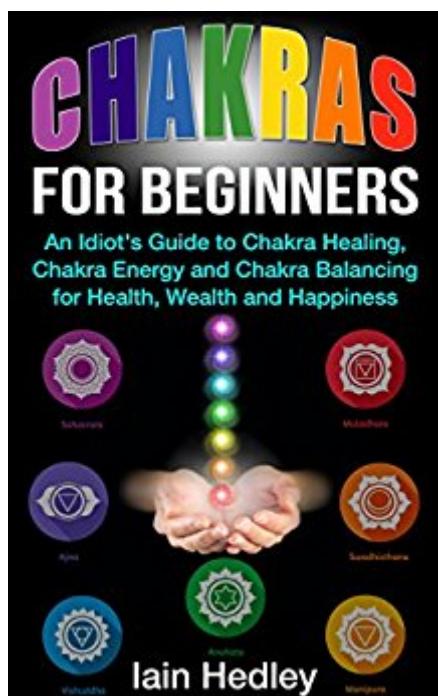


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# Chakras For Beginners: An Idiot's Guide To Chakra Healing Chakra Energy And Chakra Balancing For Health, Wealth And Happiness (Chakra Healing, Chakra Balancing, Chakra Meditation Book 1)



## Synopsis

Everything You Need To Know About Chakras And Chakra Healing For A Very Short Period of Time, Get This Kindle Book For \$2.99 Only. Regularly Priced at \$4.99. Read On Your PC, MAC, Tablet, Smart Phone or Kindle Device

When we think of Chakra meditation, the first thing that comes into most people's head is sitting in uncomfortable position and making uncommon sounds. But that's not what it is. Chakra healing is not only for yogis and monks.

Understanding Chakras, Chakra Balancing And Chakra Healing, For Health, Wealth And Happiness

You will find out everything you need to know about Chakras in this book. May be you have never heard of Chakra healing and balancing before or maybe you do have a little bit knowledge when it comes to this field, either way this book will prove of great value to you. Chakra meditation is an extremely simple and universal practice that helps people dramatically increase their mental wellness and overall happiness.

Chakra balancing would allow energy to easily flow and will help you achieve peace and relaxation.

This book is designed to offer a practical, usable introduction to the Chakras, how they can affect our health and well being and how to identify imbalances. You will find proven steps and strategies that have worked for years and years and are still considered very beneficial. The book has been designed in a way to fast track your journey towards mindfulness and relaxation with the help of Chakra balancing.

Mindfulness, Relaxation and Peace

You will be introduced to each Chakra in our body separately in the later part of the book. And you will find out what are the characteristics of each chakra and how it can affect your health, wealth, emotions and well being. You would know how to balance your chakras because imbalanced chakras can block the energy and can lead to physical and emotional sickness.

If You Are Looking to be happy from inside

Struggling to attract abundance in your life

Trying to get started with Chakra Meditation

Trying to learn more about Chakras to enhance your experience

Searching for inner peace

Needing some motivation

Yearning for mental wellness and relaxation

Longing to be successful spiritually

And haven't gotten your answers yet

Then This Book is For You!

You are seconds away from being taught all of the above mentioned and much more. Here is a Preview of What You Will Learn in Detail From This Book

\*An Introduction to what exactly Chakras are

\*Some very important background in the field

\*The 7 Chakras, All explained separately

\*Great tips for beginners

\*Chakra healing and balancing

\*Proven Chakra meditation techniques

\*How you can make your Chakra meditation more effective

WOULD YOU WANT TO KNOW ALL THAT AND MUCH MORE??

Invest in yourself and take action today by downloading this book for only \$2.99 and start your journey towards living a life you always wanted to. Happy reading!!

