

Read Book Chakras For Beginners A Practical Guide To Radiate Energy To Heal And Balance Yourself Through The Power Of Chakras

# **Chakras For Beginners A Practical Guide To Radiate Energy To Heal And Balance Yourself Through The Power Of Chakras**

Do you want to find an explanation of the reasons why it is so hard for you to surpass physical problems? Do you feel tired, restless, and fatigued? In this book, you will learn what lies beyond your physical existence and how your unconscious spiritual signs result in seemingly unexplainable physical pain. Do you feel like you lack the will to live? Do you feel detached from the world around you and unable to reconnect with your friends and family? Have you tried countless techniques to relieve depression and anxiety but seem to be able to it? If so, the Chakra Healing for Beginners: Practical Guide for Beginners to Learn Chakra Self-Healing Techniques and Unlock Chakras and Energy is the right book and will show you how to examine your chakra system and find out which places in your body have stored excess energy. This book will help you to: Learn how to unblock and balance the energy inside your body so that you enjoy spiritual bliss. Learn to relieve the symptoms of depression and anxiety through self-acceptance and self-love. Learn how to start treating yourself with

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respect, compassion, and care in order to release all of your creative forces. Start healing from physical illness by removing the energetic and emotional blockage. This book will show you how to use meditation Reiki to long yoga crystals, essential oils, and other techniques to grow spiritually and become better aligned with your inner being. Even if you are a total beginner you can easily learn how to navigate your emotional life and detect thoughts and feelings that distance you from your authentic self. Buy it now and learn how to live your best life as your authentic self, in spiritual bliss and imminent peace

Find Balance And Maximise Your Energy Are you interested in maximising your energy? Would you like to find a natural way to alleviate the symptoms of disease? Do you wish for days when your mind, emotions and physical body can be perfectly in sync? If you answer yes to these questions, then this is the right book for you. Chakras for beginners is a book that focuses on how you can use chakras to find balance in your life. Chakras are basically energy centres in your body, and there are seven main energy centres. These centres can all be easily traced using your spine. Understanding these centres, and how they move in and affect your life, can help you find healing for a variety of physical, mental and emotional issues you may be facing. These issues include addiction, stress, lack of confidence, self-awareness, obesity and more. The

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energy centres that chakras represent can be found on your lower back, all the way up to the top of your head. For ease of differentiation, each chakra is represented with a name and a colour. 10 Benefits Of Balancing Chakras-Increased awareness and openness to Psychic and -Spiritual Information-Faster and greater ability to heal your Physical, Emotional, Mental and Spiritual Issues-Transform weaknesses into strengths-Increased Passion for Life-Experience the Power of living Present in the Now-Access financial wisdom-Greater pleasure and enjoyment in life-Realization of your self worth-Self confidence to accept and express yourself-Express and release emotions in a healthy manner

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Manuscripts Chakra Healing Book: Th? art of chakra h??l?ng h?? been u??d f?r ??ntur?? t? balance ?m??rt?nt energy ??nt?r? in ?ur body called ?h?kr??. W? ??n use ??v?r?l d?ff?r?nt tools, ?u?h as ?t?n?? ?r meditation during chakra b?l?n??ng. The r??ult w?ll b? a ?h?????ll? healthier body ?nd a happier, more peaceful you. Th? w?rd ?h?kr? ??m?? from a Sanskrit - ?n??nt Ind??n language - a w?rd wh??h can m??n ??th?r spinning wh??l, circle ?r v?rt?x. Fr?m this word, w? ?ntu?t that ?h?kr?? are a spiraling dynamic force. En?rg? fl?w? thr?ugh th? ?ubtl? b?d? and ?nd??d th? ?h?????l body thr?ugh n?d?? or ?h?nn?l?. The Su?humn? ?? th? ??ntr?l



