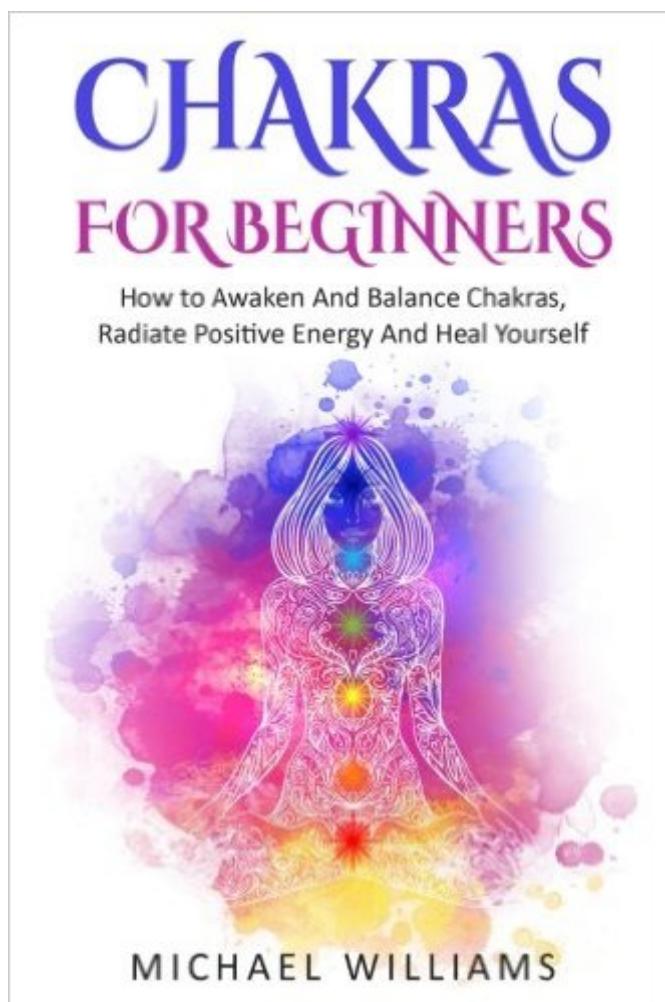


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# **CHAKRAS: Chakras For Beginners – How To Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakras For Beginners, Hinduism, Buddhism, Meditation)**





## Synopsis

Awaken and Unleash the Amazing Powers of Your Chakras Are you feeling lost and listless? Are you looking for balance in all the wrong places? Could you benefit from a clearer mind or a healthier life? If you find yourself saying "Yes" to any of the above, then Chakras for Beginners: How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself is the guidebook for you. In this compact, thorough guide, you'll learn all about the fascinating history of the chakras, and how their natural powers can bring balance and harmony to your life. The various chakras explored in this guide include: The Root The Navel Center The Heart The Thymus The Throat The Third Eye The Crown For thousands of years, the Hindus have documented the various energy points located throughout the body. These psychic force fields, known as the seven chakras, emanate energy from within, and by unlocking their power one can reap the benefits of a healthier mind and balanced life. Here's what to expect in the Beginner's guide: What the chakras are and how they work The locations of the chakras and their various uses Steps and strategies on how to awaken your chakras Balancing the chakras How to heal damaged chakras Applying these strategies to enhance your life And much, much more! Tackle suffering, illness, and emotional stagnation at its source by unlocking the power from within. Accept positive energy back into your life by balancing and activating your chakras. The benefits of a reinvigorated aura are endless "all it takes is a little introspection. If you're ready to reap the benefits of balance, clarity, and inner strength, then look no further than this wonderful introductory guide to the fascinating and illuminating world of the chakras.

## Book Information

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## Customer Reviews

Before reading this book, I knew little about chakras. I found this to be an easy-to-read book. It's very interesting to learn about energy. I learned so many things about the seven chakras and appreciated the value of them. Each chakra was explained well by the author. Author Michael Williams did well in describing what happens when one or more of the chakras are not flowing productively. The prayer and mantra really worked and the remedies for chakras were really good. I love the meditations and affirmations the most. Now I use this book for reference a lot. This book is useful for anyone who tries to understand how chakras work. If you are a beginner of chakra and want to know more of it, this is the book for you.

This is a good introduction for anyone new to chakras, which certainly includes me. It takes the reader into what chakras are, including the 7 main chakras. I wasn't aware that chakras needed to be awaken or that they may need healing. I know now. I found the chapter on remedies for chakras to be intriguing (well the whole book was intriguing, really). The book promises to bring about a more balanced life and a more positive energy. I can see that as a possibility. The book is also easy to read. Overall, this is a helpful resource on the basics of chakras. Recommended.

This book is an excellent guide to chakras. I found the sections on the different Chakras, their locations within our body and each one benefits to be enlightening. All of the information in the book is easy to understand and written so that it makes sense to beginners like myself. Since reading the book I have started to apply the techniques and have already noticed beneficial changes. I'll definitely be reading through this again to continue on my journey.

Awesome introductory guide to the world of chakras. Really broke things down for a newbie like me and explained everything in an easy to follow and understand manner. Glad I grabbed this one. Lots of wonderful insight throughout. Nicely done!

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.

I love this book. In this book you will begin to understand what the chakras are and how they are viewed. They are found in our bodies, but their energies are projected around our body. A person who is a clairvoyant or a psychic will be able to view your chakras with ease. They are found in your aura. You will also learn what the Human Aura is. And in this book, you learn how to balance in our body which has great effect on our health.

Taking on the rare but natural way of treating my body and mind by stimulation the inner energy that keeps me in the motion of a healthy and mindfulness state. The book has vital information on enhancing the living through proper chakras stimulation on our various body parts.

LOVE it!!! still reading. learning different chakra points in the body and what it does. I am able to have more control over my emotions and actually feel better every day and understanding why taking care of my body and using the right energy flow will leave to a longer lasting and fulfilled life!

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