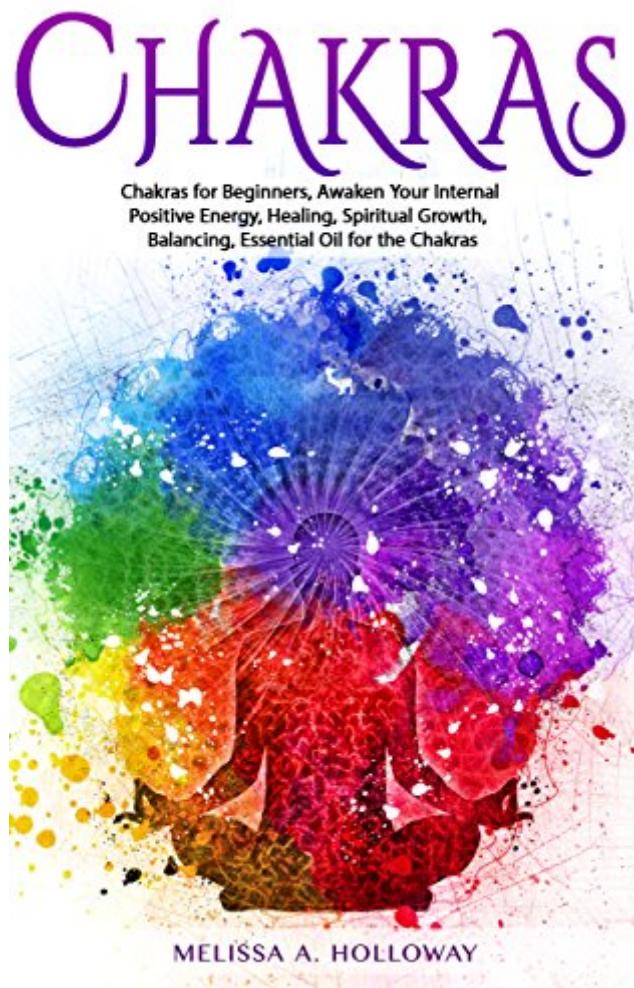


The book was found

Chakras: Chakras For Beginners, Awaken Your Internal Positive Energy, Healing, Spiritual Growth, Balancing, Essential Oil For The Chakras





Synopsis

CHAKRAS: CHAKRAS FOR BEGINNERS, AWAKEN YOUR INTERNAL POSITIVE ENERGY, HEALING, SPIRITUAL GROWTH, BALANCING, ESSENTIAL OIL FOR THE CHAKRAS

The chakras are energy bodies that are located along the length of your spine. Starting with the first chakra known as your Root Chakra, which is located at the base of your spine, and ending at your seventh chakra which is known as your Crown Chakra and is located at the top of your head. The chakras provide you with powerful knowledge when it comes to healing yourself and maintaining a healthful well-being in general. When they operate at optimal rates, they bring great health and wellness to your life. You can function at your best this way. In this book, you are going to learn about exactly what chakras are, why you need to know about them, how balancing works, and a wide variety of methods associated with balancing your chakras. As a result, you will learn to take even deeper control over your health and wellness and lead a more wholesome life overall.

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Customer Reviews

Wonderful book for beginners wanting to work with chakras and finding out basic info about the chakras and an excellent guide to chakras and I read so much about Chakras, but honestly I don't really get it in its utmost meaning. So, I am hoping that this book will give me more information and detailed introduction so that I will learn more about what Chakra is all about and how it affects our daily lives and future self but I have learned from this book that there several kinds of Chakras and there is a Chakra specifically for love, forgiveness, for throat, for heart, there is a crown chakra to mention some and It is like taking yoga to a totally different level and It is simple and direct with only a few pages to detail the Chakras framework and I have benefited greatly from organizing perception and self-awareness based upon these centers of power and I highly recommend this book especially to those who are beginners like me.

I read so much about Chakras, but honestly I don't really get it in its utmost meaning. So, I am hoping that this book will give me more information and detailed introduction so that I will learn more about what Chakra is all about and how it affects our daily lives and future self. I have learned from this book that there several kinds of Chakras. There is a Chakra specifically for love, forgiveness, for throat, for heart, there is a crown chakra to mention some. Each Chakra is defined very clearly in this book. The chapter which catches my attention is Chapter 2 because it tackles about how to awaken the 7 main Chakras. Well, I guess I have learned many things now through this read. Detailed and clear indeed.

This book and learning about Chakras was totally fascinating for me. It is like taking yoga to a totally different level. It is simple and direct with only a few pages to detail the Chakras framework. The book begins with an introduction of our seven different Chakras, followed by how to awaken them and what to do should our Chakras be damaged and how to remedy them. This short yet informative book is a great introduction and guide for anyone looking to improve their physical, spiritual and mental health. I highly recommend this book especially to those who are beginners like me.

This book is excellent book of chakras. The author done her job. The chakras provide you with powerful knowledge when it comes to healing yourself and maintaining a healthful well-being in general. The chakras are energy bodies that are located along the length of your spine. In this book, to learn about exactly what chakras are, why you need to know about them, how balancing works, and a wide variety of methods associated with balancing your chakras. At last this book given you

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I didn't know a lot about chakras before this book, but my friend, who started to practice yoga, made me interested in it. In this book I found a simple and full explanation of chakras. I never thought that your energy can be used in so many ways. I already made some changes to my life after reading this book and it was definitely a good idea.

As I am willing to learn about chakras so I discovered this outstanding guide book about this term in which I discovered a wide variety of information. Beginners like me will learn this book in detail because in this book each and everything has been well defined and explained. I do appreciate to the author for this perfect writing.

This wants to help you to better understand and appreciate the concept of chakra and other related notions that go with it. A great introduction for those who are new to learning about the chakras and looking to gain a brief knowledge and understanding of what they are and how they work.

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