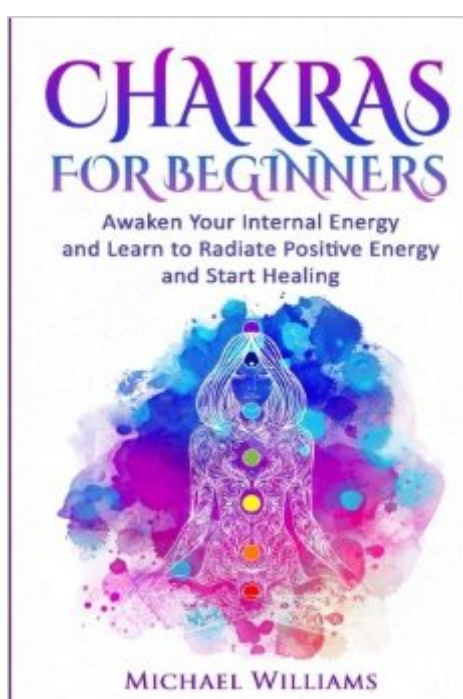


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# CHAKRAS: Chakras For Beginners - Awaken Your Internal Energy And Learn To Radiate Positive Energy And Start Healing (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye)



## Synopsis

• No one saves us but ourselves. No one can and no one may. We ourselves must walk the path. • - Buddha

Reject stress, accept change, and prepare to radiate positive energy with the natural healing powers of the chakras. In the Eastern world, the powerful healing properties of the chakras and their awakened state have been known for generations. In the Western world, however, the awareness of their properties and purpose are still relatively limited. Simply speaking, the chakras are specific points in your body through which energy flows. The unlocking and empowering of these chakras allow for a more balanced, healthy, and harmonious life. Undertaking a regimen of exercises geared towards the empowerment of the Chakras will enable you to unlock these energy streams as a means of combating the stresses, fears, and doubts that plague our everyday lives. If you're ready to become a more centered and harmonious human being, then look no further than this introductory guide. With the wisdom of meditation guru and author Michael Williams, you will be able to explore the different chakras and their part in completing a healthy, whole human being. With various exercises geared toward each chakra, this guidebook acts as a toolbox for empowering your chakras through meditation and practice. Here's what to expect in the beginner's guide:

- Introduction to the Chakras
- Reasons for suffering
- Breathing techniques to aid meditation
- Preparations for meditation
- Guide to the meditation process
- Exercises for each chakra
- Diet guide to promote healing and wellness
- Overview of spiritual awakening

And much, much more! Organized, informative, and inspiring, this introductory guide serves as a roadmap to peace and harmony through the revolutionary and natural wisdom of the chakras. Born from an ancient tradition of meditation and inner exploration, the practice of healing through chakra empowerment is a natural way to combat the crippling evils of stress, anxiety, and fear. Take back control of the good energy in your life and reap the benefits of a calm, balanced mind through the empowerment of your chakras. Take the first step to improving your life and grab your copy of *Chakras for Beginners: Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing today!*

## Book Information

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## Customer Reviews

It is a very useful book which provides us very detailed information about natural healing method named "Chakras". The author was well informed as to the newer approaches to improving energy flow through the chakras. This is so far the best, most comprehensive and clear guide that covers absolutely all the necessary steps and strategies to balance yourself through chakras. Overall This is a complete book. You will learn a lot from this book by following the different techniques steps on how to heal and balance yourself. I will recommend this book to my friends and my love ones. . I will definitely recommend it to my friends and family.

Fantastic book for people who want to know the basics about the way chakras -- invisible force fields that surround different areas of your body and shift between negative and positive energy depending on your mood, emotions, and health status -- work. Each of the seven chakras are laid out in an easy to review format in language that anyone new to concept can understand. Based on what the author explains, I can see that, according this tradition, which chakras are in balance and which need work for myself. I also enjoyed the positive outlook the author brings to the work, stating that though there are things that throw us out of balance, we have the ability to work through them.

This book is very good for Beginners who want to start Chakras I am one of them so this book is very helpful for me, I am very satisfied from this book information and great guideline about Chakras direction. I get much knowledge about chakras from this book and all information is too good. I think this book provide the best information and direction that a Beginners must need to start Chakras meditation. Overall I can say that this is one of the best guideline books for Beginners.

This is one of the best books i have read about chakras. The author is very fluent and has flow of his story. With the world that we are living today and the many challenges we face everyday, meditation and having understood the significance of peace, humility and calm is the best that can happen to a

person. I never knew that I had all the power I needed to be able to handle the situations and challenges in life.

Luckily I have searched this book which is amazing to read and implement also. This book perfectly gives guideline and tips in awakening positive energy and awakening internal energy so no need of hiding yourself because this book through instructions give you more awareness as everyone have third eye. I have learn a lot from this motivational book. I would like to suggest this book to all.

This book is indeed informative about chakras. The author is very comprehensive and so a good beginners guide. This book will open your mind and realize your third eye and inner energy. The author also teaches us on meditation which is a very essential aspect in our lives to attain internal peace. I am finding it very helpful as a beginner and would recommend this to anyone who wants to start on Chakras. A good book.

What I have learned from reading this book is that heart chakra is very important because it is the center of unconditional love, compassion, empathy, forgiveness and tolerance. The Heart is the seat of the Soul. Heart Chakra imbalance may be felt as difficult relationships, living through others, depending on others for your happiness, and a lack of self-discipline.

I absolutely loved this book. I've been working through it, spending a week on each of my chakras. Michael offers so many ways to bring balance into your life, and his work is very easy to comprehend. You will definitely find true happiness and peace after reading this book. I definitely recommend this for anyone who is interested in working with his or her chakras.

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