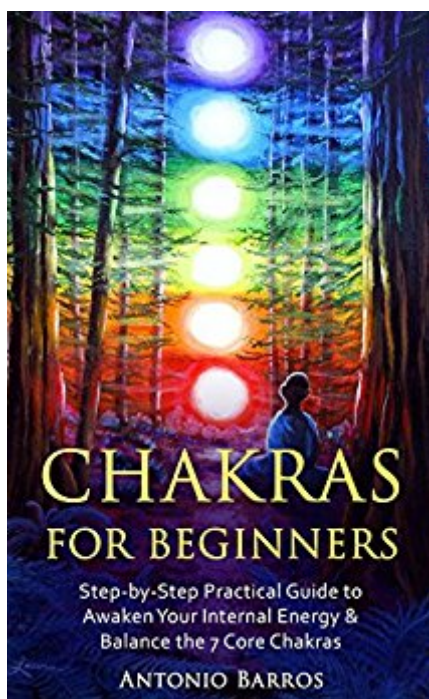


The book was found

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)



Synopsis

Chakras for Beginners: Step-by-Step Practical Guide to Awaken Your Internal Energy & Balancing the 7 Core Chakras Using Meditation Mudras

Are you interested in learning about the energy centers in your body? Have you ever considered incorporating meditation into your everyday life? Do you want to learn about the basics of chakras? If you answered YES to any of the above questions, "Chakras for Beginners" is the book for you! This book was designed as an introductory book and will present you with multiple meditation guidelines (Mudras) and Chakra rebalancing techniques, which you can implement to improve your daily life. Anyone interested to learn about restoring your inner balance and experience spiritual healing will be able to enjoy this book. What exactly will I learn from this book? You will learn things like: The exact details of the 7 core Chakras in the body Exploring the practical uses of spirituality in your daily life Being able to identify where emotional, physical or mental imbalances originate from How you can direct your inner energy in a daily routine to find inner peace How to use mudras to rebalance your chakras However, these are just SOME of the elements discussed in this book! Learning about Mudra and Chakra-related meditation is not only a spiritual and inspirational choice, it is also a lifestyle choice. By altering your perspective on life and changing your daily habits using meditation, you can allow yourself to reduce personal stress and put everyday problems in perspective. Using the guidelines of your inner Chakras, you can start your journey towards a more peaceful and balanced mindset and set yourself on the road towards inner peace. The book will discuss how to rebalance each core Chakra in your body using Meditation & Mudras:

- #1 The Root Chakra (Mulhadara)
- #2 The Sacral or Naval Chakra (Swadhistana)
- #3 The Solar Plexus Chakra (Manipura)
- #4 The Heart Chakra (Anahata)
- #5 The Throat Chakra (Vishudda)
- #6 The Third Eye Chakra (Anja)
- #7 The Crown Chakra (Sahasrara)

Discover How to Balance Your Internal Energy | This book will introduce you to a wide variety of ways in which you are able to detect imbalances in your body's Chakras, and will tell you how to restore your balance again. These imbalances include emotional, physical and mental problems. You will be taught how to rebalance again using meditation techniques, which will guide you in radiating your inner energy into the right places. Interested to learn more about chakras and directing your inner life energy? Scroll to the top of the page and select the BUY button to start reading immediately!

Book Information

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Customer Reviews

This book explained what chakras and auras are but it also gives a clear understanding of how they work, where they are in the body and how to balance them. You can learn pretty well how to handle stressful situations and how to release the negative energy that affects your body. It will guide you through meditation where the Chakra can activate its highest, most radiant energies so that you can unlock the pathway to your potential.

This book will help you discover and understand Chakras in its deeper meaning. If you are suffering from anxiety, mental imbalance and other emotional problems this book will help you to heal it all. You will also learn on how to increased awareness and openness to Psychic and Spiritual Information and also to have a Faster and greater ability to heal your Physical, Emotional, Mental and Spiritual Issues.

Excellent book on Chakras for beginners. It goes in depth into the 7 main Charkras and ways to awaken them leading to a more balanced, energized and sustained lifestyle. I highly recommend this book to anyone who is looking to get a better understanding of Chakras and achieving inner peace. The book is short and informative; just the way I like it!

This book teaches us about chakra and how can it be used in our lives. Get ready to explore the inner world of chakras and discover the different type's energies in our body. Chakra is usually used in healing and this book helps us understand how to balance our chakras for healing. There is really a significance of chakra in our lives and we can make the most out of it if we will understand it. This book certainly caught my attention because it talks about something I have little knowledge about. This makes this book very appealing--I really want to learn more about Chakras.

Excellent information, easy to read and understand,book still has many helpful insights and practices that will deepen and expand your practices and understanding of the chakras,Well written and thorough, this book gives a good introduction to the chakras.. loved it!

I found it enlightening since I don't have any knowledge about chakras. I now have a better understanding of the chakras and I am looking forward to growing spiritually through mediation, prayer and other exercises outlined in this book. The way it is written makes it so simple to follow and understand each of the chakra systems and it also includes some small beautiful meditations that I enjoy as well.

I love this book I was wondering how exactly can knowledge about chakras help for getting more energy and happiness out of my life. This book explains it all. I was struggling with emotions for a longer time period and this book gave me some ideas why it was happening and how to deal with it. I can't wait do start working on it.

I am, indeed, a beginner trying to learn . . .

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