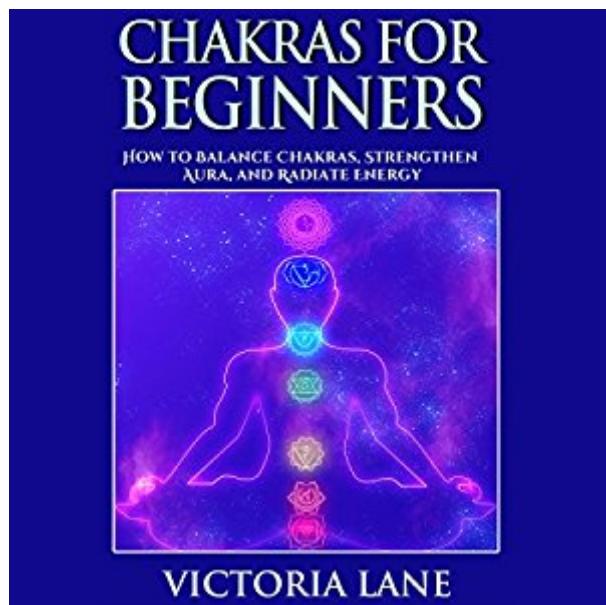


The book was found

# 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**

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## **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 dissapointed 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!

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