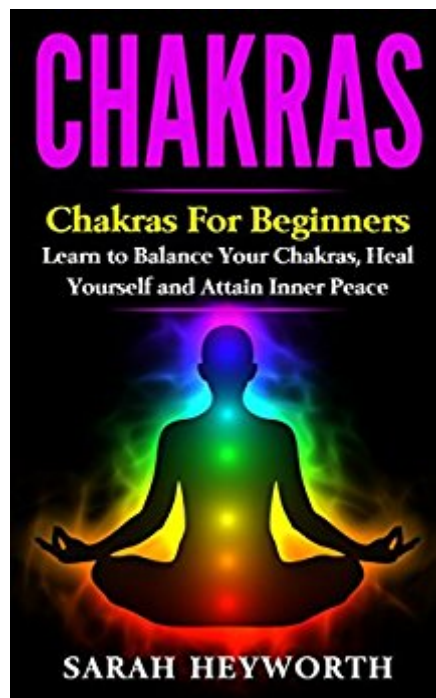


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# Chakras: Chakras For Beginners, Learn To Balance Your Chakras, Heal Yourself And Attain Inner Peace (Spiritual Journey Book 3)



## Synopsis

Cleanse Your Body and Harness The Power Of Chakras Struggling to find balance? Is emotional stress making you lose your way in life? Then this book may be for you. This book will help you learn the basics of The Chakras and how to use them to bring about greater peace and harmony in your life. It will allow you to face adversity with strength and learn to heal old scars. Learn about The Chakras The Base The Sacral The Solar Plexus The Heart The Throat The Third Eye The Crown We'll also learn about... Methods to keep the chakras aligned Energy healing Some meditation basics And much, much more. So make sure you buy today and start down the path to tranquility and understanding. Tags: Chakras, Meditation, Yoga, Healing, Spirituality, Energy, Inner Peace,

## Book Information

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## Customer Reviews

Actually I don't have any idea about chakras before reading this book. When I collect the book I learn something about chakras. Chakras are nodes of energy in a subtle body. It is not the same as physical body. Chakras work as a meeting point of energy channels. There are various ways that they affect not only the spirit but the mind and body as well. Fixing a chakra imbalance usually does not take too long, but it depends on what method you use, if you combine more than one method

and how much effort you are putting into the cleansing process. It is up to you to do the things to keep your energy as healthy as possible.

Chakras, the centers of spiritual power in our human body. This book is very interesting for me. I have been reading books about meditation and I am very eager to try all of their meditative practices. I like that the author made this book very light to understand and steps are easy to follow. It will guide you to balance your spiritual side and teach to heal yourself through attainment of your inner peace. This is a chance to remove all the negative energy in the body.

This book will help you take in the nuts and bolts of The Chakras and how to utilize them to achieve more noteworthy peace and amicability in your life. It will permit you to face misfortune with quality and figure out how to recuperate old scars. Finally now I am feeling fresh as I know every morning, I will be tough physically and mentally after my morning ritual!

This Chakra book is one of the many books I've read about chakras. But what makes this particular book interesting are the things I haven't known before or learned from the previous ones I have read over and over. I learned o many things in this book that are more applicable than those in the past. The writing is so clear and direct to the point that you won't have to read again just to understand the whole thing.

Great to finally get a clear guide on chakras and learning about how to balance and take care of them! I can really feel the difference when trying what this book talks about and sensing my chakras for my health and spiritual connection. This book was very informative and helped me understand a lot about chakras that I did not know before.

I'm very new in Chakras practice.I got this book from here and as a beginner this book was a great help for me to understand Chakras.The author explained all the things nicely step by step and it was easy to understand.I would suggest you to follow this book if you a beginner as well.Have a nice journey with this book.

Really enjoyed this book. Excellent info for the beginner. Great suggestions for a person wanting to learn more or wanting to begin their practice in chakra healing. Itâ™s an excellent and thorough introduction to the Chakra system. Great book. Highly recommend.

This information is going to help me get the basic information on how to enhance my energy flow in combination with meditation. The book has tackled the ways of stimulating the chakras on the different parts of the body to improve on the body stimulation strategies.

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