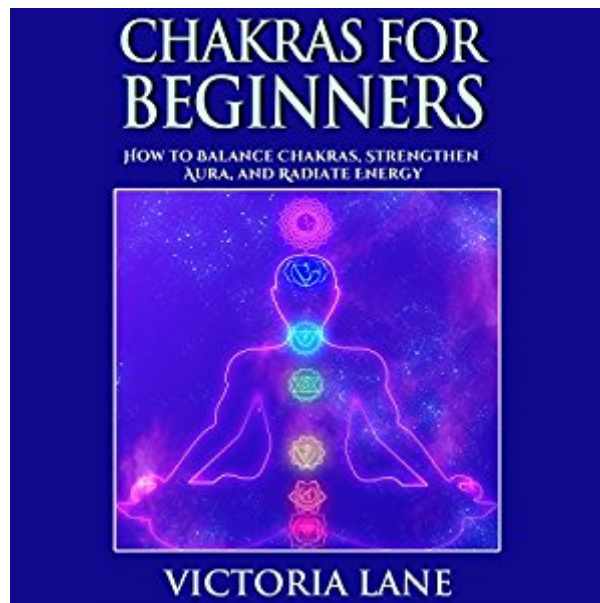




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Chakras For Beginners: How To Balance Chakras, Strengthen Aura, And Radiate Energy



Synopsis

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.) Listen 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: 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.

Book Information

Audible Audio Edition

Listening Length: 59 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: On and On Publishing

Audible.com Release Date: January 7, 2015

Language: English

ASIN: B00RYGOQSU

Best Sellers Rank: #62 in [Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness](#) #71 in [Books > Religion & Spirituality > Hinduism > Chakras](#) #410 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

Customer Reviews

This is a pamphlet, not a book. The total page count of information is 25 pages, and it is so vague that there is no value within the pamphlet. Save yourself the time of downloading, or in my case,

purchasing a "hardcopy" of the "book". Go to Wikipedia and google Chakra. Boom done. No pamphlet needed. If you do want a real book on Chakra then consider looking at other authors.

I purchased this book because I recently became interested in yoga and meditation. I found this to be a great overview of the charkas, their purposes, and how to open them. It was a fairly short read, but it was straight to the point and seemed to cover all of the basics. I am now interested in pursuing a more in depth book. With that being said, I think this a great read for someone who is curious and is looking for a basic overview.

I have tried everything to relieve my stress and negative thinking w/o any sucess,I have been wondering why? just why,no matter what,I can't stay positive and happy continuously,now it's taking a toll on my physical health.Well I final realize I needed balance.I decided to give this book a try and WOW!.. it has helped me understand how to get in sync.I am a beginner and this book gives you a step by step on how to align you chakra w/o being 300 pages long. I would highly recommend this book for anyone who is looking for balance with mind,body & soul.

This book is a booklet not a book. The info was ok, what there was of it. Are the previous reviews planted? this book was not worth the money. Do yourself a favor and don't buy this book.

I have to say I was a little bummed by this book being only 14 pages. For the price I was expecting more than that. I was able to read this entire book within 30 min. This book however briefly went into each chakra, chakra chants, and yoga poses to help each chakra as well as other things. I do feel the author could of added so much more to this book but what was written was very well wrote and very informative.I did pay full retail price for this product!

Thought I was getting a full book, it turned out to be a pamphlet and not really that informative.

I know of and have heard of chakras but i never really had it explained to me. This book explained it all in a clear and concise manner. It is easy to read and if you are a beginner like me, you will walk away with a good feel of what a chakra actually is. complete with meditations, this is a book for anyone interested in beginning chakras.

This is for beginners all right. It is a very quick read and does cover the basics. As a beginner, I did

get a basic understanding of the Chakras, related colors and an early rudimentary approach for healing. Perhaps my half hearted attitude towards the subject colored my opinion of the book. Did I learn something? Yes, a bit. Did it make me want to delve deeper into the subject? Not really. Would I recommend it? Perhaps, if only for the price.

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