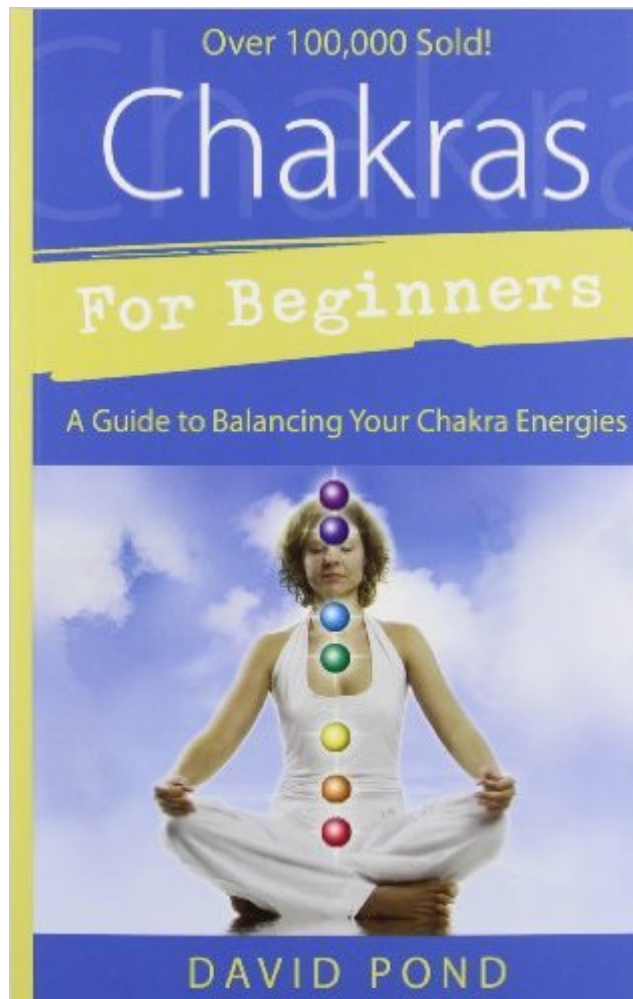


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# Chakras For Beginners: A Guide To Balancing Your Chakra Energies (For Beginners (Llewellyn's))



## 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

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## 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.

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