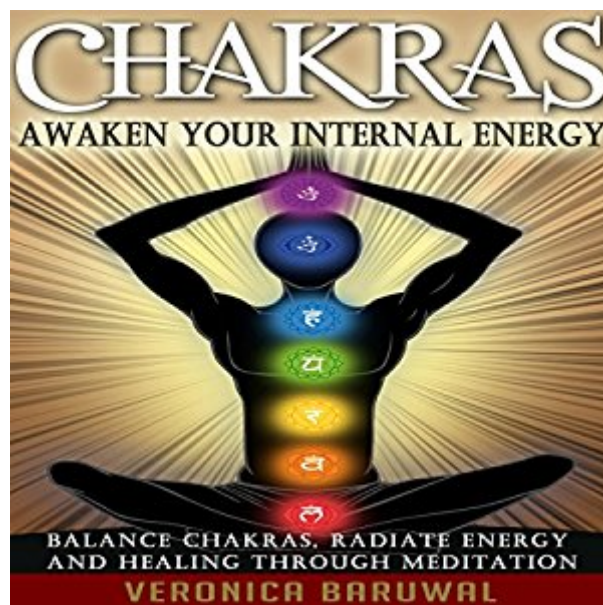




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# Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy And Healing Through Meditation



## Synopsis

Are you ready to explore the inner world? Would you like to identify the various energy centers within your body? Is it time to apply this ancient knowledge to your everyday life? If so, then *Chakras: Essential Guide to Balance Chakras, Radiate Energy, and Healing through Meditation* is the book for you! You'll discover the significance of chakras in our life and learn about the many types: Mooladhara - The Root Chakra Swadishthana - The Sacral Chakra Nabhi Chakra - The Solar Plexus Bhava Saagar - The Void Anahata Chakra - The Heart Vishuddhi Chakra - The Throat Agnya Chakra - The Third Eye Sahasrara Chakra - The Crown You will discover the science behind chakra healing, including Ida Naadi, Pingla Naadi, and Sushumna Naadi. This book helps you understand chakra imbalances, and how to balance and heal yourself. It provides many useful chakra meditation tips: How to build a daily meditation practice The benefits of morning meditation Choosing the right place and position for meditation How to stop fighting your thoughts Start an amazing journey of health, spirituality, and self-exploration!

## Book Information

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## Customer Reviews

This a great starter guide for those looking to learn about Chakras. It describes the various types of Chakra - such as the Third Eye and the Sou Star - in the following ways: what they are, how to awaken them, remedies when they are damaged, and questions to ask yourself that are related to each type, in order to self-examine yourself. Included is a preview of a book about Buddhism, The author starts by going over what chakra balancing is and how it works, and the energy in our chakras. The flow of energy through chakras is discussed as well as how it is possible to have a

messed up or blocked off chakra and the symptoms a person might be suffering if they had a dysfunctional chakra. You will also learn what to do to repair any damaged Chakras that you may have as well as other remedies that will come in handy for you to know. Veronica Baruwat did a great job !!

I love this book. In this book, you will discover the workings of the subtle system of your body. It will take you on a surreal journey, and you will explore little details of your body and how you can take care of them. You will find that there is, in fact, a miraculous solution to all your problems. And it is the chakra healing.

Having only been aware of Chakras in the past I read this book and found to be well organized and easy to read. I now am more aware of what the chakras are and perhaps how mine are affecting me. I meditate almost everyday and now add these visualizations and hand positions into my meditation. Concentrating on my root chakra for the past 10 days I admit I do feel more comfortable in my environment. The book has prompted me to learn more about this ancient form of awareness.

I have found out after reading that the most effective method to balance and align our Chakras is through cleansing our body and energy field/aura by smudging it with white sage and then while we are lying down will take us into a meditative state, bringing the mind and the body together in one space. I then use a combination of colors, sound, and crystal therapy to open up, balance and align all our chakra's and ultimately facilitate our transformation. The benefits of clear and healthy functioning chakras are available to anyone. With easy to learn techniques and meditations our understanding and conscious awareness of our chakras can propel us into living the life we deserve to live. Also, shares the history and origins of the chakra system which gave us a better understanding.

Excellent book with detailed information about chakras, subtle bodies and their connection to physical, mental, emotional well being. I have upgraded my knowledge about chakras and subtle bodies through this book. Chakra healing methods are very detailed and covered most of the chakra healing modalities used by various therapists.

Today, we are living in a fast-paced environment and because of that we are always prone to stress and other things that affect and trigger us to irritations which leads us to be unhappy. I heard about

chakras from a friend of mine and its concept and so that leads me to reading this book because I got interested. And through this book, I learned how chakras can help us attract positive energy which help us feel better and focus. And I learned the different chakras and their importance to our body that we use in our daily life. This book is full of helpful information and tips and advices.

This book was very interesting and helped me understand in more detail about chakras and how to put them into practice. The author took a practical approach to explaining this theory allowing me to understand the concept from a personal point of view. Gives some advice on meditation. It also includes a quiz which can help assess your chakras. I recommend this book if you are interested in this subject.

Our modern-day, cutting-edge world has also brought with it some of the most difficult and hard nut to crack problems, among which killer diseases, some of which have no cure. Apart from these, humans go around with their own load of other problems – financial, health related, emotional, or relationship troubles. Worries form part of our daily life. This book comes to explain, the workings of the subtle system of the human body, exploring its little details and the ways you can take care of them. You will find that there is, in fact, a miraculous solution to all your problems. The secret is Chakra Healing. Good read for those who want to probe deep into the human Chakras.

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