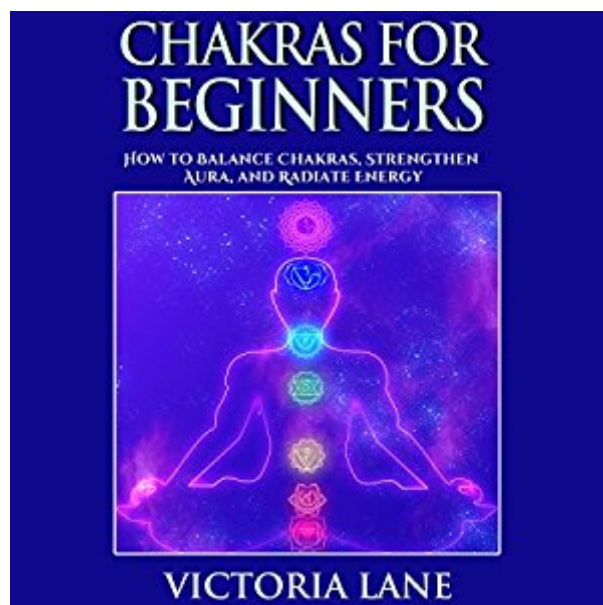


The book was found

Chakras For Beginners: How To Balance Chakras, Strengthen Aura, And Radiate Energy



Synopsis

Have you always wondered how to balance your Chakras? Are you a beginner looking for answers about this whole "Chakra craze"? THE FACT IS: Each and every living being is infused with a universal energy that nourishes and connects life. This energy field is made up of the aura (which manifests itself in seven layers) and the chakra system (which comprises of the seven major chakras.) Listen on to figure out how to harness this power to completely transform your life.

Chakras for Beginners - How to Balance Chakras, Strengthen Aura, and Radiate

Energy: Understanding the 7 main Chakras - Here you will learn how Chakras are related to functions your body performs and are influenced by specific circumstances in your life. Balancing the 7 Chakras - Do you think it is possible to balance something that you cannot see? Will you be able to open up these chakras without getting a feel of what they look like? More importantly, do you even know if your chakras need healing or opening up? Are they blocked presently? What are Chakras - Chakras can be termed as the spinning wheels of electric energy in your body. These wheels are made up of various colors and are responsible for a number of functions that connect your body to your energy field and the broader cosmic energy field. Positive Affirmations - These are powerful mantras, chants or quotes that encourage you to stimulate positive emotions. You can choose any powerful mantra that you like or even create your own.

Book Information

Audible Audio Edition

Listening Length: 59 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: On and On Publishing

Audible.com Release Date: January 7, 2015

Language: English

ASIN: B00RYGOQSU

Best Sellers Rank: #68 in Books > Audible Audiobooks > Health, Mind & Body > Exercise & Fitness #140 in Books > Religion & Spirituality > Hinduism > Chakras #751 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

My father lived and worked in India for a number of years and became interested in yoga and meditation, something he passed on to me. We have at home countless books on the subject, but

the majority are so dense and technical you have no idea what they are about. Here, finally, Victoria Lane brings us "Chakras for Beginners", a simple, step-by-step introduction to the esoteric world of chakra balance that I do not hesitate to recommend. Life is a question of equilibrium, and here you will learn to recalibrate chakras, which, in turn, strengthens your aura and leads to greater understanding and happiness.

This is a pamphlet, not a book. The total page count of information is 25 pages, and it is so vague that there is no value within the pamphlet. Save yourself the time of downloading, or in my case, purchasing a "hardcopy" of the "book". Go to Wikipedia and google Chakra. Boom done. No pamphlet needed. If you do want a real book on Chakra then consider looking at other authors.

I am dissatisfied in the book. Lite in pages (it's really more like a pamphlet) and lite on content. I wished I would have read the reviews prior to purchasing. Personally, I think the value is not there and you probably can find something with a little more depth for the same price.

This book is a booklet not a book. The info was ok, what there was of it. Are the previous reviews planted? this book was not worth the money. Do yourself a favor and don't buy this book.

I purchased this book because I recently became interested in yoga and meditation. I found this to be a great overview of the charkas, their purposes, and how to open them. It was a fairly short read, but it was straight to the point and seemed to cover all of the basics. I am now interested in pursuing a more in depth book. With that being said, I think this a great read for someone who is curious and is looking for a basic overview.

I know of and have heard of chakras but i never really had it explained to me. This book explained it all in a clear and concise manner. It is easy to read and if you are a beginner like me, you will walk away with a good feel of what a chakra actually is. complete with meditations, this is a book for anyone interested in beginning chakras.

I've always had an interest and wanting to get to know about what chakras and auras are. This book explains this perfectly and is exactly what i was looking for. Not only does it explain what chakras and auras are but it also gives a clear understanding of how they work, where they are in the body and how to balance them. This is the perfect book for anybody wanting to know about this topic and

wouldn't hesitate recommending this to anybody.

I was very curious about Chakras and this sort of thing lately so I'm glad I got a hold of this book. This book was very helpful and well explained for people who have no previous experience with Chakras. Can't wait to get started. I highly recommend this book!

[Download to continue reading...](#)

CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye) Chakras for Beginners: How to Balance Chakras, Strengthen Aura, and Radiate Energy Chakras for Beginners: How to Activate and Balance Your Chakras to Strengthen Your Character and Live a Better Life Chakras: Understanding the 7 Main Chakras for Beginners: The Ultimate Guide to Chakra Mindfulness, Balance and Healing Your Aura & Your Chakras: The Owner's Manual Radiate Renewable Energy Made Easy: Free Energy from Solar, Wind, Hydropower, and Other Alternative Energy Sources Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science Balance and Calm: Adult Coloring Book Art Therapy for Grownups (Adult Coloring Books, Balance Coloring Book, Calm Coloring Book) (Volume 1) Off Balance: Getting Beyond the Work-Life Balance Myth to Personal and Professional Satisfaction The 7 Healing Chakras: Unlocking Your Body's Energy Centers Color Your Chakras: An Interactive Way to Understand the Energy Centers of the Body Giftology: The Art and Science of Using Gifts to Cut Through the Noise, Increase Referrals, and Strengthen Retention The Five Keys to Mindful Communication: Using Deep Listening and Mindful Speech to Strengthen Relationships, Heal Conflicts, and Accomplish Your Goals The Bare Bones Broth Cookbook: 125 Gut-Friendly Recipes to Heal, Strengthen, and Nourish the Body Fascinating Womanhood: The Updated Edition of the Classic Bestseller That Shows You How to Strengthen Your Marriage and Enrich Your Life Brain Flexers: Games and Activities to Strengthen Memory Power Foods for the Brain: An Effective 3-Step Plan to Protect Your Mind and Strengthen Your Memory Simple Worship in the War Room: How to Declutter Your Spiritual Life and Strengthen Your Faith (Battle Plan for Prayer Series Book 2) Strengthen Yourself in the Lord Study Guide: How to Release the Hidden Power of God in Your Life

[Dmca](#)