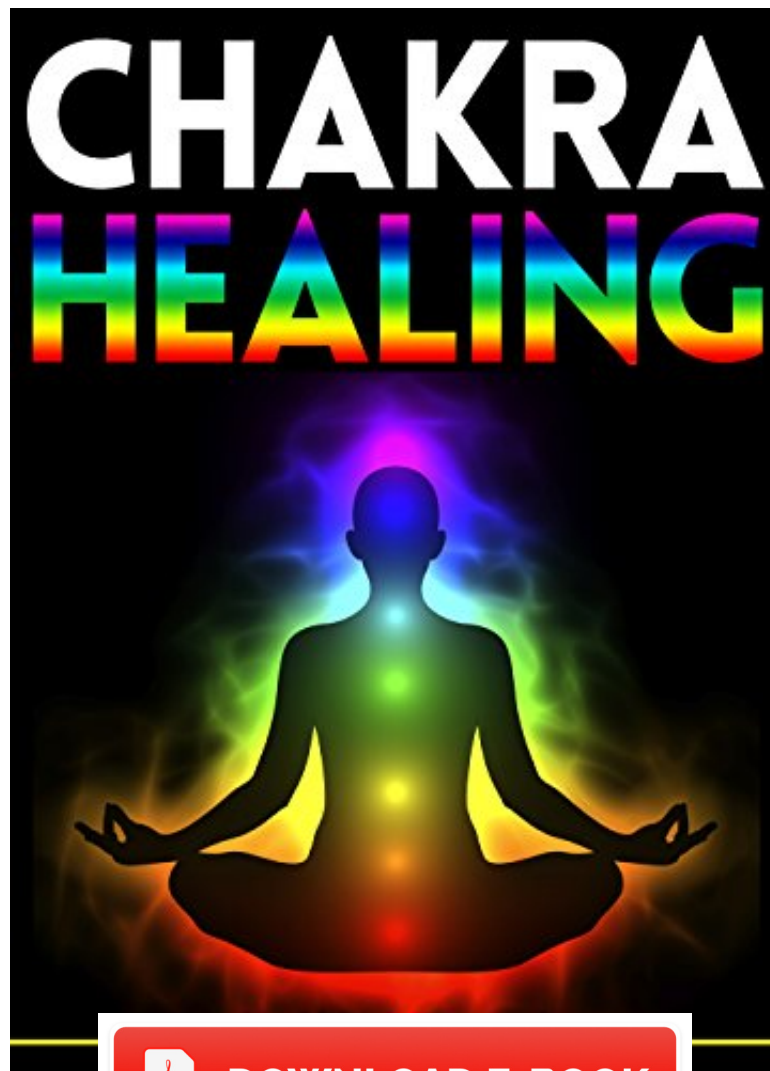


Chakra Healing: Discover How to Heal Your Chakras Through Chakra Healing Meditation and Other Chakra Therapy Methods

by

Joseph Baker



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Synopsis

If you're ready to heal your blocked chakras in order to enjoy a healthier and happier life, then this book is for you! Read on your PC, Mac, smart phone, tablet, or Kindle device. Chakra is a Sanskrit word that literally means 'wheel.' It refers to a center of energy that regulates body processes from the function of organs to psychological emotions. There are seven chakras within the human body positioned along your body's vertical midline. The chakras located at the upper part of your body are associated with intellectual aspects and the ones located at the lower part of your body facilitate physiological processes. When all of your chakras are open, balanced, and functioning normally, then they are considered to be healthy. However, when one or more chakras are thrown off balance, or become overactive, or even inactive - which naturally happens from time to time - then it's important to address this and restore balance by undergoing chakra healing meditation or another method of chakra therapy. This book is designed to help you better understand how your seven chakra centers work and how to use the various healing modalities that can help you restore balance in order to maintain good physical health and positive emotional energy. Here Is A Preview Of What You'll Learn... Understanding The Seven Chakra Centers Recognizing Blocked or Unhealthy Chakras Pure Awareness Meditation Inner Happiness Meditation Inner Vision Meditation White Light Meditation Reiki Therapy for Chakra Healing Crystal Therapy for Chakra Healing Aromatherapy for Chakra Healing Much, much more! Download your copy today!

What people say about this book

jace kiss, "It is a good thing that it can be healed too. I am not really into chakra but since the girlfriend is into it, I get hooked too. It is an interesting topic considering that it talks about the energies emitted from the different parts of the body. Reading this book made me realize, that having chakras is a possibility. It is just not a hoax. It is a good thing that it can be healed too."

Ebook Tops Reader, "however it has the fundamental things to think about Chakras which I've attempted really and it truly gave me a great deal posit. This book has a portion of the subjects that I haven't read from the other book. It is a brief read, however it has the fundamental things to think about Chakras which I've attempted really and it truly gave me a great deal positive vitality. I felt good and comfortable. Looking forward to reading more books from the author."

Cam M, "A Good Read. A good read for those interested in chakra health and spiritual well being. A few tips you can pick up."

Dr. Fredrick B., "Good to the point. Good read. Explains in basic terms. Easy to understand with examples. I would recommend if you're looking for balance in life."

Scott Winchell Jr., "Great helpful book!. I found this book to be helpful in its descriptions of the chakras. I am a new learner and this was a great reference for me!"

Andrew Bishop, "Nice book. Nice book"

nidhi, "Good book. Nice to read. Different options available to heal chakras apart from meditation which can take longer as well as difficult to do in this busy world."

Cliente Ebook Tops, "opinion. good and interesting book.it is detailing all the important informations about chakras, about how a beginner should start discovering it"

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