



Chakras:Chakras For Beginners: Discover The Seven Major Chakras: Balance Chakras, Radiate Energy and Heal Emotional, Physical and Mental Imbalances (Chakras ... Books - Chakras Bible - Chakras Healing)

Alicia Stevens

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*****SPECIAL OFFER!!!** LIMITED TIME
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Start Balancing The Seven Chakras Within 24 Hours

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Find Balance And Maximise Your Energy

Are you interested in maximising your energy? Would you like to find a natural way to alleviate the symptoms of disease? Do you wish for days when your mind, emotions and physical body can be perfectly in sync? If you answer yes to these questions, then this is the right book for you.

Chakras for beginners is a book that focuses on how you can use chakras to find balance in your life.

Chakras are basically energy centres in your body, and there are seven main energy centres. These centres can all be easily traced using your spine. Understanding these centres, and how they move in and affect your life, can help you find healing for a variety of physical, mental and emotional issues you may be facing.

These issues include addiction, stress, lack of confidence, self-awareness, obesity and more. The energy centres that chakras represent can be found on your lower back, all the way up to the top of your head. For ease of differentiation, each chakra is represented with a name and a colour.

10 Benefits Of Balancing Chakras

Live Your Life At The Fullest

These centres of energy can affect not only your mood, but your ability to execute day to day tasks. They can

be stimulated on a daily basis, so that you can live your life at the fullest peace and wellbeing, using the energy that is within you. The challenge comes in when you begin to consider how they should be used. Using your chakras involves becoming aware of them, and thinking of ways that they can be used to promote health and balance.

Whenever you are focusing on your chakras, you may find that they are in perfect balance or a state of imbalance, although an imbalance is more likely. It is best to try and feel through all of them, so that you can identify the one that you need to work on the most. If you can identify what is causing you the imbalance, you can then take up the opportunity to use healing exercises to create a balance.

A block or imbalance in chakras will lead to the slowing down of a basic life force. This can negatively affect every area of your life, leading to physical pain, mental anguish or emotional misery. As this affects the person's mood, you may appear to be tired, depressed or listless. If your chakras are balanced, you promote health and well-being.

This book contains details of exercises that you can conduct to help you understand the basics of chakras and how you can apply them to your life.

What People Are Saying

"The author was able to cover everything in detail which helped me fully understand the essence of Chakra."
-Amazon Customer

" I cannot imagine a more comprehensive yet succinct book that both answers questions while fueling the desire to learn more. I would say that the Author has much to offer in this area and I have gained much by reading and studying this book." - Amazon Customer

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Marylou Arroyo:What is your hobby? Have you heard which question when you got pupils? We believe that that concern was given by teacher on their students. Many kinds of hobby, Every person has different hobby. Therefore you know that little person such as reading or as examining become their hobby. You should know that reading is very important along with book as to be the issue. Book is important thing to increase you knowledge, except your teacher or lecturer. You see good news or update in relation to something by book. A substantial number of sorts of books that can you choose to use be your object. One of them is this Chakras:Chakras For Beginners: Discover The Seven Major Chakras: Balance Chakras, Radiate Energy and Heal Emotional, Physical and Mental Imbalances (Chakras ... Books - Chakras Bible - Chakras Healing). Download and Read Online Chakras:Chakras For Beginners: Discover The Seven Major Chakras: Balance Chakras, Radiate Energy and Heal Emotional, Physical and Mental Imbalances (Chakras ... Books - Chakras Bible - Chakras Healing) Alicia Stevens #AWNQ0EIO3GT

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