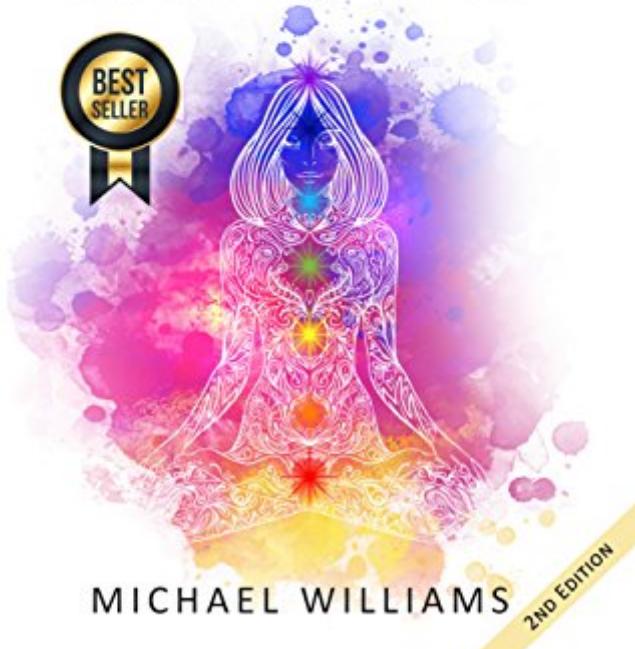


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# **CHAKRAS: Chakras For Beginners - How To Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga)**

## **CHAKRAS FOR BEGINNERS**

How to Awaken And Balance Chakras,  
Radiate Positive Energy And Heal Yourself





## Synopsis

Second Edition with more Great Content Now Available! 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. Scroll up and Click the "Buy now with 1-Click" button to get Chakras for Beginners: How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself and begin your journey to a better life today!

## Book Information

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## **Customer Reviews**

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.

Wonderful book for beginners wanting to work with chakras and finding out basic info about the chakras. I have always been fascinated with chakras and energy work, and found this book to be very useful. Love the meditations and affirmations in one chapter. Great read!

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. I have benefited greatly from organizing perception and self-awareness based upon these centers of power. I highly recommend this book especially to those who are beginners like me.

An eye opening insight into our Chakras and their effect on us! Michael Williams explains Chakras in an easy to understand way and also gives us concrete actions we can take to balance our Chakras so that we stay positive and motivated. 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 thought it was a great starter guide. Not to much info just enough to get you started in learning about chakra energy.

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!

i like this book alot it gives you a lot of information

This book is lame. It contains a grand total of 54 pages with no illustrations and no color references. I just flushed money down the toilet.

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CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga)

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Mudras for Weight Loss, Mudras for Awakening Chakras, Mudras for Healing (Mudras - Chakras - Mudra yoga) CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye) Positive Thinking: 50 Positive Habits to Transform you Life: Positive Thinking, Positive Thinking Techniques, Positive Energy, Positive Thinking,, Positive ... Positive Thinking Techniques

Book 1) Chakras: Awaken Your Internal Energy → Balance Chakras, Radiate Energy and Healing Through Meditation (Chakras, Spirituality, Serenity) Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy and Healing Through Meditation CHAKRAS: Chakras For

Beginners: Step-by-Step Practical Guide to Awaken Your Internal Energy & Balancing the 7 Core Chakras Using Meditation Mudras (Spirituality, ... Emotional Physical or Mental Imbalances)

Chakras: Purify and Strengthen Your Inner Self- Radiate Energy, Balance Chakras and Meditation Healing (Chakras, meditation,mindfulness,) Chakras: Chakras :Learning To Balance Your Chakras Made Simple (Chakra Alignment ,Chakra Healing, Chakra Balancing Book 1) CHAKRAS: Mudras

for Balancing and Awakening Chakras: The Powerful Personalised Meditation Guide, Cleanse And Activate Your 7 Chakras, Feel Energised And ... Mudras, Enlightenment, Spirituality) Chakras: How to Awaken Your Internal Energy through Chakra Meditation (Chakras for Beginners) Chakras: Chakras for Beginners, Awaken Your Internal Positive Energy, Healing, Spiritual Growth, Balancing, Essential Oil for the Chakras Chakras for Beginners: How to Balance Chakras, Strengthen Aura, and Radiate Energy Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation,Yoga Poses, Relaxation, Stress Relief,Yoga for beginners) Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Chakras, Kundalini: 2 in 1 Bundle: Book 1: How to Awaken Your Internal Energy through Chakra Meditation + Book 2: The Kundalini Awakening Guide for Healing and Unlocking Your Spiritual Power Chakras: Activate Your Internal Energy Centers And Heal Yourself - The Complete Guide To Chakras For Beginners: Balance Your Body, Mind And Soul Chakras: Complete Beginner's Guide to Balance the Chakras and Heal Your Body Through Positive Energy Chakras for Beginners: Awaken Your Internal Energy And Heal Yourself

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