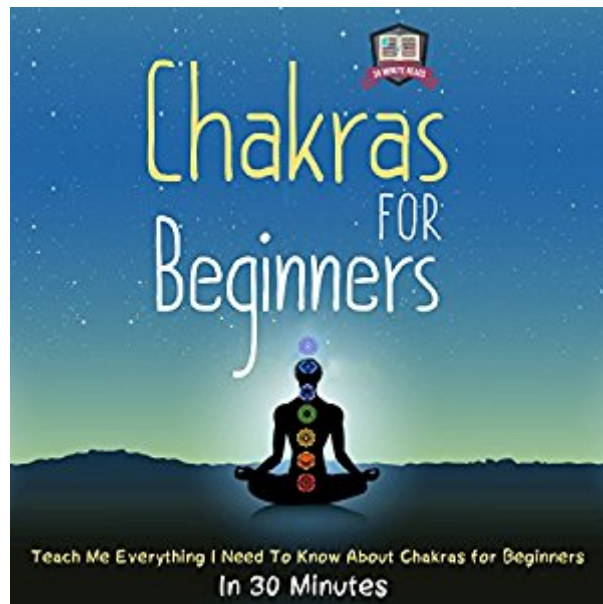


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# Chakras For Beginners: Teach Me Everything I Need To Know About Chakras For Beginners In 30 Minutes



## Synopsis

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.

## Book Information

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## Customer Reviews

This book provides a lot of helpful information on chakra. My favorite part of this book was the list of

the benefits of finding the chakras. That alone was well worth the price of this book. I highly recommend it.

Chakras are something I've heard about for a long time but really had very little idea about what they were. That's why when I ran across this eBook my curiosity got the better of me, and I had to download it. I'm sure glad that I did! The author does a great job of explaining a complex concept in a simple, easy-to-understand way. I'm still no expert, but after reading Chakras for Beginners I feel like I understand more about chakras and why it is so important to keep them in balance.

This is a good book for people who are showing an interest in Chakras. An easy read in keeping within the spirit of the topic. The author doesn't "talk down to the reader" but instead addresses the Chakras head on. This will be a great tool for discovering chakras and what they can do for you. As the author says there are various techniques that you will discover and blend to achieve your goals in balancing your mind, body and spirit.

I've been doing some yoga and had done some research on it where I've heard of references to chakras. I could grasp the concept as most of the literature I've come across were either too complicated or too vague. Glad I found this book. It delivers on its promise, that a beginner such as myself came out a little bit more enlightened than before I read this book.

Allows you to understand all the energy (chakra) in the body. It is a difficult topic for western people since body energy is mostly eastern philosophy. However the author did a great job explaining so anyone could understand. Highly recommended

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