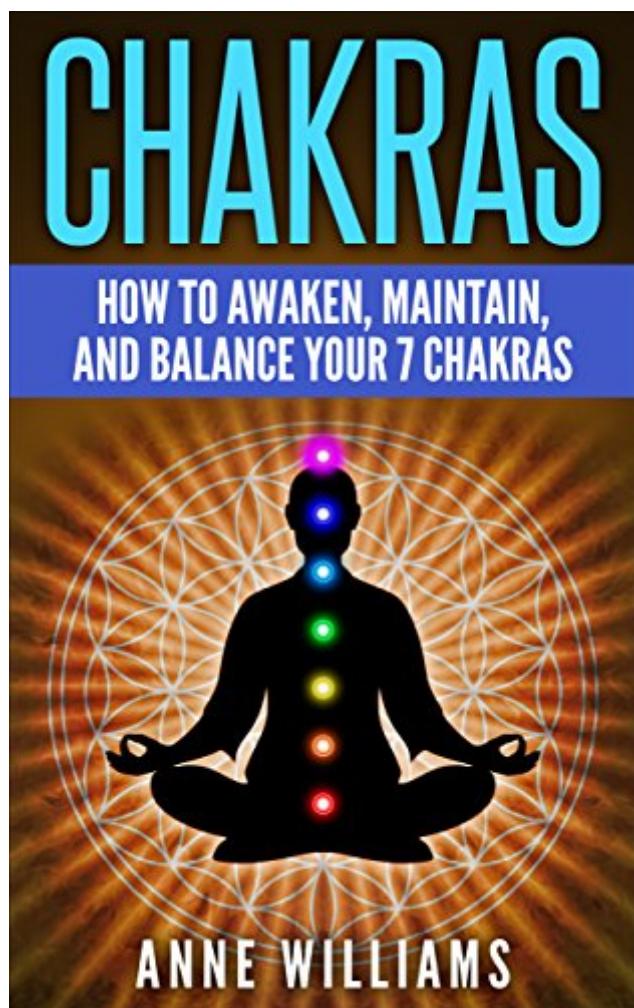


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# Chakras: How To Awaken, Maintain, And Balance Your 7 Chakras



## Synopsis

Unlock the Secrets to Awakening and Balancing Your Chakras Today! Read this book for FREE on Kindle Unlimited ~ FREE BONUS BOOK: Achieve Anything You Want in Life ~ DOWNLOAD NOW before it's gone! Our bodies are wired with energy that allows us to scale the course terrains of mountains, stride across marathon finish lines, and keep up with our demanding and hectic daily schedules. Yet, another form of energy constantly flows throughout our bodies as well. This energy is produced in 7 different locations throughout our body "starting at the base of the spine and stretching to the top of the head" and fuels our emotions, controls our physiological processes, dictates our thoughts, and shapes us into the unique individuals we are. These centers of energy are called Chakras, and each Chakra plays an active yet unique role within the energy system that circulates within in. This book will help you discover the essential basics of each of these 7 major Chakras "where each Chakra is located, what function each Chakra serves, what the symptoms of an imbalanced Chakra entail, and how to balance or open each Chakra by consuming specific foods and adopting specific exercises. Amidst all this information, each chapter will begin and end with a handful of exercises that will help any reader awaken, maintain, and balance their 7 major Chakras. Live with the energy and passion that you deserve! Take action NOW!... Click the orange 'Buy Now with One Click' button on the top right hand corner of your screen to download your copy today!... Don't forget to download your free bonus book, Achieve Anything You Want in Life! Risk Free: Offer includes a 30-day Money-Back Guarantee - no questions asked.

## Book Information

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## Customer Reviews

This is a good introduction for anyone new to chakras, which certainly includes me. I found this to be an easy-to-read book. It's very interesting to learn about energy. I learned so many things about the seven chakras and appreciated the value of them. The definitions are well-defined and expanded in captivating ways. This is the perfect book for anybody wanting to know about this topic and wouldn't hesitate recommending this to anybody.

This book simply explains everything! Detail by detail. Before, I thought of chakra on a general overview but after reading this book, I was able to know that there are 7 main chakras on our body that has a particular purpose. After reading this book, I have a good idea about how chakras can affect your entire life. Being in balance is so important and knowing how to get in balance is even more important. For the beginner wanting to learn more about chakras, this book is for you!

I am totally convinced that this book, Chakras: How to Awaken, Maintain, and Balance Your 7 Chakras, will definitely help those people who would like to somehow activate their 7 Chakras. The book has been very comprehensive in its discussions and I believe that these have been clear enough to be understood. It is amazing to know that there are energies within our bodies that must be harnessed in order to make them more useful. This book has explained a lot.

Chakras are energy points on our bodies that need to be well balanced for our well being. When your chakras are blocked, the flow of energy in and out your system and into other chakras gets impeded. This can have negative effects on your entire well-being. This is because blocked chakras tend to coincide with specific psychological issues and existential biases. Explore the available information about your to live a healthy life.

I find this Chakras book an interesting read. It has given some ways on how we can awaken and balance the 7 Chakras that we supposedly have. And what I find most interesting is that this book was able to discuss the essential basics of the 7 major Chakras and the stuff related to them. Like

where they are really found, what are the functions of each, and a lot more. Yes, this has truly been an interesting read.

In yoga and meditation Chakras refers to wheels of energy throughout the body. There are seven main Chakras which align the spine, starting from the base of the spine through to the crown of the head. In order to understand better how a chakra is represented in the body we can imagine a swirling wheel of energy where matter and consciousness meet. This invisible energy that is called Prana is a vital life force which keeps us vibrant, healthy, and alive. Anne Williams did a great job describing them and I learned that each Chakra has its significance in our body. You will learn how to open and develop each Chakra with an exercise to get started, its meaning followed by a chapter with plenty breathing exercises. I really enjoyed reading this guide and I highly recommend it to anyone who would like to know more about Chakras.

I do yoga from time to time and these kinds of topics really interest me. It's a given fact that yoga and other forms of meditations have positive effects to the human body. Although no scientific explanations with regards to chakras but still many people (including me) are open to these kinds of topics. You can say that the sense of a mystery is what makes people appreciate Chakras. This book provides those basics infos about chakras and how it directly affects the human body. It provides a colorful, concise, and head-on explanation on how chakras work and even the concept behind it. Great book!

Just know that these centers of energy are called Chakras. This book will help us to discover the essential basics of each of these 7 major Chakras where each Chakra is located, what function each Chakra serves, what the symptoms of an imbalanced Chakra entail, and how to balance or open each Chakra by consuming specific foods and adopting specific exercises. Amidst all this information, each chapter will begin and end with a handful of exercises that will help any reader like us awaken, maintain, and balance their 7 major Chakras principles needed.

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