakras for beginners will introduce you to the world of chakras starting from how to open them through some very simple and effective techniques such as yoga meditation and a connection with nature we will also talk about the benefits of using crystals and aromatherapy to fully exploit the power of the chakras in the second book chakra healing you will learn how to combine beginners techniques with the most advanced concepts you will be able to awaken your spiritual energy with kundalini meditation and eventually open the third eye and awaken hidden psychic abilities such as intuition and foresight you will discover which common ailments and issues are associated with blocked chakras and how to address them in the last book reiki healing for beginners we will explore how to use universal energy to positively influence your life and that of others you will discover how to improve your sleep and energy thus reducing your stress and anxiety how to get relief from physical pain overcome depression and discover your path to happiness even if you ve never heard anything about chakras and energy you can improve your life in just 15 days so go ahead if you ve been thinking about trying to open your chakras or you want to learn more about it this book is your answer if you know nothing about chakras but want to learn this book is your answer here is where your chakra journey begins start walking the path scroll to the top of the page and select the buy now button

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