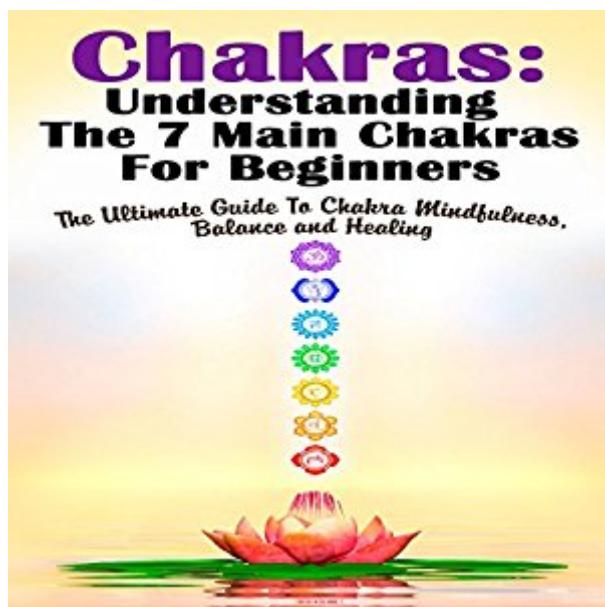


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# Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance And Healing



## **Synopsis**

Do you know the seven main chakras and how they can heal your life? I hope that this book will help you to live longer and discover the biggest mysteries of the universe. You will be amazed to see that there is a unique and intriguing connection between the human body, nature, and the universe, and I hope that this book will reveal some truths that can help you to live a healthier life. If you want to live a healthier life, you need to accept positive change and open all of your heart to anything that can enhance your life. I am sure that you will enjoy this book, as I wrote it for people who are wise enough to accept the great changes that chakras may bring in their lives. I am sure that you will be able to rediscover yourself with the help of chakras. This book is here to guide you through this process. In the end you will feel more positive about yourself just by the understanding and use of chakras every day. A chakra is like a spinning vortex that is producing a vacuum in the center. There are multiple chakras across the spinal column of the human body. If there is any sort of disturbance with a chakra, this will lead to psychological problems. I hope that this book will help you to understand how chakras work, and I hope that you will be able to lead a healthier lifestyle with the help of this book. Here is a preview of what you'll learn: Seven main chakras How can you balance the seven chakras Understanding chakras Using powerful affirmations Mudras Healing techniques Much, much more! Just scroll back up to the top and download your copy today!

## **Book Information**

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## **Customer Reviews**

The book talks about chakras or what I've known to be auras. I liked the discussion of the 7 different chakras and the exercises to achieve wholeness and well-being. It is useful to know these

alternative techniques of relieving the stresses of life and achieve relaxation and balance. Reclaim your focus and energy by learning and understanding chakras. This book is very helpful.

This was a short, interesting book written in a friendly tone. I give three stars because it is in need of a good editor- many typos and odd word placements, at least in the Kindle version. Perhaps it would be better titled as an intro, or brief overview, not an "ultimate guide."

Very informational about the chakras

Shorter than i expected but still has good info

What a fantastic book! For those of you that are into yoga and healthy living this is the book to buy. I found this book fascinating and a great accompaniment to my yoga

This is a short but interesting book which can help you understand more about Chakras

Good book

I really enjoyed this little book was easy to understand and read! I would suggest this book for beginners trying to understand their body and chakras. I read it and was able to start using some of the techniques!Enjoy!!

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