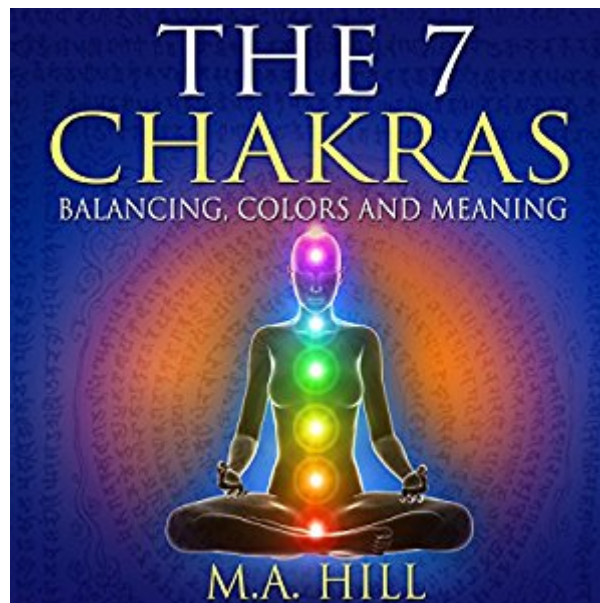




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# The 7 Chakras: Balancing, Color And Meaning: Hinduism Philosophy And Practice



## Synopsis

The seven chakras are energy centers that are fundamental for our well-being. By understanding the main seven chakras, we can improve our lives and connect our physical bodies to our spiritual bodies. This will, in turn, enable us to lead longer and healthier lives. In this book you will learn:

What are chakras? An overview of the seven main chakras as well as the important minor chakras

Chakra 1: the root chakra Chakra 2: the sacral chakra Chakra 3: the solar plexus chakra Chakra 4: the heart chakra Chakra 5: the throat chakra Chakra 6: the brow chakra Chakra 7: the crown chakra

What is chakra healing and balancing? How to balance your chakras, part one - foods and exercises How to balance your chakras, part two - techniques How to feel and understand auras

Chakras and your relationships

## Book Information

Audible Audio Edition

Listening Length: 2 hours and 3 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: MGRShop

Audible.com Release Date: June 10, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01GUDQF7C

Best Sellers Rank: #64 in Books > Religion & Spirituality > Hinduism > Rituals & Practice #153 in Books > Religion & Spirituality > Hinduism > Chakras #231 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions

## Customer Reviews

In a busy world, having a book like The 7 Chakras to read is very helpful for us to gain balance between work, school, and other activities. It helps us to understand the process is running inside our body so we can touch our body deeply.

A great way to start learning about the seven chakras and auras. I only gave four stars because of some tedious and highly distracting editing issues, but content wise, a great read.

This book covers chakras and auras. A must read for someone beginning spiritual research or

getting into metaphysics.

Very well written and easy to follow.

very informative and easy to follow

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