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DISCIPLINE, BUT YOU DON'T KNOW WHERE TO START TO UNDERSTAND SOMETHING? Don't worry, read on! "Chakra for beginners: a Practical Guide to Learning Chakras, Awaken and Heal your Energy", is a simple guide that will help you enter the wonderful world of subtle energies. In this book the following points will be analyzed: 1. Detailed explanation of all 7 Chakras 2. Basic concepts of Chinese medicine 3. Path of Self-Awareness 4. How to awaken vital energy 5. How to rebalance the Chakras 6. Detailed exercises for each Chakra 7. Advice on essential oils and music tracks 8. Short glossary of the most used terms Remember that you can open the book extract to read a few pages in preview! Furthermore, by purchasing the book in paper format, you can download the digital version in ebook format for FREE, to consult whenever you want on each of your devices. Enjoy the reading! You may think that difficult situations and emotions you experience are caused by other people or random events. This book will convince you that inner imbalance is not caused by situations in the outer world—instead, your imbalances create the situations that interfere with your sense of well-being and peace. Chakras for Beginners explains how to align your energy on many levels to achieve balance and health from the inside out. In everyday terms, you will learn the function of the seven body-spirit energy vortexes called chakras. Practical exercises,

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meditations, and powerful techniques for working with your energy flow will help you overcome imbalances that block your spiritual progress. Discover colors and crystals that activate each chakra Explore the balanced and unbalanced expressions of each chakra's energies: survival, sexuality, power, love, creativity, intuition, and spirituality Practice spiritual exercises, visualizations, and meditations that bring your energies into balance

If you want to learn how to Open and Heal all 7 of Your Chakras (Including your Third Eye) and Unleash your inner power then keep reading... Do you want to open ALL your Chakras? Do you want to know the EXACT practical ways to open EVERY Chakra? Do you want to restore balance to your mind, body and spirit? As someone who has been interested in Spirituality from a young age, I know all the problems you go through as a typical 'Spiritual Seeker.' A lot of us want to jump in at the deep end without learning to swim, what the Chakra system shows us is the keys to creating balance in ALL areas of life. Within each of us are powerful energy centres called Chakras, and all 7 of them holds the potential for IMMENSE healing and restoration. However, actually learning the practical ways to harness this energy is completely different to simply reciting the names and colours of them. Instead, what I now focus on when I teach people is a

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practical guide to completely opening, balancing and healing all 7 Chakras in a step by step manner that ANYBODY could understand. This book will not only teach you the essential information you MUST know, but most importantly will outline, in simple terms, exactly how and why each and every Chakra must be opened and balanced for a life lived in complete harmony. Isn't it about time you lived life in true peace and harmony? Well that's exactly what I want to teach you how to do by utilizing and incredible wisdom of the Chakra system. Here is just a slither of what you will discover inside... The EXACT exercises to help you open EVERY Chakra in a step by step manner 5 Must know tips for opening your Third Eye 7 Essential Meditation techniques for opening your Chakras The truth about crystals and opening your Chakras One secret, used by ancient Yogis, to help you finally open your crown Chakra The startling ways to SKYROCKET your creativity by utilizing these 3 methods Why you NEED to open all 7 Chakras and not just focus on 2/3 that you feel will give you the most results How to heal your Root Chakra in less time than you believed possible How to dramatically increase your Empathy in all areas of life The Amazing ways to transcend duality and see exactly what your True Nature really is (Hint: IT's not you think) The 5 most common Chakra myths busted How to pinpoint exactly what 'Chakra Blockages' you are facing and the crucial techniques to properly

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healing them How your addictions could be due to an unbalanced Chakra Why 99% of us still NEED to heal multiple Chakras Introducing how to heal 'Overactive' Chakras (Not many people mention this) Proven strategies for healing EVERY ailment you face using effective Chakra healing techniques And, that is hardly even scratching the surface! Even if you have no idea what the 3rd eye is or NEVER heard of the Chakras before, this book will outline in a step by step manner how you can open, heal and balance all 7 of your Chakras using EASY to learn techniques! (Instead of learning pointless theory that doesn't help you in your own life!) So, if you're ready to learn the proven and most effective techniques for opening and healing all 7 Chakras and living a life full of peace and happiness then scroll up and click "add to cart."

Discover the transformative power of balancing your chakras in the original, complete guide to creating harmony between your physical body, mind, and spirit. The classic beginner's guide to understanding chakras, this brand-new edition of *The 7 Healing Chakras* by Dr. Brenda Davies is a practical and inspirational journey that shows people how to achieve their full physical and spiritual potential. Introducing the chakras, vortices of energy that connect the physical body with the spiritual, the book offers a clear path through the seven power centers, from the red-colored root chakra near the base of the

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spine to the white crown chakra at the top of the head. Readers are led through a series of meditations to unblock each energy channel and clear the psychological, emotional, and spiritual debris of the past. Including exercises combining crystals, essential oils, and other spiritual tools, the book offers many paths to total wellness and relief. Dr. Davies combines her training as a psychiatrist with ancient methods of healing to provide the strategies needed to take charge of mental and physical well-being.

