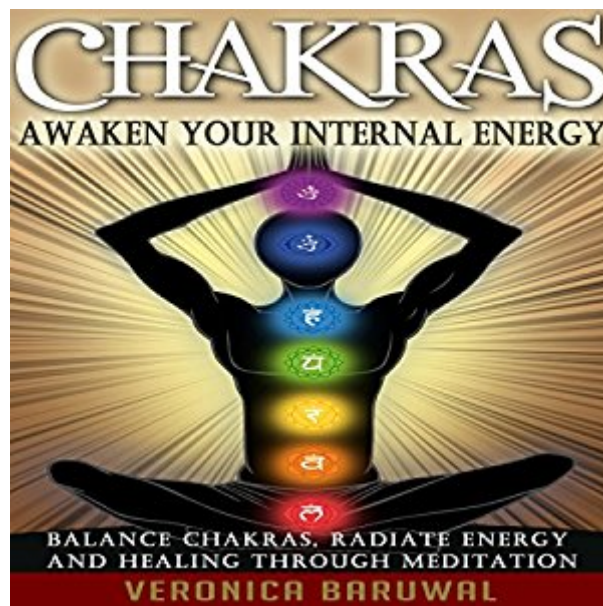


The book was found

Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy And Healing Through Meditation



Synopsis

Are you ready to explore the inner world? Would you like to identify the various energy centers within your body? Is it time to apply this ancient knowledge to your everyday life? If so, then *Chakras: Essential Guide to Balance Chakras, Radiate Energy, and Healing through Meditation* is the book for you! You'll discover the significance of chakras in our life and learn about the many types: Mooladhara - The Root Chakra Swadishthana - The Sacral Chakra Nabhi Chakra - The Solar Plexus Bhava Saagar - The Void Anahata Chakra - The Heart Vishuddhi Chakra - The Throat Agnya Chakra - The Third Eye Sahasrara Chakra - The Crown You will discover the science behind chakra healing, including Ida Naadi, Pingla Naadi, and Sushumna Naadi. This book helps you understand chakra imbalances, and how to balance and heal yourself. It provides many useful chakra meditation tips: How to build a daily meditation practice The benefits of morning meditation Choosing the right place and position for meditation How to stop fighting your thoughts Start an amazing journey of health, spirituality, and self-exploration!

Book Information

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Customer Reviews

I love this book. In this book, you will discover the workings of the subtle system of your body. It will take you on a surreal journey, and you will explore little details of your body and how you can take care of them. You will find that there is, in fact, a miraculous solution to all your problems. And it is the chakra healing.

Such a great book on chakras and their significance in our life. The author goes so much in depth

for each of them, how to activate them and use their energy. It is a real eye-opener for new healing opportunities. I have been practicing yoga and meditation from a long time ago, but I never really went deeper enough to understand the whole concept of it. That is why I purchased this book to gather all the needed information. This book starts with their origin, evolution, significance, and more thorough explaining of the functions and the whole science behind the chakra healing. Proceeds with talking about how our chakras, if they are imbalanced, can have a negative effect on our overall well-being. From my experience, being able to do self-healing and transformation, and feel the benefits from it, are a great privilege. I really enjoyed reading this book. The link from the online test is very fun, yet it is free and very informative. My advice is to get this book, be informed, start doing yoga and make sure to stay positive and keep meditating.

This book was very interesting and helped me understand in more detail about chakras and how to put them into practice. The author took a practical approach to explaining this theory allowing me to understand the concept from a personal point of view. Gives some advice on meditation. It also includes a quiz which can help assess your chakras. I recommend this book if you are interested in this subject.

This was an awesome book for beginners. It has many helpful insights and practices that will deepen and expand your practices and understanding of the chakras. Also, you don't need to worry since this is made handy for you. This book is well written, thorough, detailed and straight to the point. I liked the way it was bringing out the positive energy in people. Awesome book.

This has been an inspiring read for me. This is because I get to know a lot of things about Chakras and how they can be utilized in order to make things in our lives more bearable. I also get to learn how important Chakras are and that there are so many types. But these are not the only things I've learned, there are still a lot more and I appreciate them all. This book has been an educational experience too.

Some books are being exposure by the brilliant author to provide some useful tips and strategies to the readers for bringing positive change. This book on Chakras clearly mentioned the exercises that can help in developing spirituality and serenity. This manifested that Chakras, meditation awake your internal energy and healing power. Must read this book!

I think this has been an informative read. Chakras: Awaken Your Internal Energy is a book that must be read if one wants to understand Chakras better. It is overwhelming reading about the energy we have within our body and how they need to be released. I find this book an interesting read and will surely search more about Chakras and their perks.

Awesome book! I have been looking for something like this for a long time. The theory and practical advice have really helped me make more of each day. It's an easy step by step process, that's what I really liked about it. I could simply follow the instructions, and feel a lot better. My mental focus is better, my energy is better, and I've even lost a little weight! (although I've been working out too). I highly recommend this book to anyone. Even if you think you don't need it, it can do wonders for your mood, energy, and posture.

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