Download Your Copy Today

Tags: Chakras for Beginners, Chakra healing, Chakra Balance, Chakra Meditation, Chakra Yoga, Chakra Clearing, Chakras for dummies,

Meditation, Meditation Guide, Meditation Guide For Beginners, Relaxation, Mindfulness, Inner Peace, Abundance, Happiness, Meditation for Beginners, Meditation for Dummies, Meditation Techniques, Meditation Daily, Meditation Exercise, Meditation handbook, Meditation Healing, Meditation Kindle, Meditation Made Easy, Meditation Now, Meditation secrets, Ultimate guide, Meditation Weight Loss, Meditation Yoga, Meditation Zen.

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## **Customer Reviews**

There were at least 20 books by this name on . But I'm glad I read this one because it provided a good overall view of what Ccakras are and how to incorporate that knowledge into my life. This is only a 25-page book, so don't expect a complete guide. The first 2-3 pages are the copyright and disclaimer page. I don't know why many of today's ebook authors feel it necessary to have a long copyright and legal disclaimer. The introduction promises you more than a short book can deliver: "...proven steps and strategies on how to get in touch with your inner self, become more self-aware, and improve your health, wealth and happiness." Hey, we don't need those 200 or 300-page book after all, not when about 20 pages will do the job. But the author gets to the heart of the chakra thing

quite well, "...demystifies most of the strange terminology...and shows what is useful and what isn't." I'm realistic to know that many mini-books or guides over-promise. You can't "look at each Chakra in detail" in 20 pages. And one of those pages resurrects that old fable about four blind men and an elephant. Then about halfway into the "book" we get into "The 7 Chakras," those "astral" or "subtle" energy bodies. I just have to list those seven because the names are intriguing: Muladhara (beginning with the part of the body on which you sit), Svadhishtana (going upward), Manipura, Aahata, Vishuddha, Ajna (look for your third eye here), Suhasrara (my bald spot). I might seem flippant here but one has to have a sense of humor to understand some of these deep things! Whether you want to learn the very basics for your own development, or to see what all the fuss is about, this book will serve you well. If nothing else, you might learn how to breathe for chakric energy, cleansing, meditation, and more. Right there this book is worth the read.

Chakras for Beginners is an introductory guide that explains in detail what chakras are and how you can use them to better your health. Initially I found the writing a tad wordy, but the more I read and became absorbed, the better it seemed. I recommend you read this book because it's loaded with useful information you can take action with to improve your health. I've heard of chakras before, but the more I learned about these energies in this guide, the more interested I became. Good book to get you started becoming a better you!

This is nice, easy introduction to the chakras. Iain certainly knows what he is talking about and the first part of the book is very informative. The explanation of what each chakra relates to is also concise yet rich. I will certainly use it as a quick reference for my own books, where each chakra is experienced as an island. The healing section, in my mind could be a little longer, but all in all, for a very first contact with the subject, it does what it sets itself out to do.

I am absolutely fascinated by chakras and read everything I can get my hands on on the subject. This is one of the better guides I've read. It's for beginners and does a great job of providing background info on chakras, but still plenty of info to keep more experienced readers interested. I plan to use some of the tips in this book in my chakra meditation.

Very interested read. Definitely a good book to have if you want to learn more about the world of chakras. I studied chakras a long time ago so I was familiar with the ideology of spiritual energies. I believe that if certain chakras are blocked then it can in fact impede the healing process in your

body. The book goes on to do a wonderful job of explaining the 7 chakras in your body and what you need to do to clear any blockages as well. All in all I was pleased with my purchase.

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... techniques, aura, reiki for beginners) Chakras: Chakras for Beginners, Learn to Balance Your Chakras, Heal Yourself and Attain Inner Peace (Spiritual Journey Book 3) Yoga: Your Journey To Incredible Health, Weight Loss, and Ultimate Happiness (2nd Edition) (Yoga, Yoga for Beginners, Yoga Positions, Meditation, Mindfulness, Chakras, Mobility) Reiki: The Ultimate Guide to Mastering Reiki for Beginners in 30 minutes or Less! (Reiki - Reiki Healing - Reiki For Beginners - Yoga for Beginners - Meditation ... Beginners - Kundalini For Beginners - Zen)

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