The Ultimate Guide to Chakras and Energy Systems  
As powerful centers of subtle energy, the chakras have fascinated humanity for thousands of years. Llewellyn's Complete Book of Chakras is a unique and empowering resource that provides comprehensive insights into these foundational sources of vitality and strength. Discover what chakras and chakra systems are, how to work with them for personal growth and healing, and the ways our understanding of chakras has transformed throughout time and across cultures. Lively and accessible, this definitive reference explores the science, history, practices, and structures of our subtle energy. With an abundance of illustrations and a wealth of practical exercises, Cyndi Dale shows you how to use chakras for improving wellness, attracting what you need, obtaining guidance, and expanding your consciousness.

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Praise: "In one thoroughly researched and beautifully written book you can learn...what it took ancient seekers a lifetime to uncover."—Steven A. Ross, PhD, CEO of the World Research Foundation and author of *And Nothing Happened...But You Can Make It Happen* "A shining constellation of timeless wisdom and brilliant insights on chakras. This groundbreaking book is an essential conduit to whole-self healing."—Dr. Deanna Minich, founder of Food & Spirit "Expertly researched, well written, and easy to understand. The go-to guide for understanding subtle energy systems."—Madisyn Taylor, bestselling author and editor-in-chief of DailyOM "Cyndi's exploration of cross-cultural systems is stunningly complete...Very impressive."—Margaret Ann Lembo, author of *Chakra Awakening*

## Chakras for Beginners A Guide to Balancing Your Chakra Energies Llewellyn Worldwide

Discover how to open your chakras and enjoy a life of spiritual fulfilment. Are you interested in unblocking your chakras and awakening your inner spiritual power? Do you want to know how the chakras can drastically transform your outlook on life and your relationships with others? Then it's time to try this book. Written with the beginner in mind, this profound guide breaks down the seven chakras, offering you a path to unblocking these essential energy centres and harnessing your spiritual power. Whether you want to enjoy a life of wellbeing, manifest your destiny, or better connect with your higher self, the ancient wisdom of the chakras is a

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powerful way of achieving inner peace. Here's just a little of what you'll discover inside: An Exploration of The Chakras and Their Nature Breaking Down The 7 Energy Centres and Their Roles In The Body Why Science and Quantum Physics Support The Idea of Chakras Practical Methods For Awakening Your Chakras and Clearing Spiritual Blocks Step-By-Step Meditation Techniques For Healing Your Body, Mind and Soul And Much More... Regardless of your goals, this guide is a must-have tool for becoming more in-touch with your spiritual self. Don't put up with suffering blocked or damaged chakras - unleash your true potential and enjoy a life of spiritual fulfilment with this practical guide. Scroll up and buy now to begin opening your chakras!

Third Edition with more Great Content is Now Available!

Awaken and Unleash the Amazing Powers of Your Chakras

Are you feeling lost and listless? Are you looking for balance in all the wrong places? Could you benefit from a clearer mind or a healthier life? If you find yourself saying 'Yes' to any of the above, then *Chakras for Beginners: How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself* is the guidebook for you. In this compact, thorough guide, you'll learn all about the fascinating history of the chakras, and how their natural powers can bring balance and harmony to your life. The various chakras explored in this guide include: The Root The Navel Center The Heart The Thymus The Throat The Third Eye The Crown For thousands of years, the Hindus have documented the various energy points located throughout the body. These psychic force fields, known as the seven chakras, emanate energy from within, and by unlocking their power one can reap the benefits of a healthier mind and balanced life. Here's what to expect in the Beginner's guide: What the chakras are and how they work The locations of the chakras and their various uses Steps and strategies on how to awaken your chakras Balancing the

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chakras How to heal damaged chakras Applying these strategies to enhance your life And much, much more! Tackle suffering, illness, and emotional stagnation at its source by unlocking the power from within. Accept positive energy back into your life by balancing and activating your chakras. The benefits of a reinvigorated aura are endless-all it takes is a little introspection. If you're ready to reap the benefits of balance, clarity, and inner strength, then look no further than this wonderful introductory guide to the fascinating and illuminating world of the chakras.

