



Chakras: Chakra Healing: How To Awaken Your Internal Energy And Feel Energized And Recharged- Chakra Meditation For Beginners (Chakras, Chakras For Beginners, ... Chakra Healing & Chakra Balancing Book 2)

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The Western world is becoming more aware of Eastern philosophies.

How the different Chakras work and how they relate to your body and state of well being.

This book comes in a format that's easy to follow and includes all the foundational knowledge needed to understand each Chakra. Each chapter of the seven Chakras covers the English and Sanskrit names for the Chakra, the location, orientation and sense that the Chakra is related to. Information about each Chakra's color, associated element and the effects and purposes of that Chakra is also included. The book has many colorful graphics to help illustrate the various Chakras in such a way that makes it easy to understand and follow along. This book is recommended if you are interested in learning about Chakras, are new to the world of Chakras and is also a great resource if you have some experience with Chakra.

Begin your journey to a more enlightened state of being by clicking the **BUY IT NOW** button at the top of the page. You may find that your emotional and mental health improves and you will possess a better understanding of your inner self as it relates to your outer self.

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