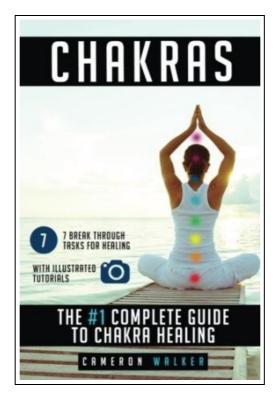
# Chakras: The #1 Complete Guide to Chakra Healing (Paperback)



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## Reviews

This ebook will never be effortless to get started on studying but extremely fun to read through. It is actually writter in easy phrases and never difficult to understand. It is extremely difficult to leave it before concluding, once you begin to read the book. (Pearl Corwin)

## CHAKRAS: THE #1 COMPLETE GUIDE TO CHAKRA HEALING (PAPERBACK)



Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*\*. For millennia, chakras have been part of teaching of great yogis. The philosophy of chakras originates from ancient yoga texts, especially the Tantric texts, and the term chakra, which derives from Sanskrit, means wheel or disc. Chakras are our portals between the physical and spiritual plane, and our aura is a vibrational shell, that is an electromagnetic field of energy that surrounds everything and its purpose is to regulate the exchange of energy among us, our thin bodies, and the cosmos. If the ancient teachings on chakras are true (and they are), they will undoubtedly become more and more known in our society, as humanity possibly continues to evolve. Chakras will become part of our everyday language, just as the word energy has become commonplace in recent decades. Sooner or later, society will apply the chakra wisdom to health, relationships, the environment, psychology and spirituality. It is a natural development, since chakras are like the hub of a wheel of rays of energy that expand towards all aspects of our life. This book will be your complete and user-frindly guide to learning all there is to know about chakras, discovering the complete spiritual and material aspects linked to each of the 7 chakras, and learn step-by-step processes for chakra healing. Learn how to explore and balance your own chakras using meditations and simple mantras-along with gaining spiritual wisdom, you ll experience better health, more energy, mindfulness, enhanced creativity, and the ability to manifest your dreams. Here s a preview of what you ll learn. -The history of chakras and their deep spiritual meaning -Elements, colors, nourishment, features of each of the 7 Chakras and of people focused on a particular Chakra - Psycophysical...



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