



Chakras For Beginners: Become More Self-Aware and Enlightened By Having Your Chi Flow Through Your Chakras (Chakras for beginners, chakras healing, chakra meditation)

Leila Haynes

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Do you feel emotional or anxious for no reason?

Do you feel unusual pain in your body that conventional medicine cannot explain?

This book is right for you!

Perhaps then it is time to go back to your roots, reconnect with nature and seek remedy for these seemingly inexplicable pains or diseases in traditional Chinese medicine and Hindu practice. This may all be a result of the blocked flow of your life-giving energy that flows from the bottom to the top of your body, or the so-called chi. Perhaps your chi is blocked because the energy centers, or the so-called chakras in Hindu, that run along your spinal cord and connect you with the ground through your feet, then run along the central part of your body and go all the way to the crown of your head are blocked or imbalanced. Restore your balance and control over your emotions and mind by combining the Chinese and Hindu healing methods that will persuade even the greatest skeptic, agnostic or materialist that there is more to our existence than meets the eye. This book will show you how to balance and enable the free circulation of your chi energy by opening and balancing your chakras through various, but simple exercises, yoga poses, mediation techniques and appropriate food

Here is what you will learn after reading this book:

- The basic characteristics of the chi
- The basics of the seven key chakras
- Simple exercises
- yoga postures
- mediation techniques and foods required to open and balance each of your chakras

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

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The ability that you get from Chakras For Beginners: Become More Self-Aware and Enlightened By Having Your Chi Flow Through Your Chakras (Chakras for beginners, chakras healing, chakra meditation) is a more deep you searching the information that hide in the words the more you get considering reading it. It doesn't mean that this book is hard to know but Chakras For Beginners: Become More Self-Aware and Enlightened By Having Your Chi Flow Through Your Chakras (Chakras for beginners, chakras healing, chakra meditation) giving you excitement feeling of reading. The writer conveys their point in certain way that can be understood through anyone who read the item because the author of this book is well-known enough. This particular book also makes your personal vocabulary increase well. Therefore it is easy to understand then can go together with you, both in printed or e-book style are available. We highly recommend you for having this kind of Chakras For Beginners: Become More Self-Aware and Enlightened By Having Your Chi Flow Through Your Chakras (Chakras for beginners, chakras healing, chakra meditation) instantly.

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People live in this new time of lifestyle always attempt to and must have the free time or they will get large amount of stress from both everyday life and work. So , if we ask do people have time, we will say absolutely without a doubt. People is human not really a robot. Then we consult again, what kind of activity have you got when the spare time coming to you actually of course your answer will certainly unlimited right. Then do you ever try this one, reading guides. It can be your alternative in spending your spare time, the book you have read is definitely Chakras For Beginners: Become More Self-Aware and Enlightened By Having Your Chi Flow Through Your Chakras (Chakras for beginners, chakras healing, chakra meditation).

Helen Green:

The book untitled Chakras For Beginners: Become More Self-Aware and Enlightened By Having Your Chi Flow Through Your Chakras (Chakras for beginners, chakras healing, chakra meditation) contain a lot of information on this. The writer explains your ex idea with easy approach. The language is very simple to implement all the people, so do definitely not worry, you can easy to read the idea. The book was compiled by famous author. The author provides you in the new time of literary works. It is easy to read this book because you can continue reading your smart phone, or model, so you can read the book inside anywhere and anytime. If you want to buy the e-book, you can open up their official web-site along with order it. Have a nice learn.

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