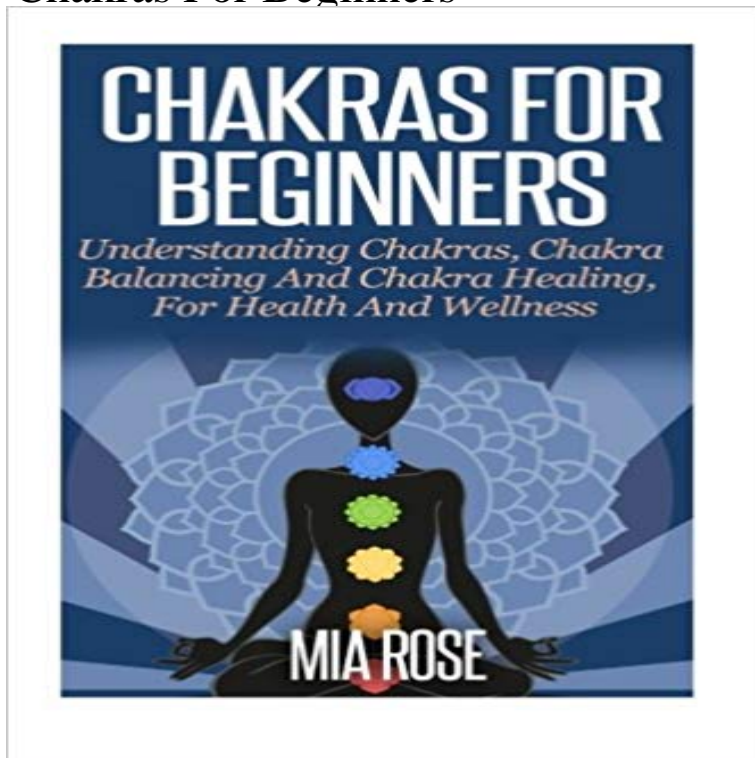


## Chakras For Beginners



Get THE Beginners Guide To Chakras - Understanding Chakras, Chakra Balancing And Chakra Healing, For Health And Wellness FREE BONUS CHAKRA TESTS INCLUDED The ancient study of Chakras has made its way into the western world as of late. Frequently the first exposure can come through the study of yoga, meditation or hindu practices. The body and every living being is filled with a universal energy that connects and surrounds us. This energy can have been described as being made up of 7 layers (Auras) and the 7 chakras (energy points or knots in the body) This book is designed to offer a practical, usable introduction to the Chakras, how they can affect our health and well being and how to identify imbalances and address these. The book is designed for those new to the concept but will also be useful for those with some experience of Chakra and energy healing. In the next chapter we take a more detailed look at what the Chakras are, and an overview of each one of the seven main Chakras. The remaining part of the book looks at each individual Chakra and how to examine the Chakra for imbalances. The final chapter provides a simple list-style section of tools that traditional (and modern) Chakra experts believe are useful in achieving balance within your Chakra energy system. When our Chakras are in balance they allow energy to freely flow through our bodies and keep us revitalized, healthy and connected to the world around us. However, imbalances within the Chakra system can cause the energy to become blocked, leading to ill health both physical or emotional. The Chakras are like vortexes a good analogy is to think of the water draining from a bath or sink. When the plug is free from blockages the water can drain away effectively; clogged with grime the water fails to drain, becomes stagnant and polluted. This is very much the way in which a blocked Chakra affects

the energy flow within the body and why it is important to constantly maintain a healthy energy system. Here Is A Preview Of What Youll Learn History Of ChakrasWhat Chakras AreIn-depth Description Of Each ChakraCauses Of Chakra ImbalancesChakra TestHow To Balance Each Chakra Get this book for a limited time offer of \$9.97! Tags: Chakras, Chakras For Beginners, Chakra Balancing, Hindu, Ayurvedic, Beginners, Chakras, Aura, Energy, Yoga Chakras, Chakra healing, Chakra Meditation, Chakra Clearing, Spirituality, Essential Oils, Crystals

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