Do you want to find an explanation of the reasons why it is so hard for you to surpass physical problems? Do you feel tired, restless, and fatigued? Do you experience a wide variety of afflictions, both mentally and physically? These are signs of imbalanced chakras, and it's essential that these be healed. Do you want to learn more about the ancient wisdom of the chakras? Do you feel like your chakras are unbalanced and out of alignment? Looking for an all-natural, spiritual way to heal your body, mind, and soul? Then, keep reading. Search no more because the solution and answers to all your questions can be found in "CHAKRAS FOR BEGINNERS: A Practical Guide to Healing and Balancing Yourself and Radiating Positive Energy through the Powers of the 7 Chakras" Within all living beings are powerful centers of energy called chakras. Each chakra holds the potential for immense healing and restoration. However, learning how to harness the chakra system's amazing power can be challenging when so much of the information available is dense and academic or subjective and hard to trust. This book explores the connection between human spirituality and the energy of the universe through your chakra. Your chakras are energy centers in the body that emit energy vibrations in different frequencies in response to the environment or aura your body yearns for. Major content to watch out for: Accurate

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Understanding of Chakras Practical daily habits and rituals that will keep your chakras in top condition Essential Guidelines and Procedures for Chakras Meditation Chakra Exercises for Beginners Vivid Explanation on the Seven Chakras How to use the 7 Chakras for your Life's Happiness And a lot more Taking care of your chakras will heal your body and your mind. It will literally change your life. So what are you waiting for? GET YOUR COPY NOW

? 55% discount for bookstores! Now at 36.95\$ instead of 48.95\$! ? If you are interested in Chakras, then this Book is for you Your Customers Will Never Stop to Use this Amazing Book! Do you feel like something is holding you back? Does it feel like every day is just a grind? Doesn't it feel like you're exhausted at the end of each day and dreading the next? Wouldn't it be great if you could go through each day at full speed? If you feel that way, then here's good news: there's nothing wrong with you! In this comprehensive guide, you'll learn all about the fascinating history of chakras, and how their natural powers can bring balance and harmony to your life. This book isn't about reciting a few chants and visualizing light, it's about discovering the mysteries surrounding the energy points in your body and how you can use them to revitalize and invigorate the overall quality of your life. Here's what you'll find in this book: What chakras are and how to harness their power In-depth explanations about each chakra and the benefits you can expect from opening each one Discover what chakra balancing is, how to do it, and why it's so important if you want to block negative energy Discover how to expand your chakras Expand your spirit and learn about auras Reveal the deep connection between chakras and our inner strength And much, much more! In this book, I reveal how your chakras can help you unlock your full potential! If you're ready to reap the benefits of balance, clarity, and inner strength, then look no further than this

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wonderful introductory guide to the fascinating and enlightening world of chakras. Buy it NOW and let your costumers become addicted to this incredible book!

Chakra is a Sanskrit word that literally means a wheel or a disc. In practice, they are the points of the spiritual body that serve as the entry and exit points of our aura. These centers of activity are responsible in controlling our temperament, mood and overall body health. They do so by receiving, assimilating and expressing life's force energy. According to the chakra theory, therefore, controlling these chakras could directly influence your mental, physical and spiritual wellbeing.

**\*\*55% OFF for Bookstores!! LAST DAYS\*\*\*** Whiting all living beings are seven powerful centers of energy called chakras. Every chakra holds the potential for immense healing and restoration, and Chakra Healing can show you how to harness that power with a wide range of simple, beginner-friendly exercises that anyone can do. This book will put you on the path to healing pain, allergies, indigestion, headaches, fatigue, and even emotional turbulence like loneliness. With practical instruction and guidance, you'll learn how to identify what's ailing you and which chakra is causing it. Chakra Healing features: A variety of techniques?Connect with your chakras using everything from meditation to crystals, essential oils, yoga, focused breathing, and even diet. Helpful illustrations?Detailed photos and drawings make the tools and exercises even easier to understand. Beginner-friendly approach?Find accessible, bite-size advice that requires no previous knowledge. Discover the power of balancing your chakras to help you heal and feel your best.

