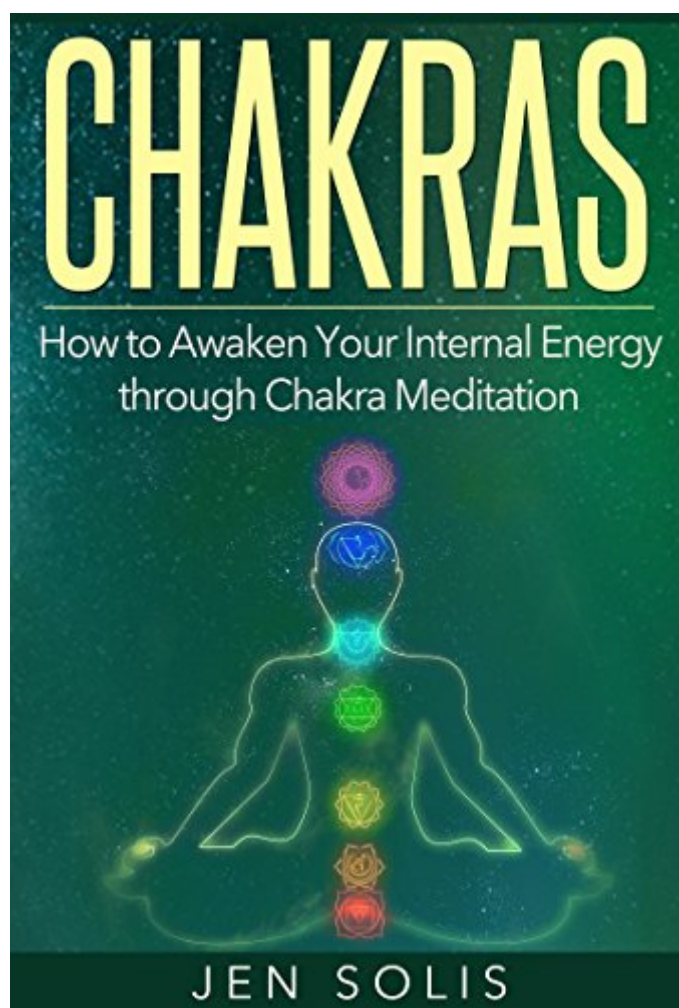


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# Chakras: How To Awaken Your Internal Energy Through Chakra Meditation (Chakras For Beginners)



## Synopsis

LIMITED TIME BONUS INCLUDED Awaken Your Internal Energy Today! This book contains a detailed overview of a truth that has long been hidden from us in the West. While modern science has brought us many fruits, mental wellbeing is not one of them. The ancients knew a deeper truth that allowed them to lead more fulfilled lives, at least in terms of their emotional and psychological wellbeing. We are going to teach you how to tap into that knowledge to bring about a quality of life you have always wanted. Perhaps you didn't think it was possible. Maybe you think you don't deserve happiness. Neither of these things are true. True happiness, enlightenment, and clarity of purpose are possible. Better yet, you are deserving of such a wondrous fate. I will show you the secret techniques to channeling your inner energy and bringing forth your purpose. So what can you expect? Well, nothing works unless you do. If you consistently engage in the practices outlined in this book, you will see results in your daily life. You will be able to diagnose the sources of issues that bother you, and take action to fix them for good. I would like to stress that there are no quick fixes, but after a few weeks of practice you will notice the first signs of results. If you stick with it for your lifetime, then you will become who you were destined to be. In this book, you'll learn... Everything You Ever Wanted to Know About Chakras, but Were Afraid to Ask Methods that will Help You Redirect Your Energies to the Energy and allow it to Flow more Freely. The Seven Chakras Connection between the Aura and the Chakras Chakra Balancing An Introduction to Chakra Meditation for Chakra Balance To Gain a Deeper Understanding and Appreciation of the Interconnectedness of our Universal Energy And more! Don't hesitate to pick up your copy today!..and get the FREE bonus on Meditation for Everyday Living Tags: Chakras, Chakra, Balance, Healing, Energy, Spirituality, Meditation, Balancing,

## Book Information

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## Customer Reviews

Enlightening book about chakras. Outlines the seven chakras, where they are on the body, and how they relate to our mind, body and spirit. Jen touches on chakra and auras, chakra balancing, and chakra and meditation. Her explanation of chakra balancing was great. It helped me understand the interconnectedness of the chakras and how to create an equilibrium through emotional, spiritual and physical healing.

This is a very informative book on chakras, as the author describes the seven different chakras in our body in detail. I love the outline of this book as it is extremely easy to follow along and loved how there's a picture of individual chakras on top of each explanation. This book will help find your inner peace and balance through some simple steps that anyone can follow.

A short book, yes, but an interesting one that discusses probably the only spiritual thing that interests me - meditation. In particular, our chakras. I was taught several years ago how to meditate and this book adds a nice layer to my search for inner peace. 5 stars.

This book had great tips and tricks to creating the kind of internal energy in your life. Fulfillment and energy takes more than external circumstances, it takes your mindset and thinking to create the life you want to create.

I have been practicing yoga and meditation from a long time ago, but I never really went deeper enough to understand the whole concept of it. I really enjoyed reading this book. The link from the online test is very fun, yet it is free and very informative. My advice is to get this book, be informed, start doing yoga and make sure to stay positive and keep meditating. This book starts with their

origin, evolution, significance, and more thorough explaining of the functions and the whole science behind the chakras healing.

This is one great book from which you can learn everything you need to know about chakras and how to use them in order to reach inner peace and calmness. The book gives great overview on every chakra and how each influences your life, mind and body. From this book I also learned how to use and open every chakra through meditation. This is one great book which I believe that everybody should read and I definitely recommend it!

I was able to learn so much from the readings, this book is very informative and shares things that are not known to many. For example *ÃçÂ Âœaural cleansingÃçÂ Â\**; basically it is an interaction with nature, and how hugging a tree can make you feel healed and better overall.

As a college student I am always trying to find new ways to increase my motivation and happiness. I am finding that many Eastern philosophies are on to something and this book especially provides a great introduction to meditation with chakras to help with internal motivation. I use to drink a lot of coffee but have found instead to try to harness more internal energy - this book helped with that! I definitely recommend this read for anyone interested in chakra meditation and finding sources of internal motivation!

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