**?? SOLD OVER 60,000 COPIES ACROSS VARIOUS MARKETS??** Are you feeling lost and listless? Are you looking for balance in all the wrong places? Could you benefit from a clearer mind or a healthier life? If you find yourself

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saying 'Yes' to any of the above, then is the guidebook for you. You are about to learn phenomenal concepts, that can really have an impact on you, operating a positive transformation in your everyday life and in your relationships. The world of chakras is absolutely amazing: they are the power center connecting your physical body to the world of energy. When we think of Chakra meditation, the first thing that comes into most people's head is sitting in uncomfortable position and making uncommon sounds. But that's not what it is. Chakra healing is not only for yogis and monks. Each chakra holds the potential for immense healing and restoration: you only need to understand how to access this infinite power. This is the secret key for a deep understanding of yourself and the only way to build up an incredible healthy and abundant life, releasing happiness, wellbeing and positive energy. Accessing the healing power of the chakra system could be challenging, but in this book John J. Williams, a charismatic spiritual mentor for over 30 years, has condensed all the knowledge you need in a simple and clear way, with practical exercises, step by step strategies and tips from her experience. The book includes: What the chakras are and how they work The only possible way for healthier, balanced, and more abundant lives The hidden connections between emotional or physical symptoms and the corresponding chakra Balancing the chakras How to heal damaged chakras Applying these strategies to enhance your life Warning signals from your body that are absolutely dangerous for your health (if neglected) And much, much more! 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. You will find proven steps and strategies that have worked for years and years and are still considered very beneficial. The book has been designed in a way to fast track your journey towards

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mindfulness and relaxation with the help of Chakra balancing. If you're ready to reap the benefits of balance, clarity, and inner strength, then look no further than this wonderful introductory guide to the fascinating and illuminating world of the chakras. Scroll up and Click the "Buy now with 1-Click" button.

Do you find yourself obsessing over things that have yet to come? That perhaps the outcome you worried about all along, happens no matter what you try? Have you ever wondered what other people have that you don't - why it seems to fall into place for them, but not for you? If you want to feel like you're finally the driver in your own life - then keep reading! You, your thoughts, and your feelings are magnets for what you receive. If you continue to fear things of the past, you may be inadvertently attracting those issues right back into your life. If you want to learn how to begin turning your thinking into positivity instead of negativity, then you can do so. Darsiti Aziza's 3-book bundle is here for you - to help you practice mindfulness, and clear yourself of the stresses and anxieties that plague you on the day to day basis. From the law of attraction, to meditation, mindfulness, and self-care - the path to peace has always been there, you just need to know how to navigate it. I Create: Where Mindfulness & the Law of Attraction Collide Learn all about: Information on what the Law of Attraction is and how it plays with mindfulness to create something powerful. Discovering how to put off negativity and negative thinking in your own mind to help yourself stop those negative thoughts that only serve to attract more negativity How to meditate to begin manifesting the future that you want to see Several meditative techniques that will help you with your own manifestation Practical Meditation for Beginners: A 10-Day Guide to Get Started Inside this book, you'll discover: How meditation can be used to treat anxiety, depression, and other stresses? Ways

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mindfulness and meditation will affect your emotional intelligence and awareness. Three simple meditation transcripts you can follow How to build good habits around meditation and make sure they stick around. Chakras for Beginners: How to Awaken Your Consciousness, Activate Healing, and Radiate Positive Energy Within this book you will learn: What the chakras are and where they are located. How to heal your chakras all on your own. The best yoga poses for the chakras. How the chakras are connected to your organs. When you read these books, you will be guided through everything that you need to know about mindfulness, and how you can begin to utilize it to better yourself. If you want to learn how to begin turning your thinking into positivity instead of negativity, then you can do so. You can create the life you've always wanted, but you must first learn to tap into these secret tools.

Will you be able to to bring your emotional, physical and mental state in balance to get more energy and wellbeing in your life? Will you be able to achieve your fullest potential? Then, you're in the right place. If you learn what chakras are and how they work you can get more control on your daily life and get a clearer mind, every chakra holds the potential for immense healing and restoration, but if you're here you probably still don't know how to use that power, so let me show you how. By this wonderful introductory guide book you can expect to: Discover how chakras affect us in our daily life and why you should working on it Discover the healing power unblocking your chakras, starting to live a balanced life to radiate positive energy and feeling better Explore different ways to open your chakras, by practical sections with beginner-friendly exercise that anyone can do, from yoga to meditation, visualization exercise and more to stabilize your thought, emotions and your sense of wellbeing in your every day life Discover how to connect with your chakras and how

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to heal them by using crystals, herbs and essential oils If you're ready to tackle all of your suffering, listlessness and disorders saying stop to all of them right now taking in your own hands your daily wellbeing and bringing out your inner strength, then look no further than this amazing beginners guide on taking your life to the next level! Scroll up and get your copy right now, see you soon inside the book!

If you want to learn the ways of Understanding Chakras, Chakra Balancing & Chakra Healing, For Health & Wellness then continue reading... 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 has 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. 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 and 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

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which a blocked Chakra affects the energy flow within the body and why it is important to constantly maintain a healthy energy system. 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. This book also includes... In-depth Description Of Each Chakra What Chakras Are Causes Of Chakra Imbalances History Of Chakras How To Balance Each Chakra And much, much more... To Get THE Beginners Guide to Chakras Click "Add to Cart" to receive your copy now...

Awaken and Unleash Yourself Through the Power of Your Chakras! Our universe is a ball of energy - every entity and emitting energy, from the vast ocean to the tiniest microorganism, to every cell in the human body. Our cells radiate energy in various ways and different classes of cells emit different kinds of energy. The intensity of energy depends on the location of the cell and its functionality within the body. It does not come as a surprise that energy channels are positioned in key points in the body based on the specific nature of the energy. These key points, called chakras, are responsible for the energy flow in and out at a steady pace. The word chakra originates from the Sanskrit word

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which means wheel. A chakra can be viewed as a wheel-spinning vortex that spins in a circular motion, thereby creating a vacuum in the center. The vacuum attracts energy that has the same frequency as the motion of the chakra. There are hundreds of chakras in the body that have a significant effect on every being in the universe. Chakras are positioned across various parts of our body and account for the specific illnesses and imbalances in that area of the body. These issues can be corrected when the decayed energy is released from the body. The energy centers can remove any tension or rigidity in specific areas of the body. They also play a significant role in maintaining your physical, emotional and mental wellbeing. When the unwanted energy is released, it not only helps to clear the physical state of the body but also helps to balance the emotional state of mind. The energy flows through all the chakras. This helps to establish a degree of balance in your body. An imbalance of energy in any chakra will lead to ailments. If you find yourself falling ill frequently, or feeling a particular emotion often, you should use techniques which will help you strike a balance of energy in your body. Chakra healing helps to regulate the natural flow of energy throughout the body. This process is also called chakra balancing since you will restore the balance of energy across all the chakras in your body. A well-balanced chakra can give you a relaxed, vital and centered feeling. It improves the wellness and embodiment of self. Over the course of this book, you will gather information on chakras. The chapters will concentrate on what chakras are, the different types of chakras, the healing process using

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chakras and the importance of well-balanced chakras.

Chakras Chakras For Beginners Practical Guide:

Balance your Energy Body through Chakra Healing -

Strengthen Aura and Radiate Energy (Reiki, Yoga,

Chakra Balancing, Chakras Healing, 7 chakras) The

book, Chakras for Beginners, is a beginner's guide to the

chakras. It is the ultimate guide to chakra healing. It will

introduce readers to the chakras, make them understand

what the chakras are, where they are located and their

roles in our bodies and life. The book will further

enlighten the reader about the various chakras and how

they can be able to open, heal and balance the chakras

to bring about a well nurtured holistic body. The book will

introduce the reader to the various yoga exercises they

can indulge in to bring the balance required in the body

and chakras and further guide them through a meditation

sequence for the same. The book will cover the following

topics:-The seven chakrasChakra balanceImportance of

balancing chakrasHealing and balancing the

chakrasMeditation for the chakras: seven meditation

exercises for a balanced chakra systemYoga for the

chakras: seven yoga exercises for a balanced chakra

system

If you're feeling stressed, negative or emotionally

unstable at times, then keep reading... Do you have

moments in your life when you feel negative? Do you

have headaches or neck pain at times? Are you keen to

dispel these bouts of sadness and fill your life with more

positive energy instead? If you are tired of people

suggesting medical solutions to solve your issues with

positive energy, then this book on chakra is the one for

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you. The chakras are the energy centers of your body, and if they're blocked or out of balance your body will suffer. If you want to reap the benefits of a healthier mind and bring harmony in your life, you have to balance your chakras and unlock their power. You could be someone who already has an in-depth understanding of the concept of chakras, or you might be someone who is completely new to the idea, and you are keen to learn more about how balanced chakras can bring positive energy into your life. This book will teach you how to awaken and balance your chakras to heal your body and bring positive energy in your life. This practical guide is designed to be accessible and understandable for those who are new to the theory of chakra. If you want to improve your health and live a better, more positive life, learning how to awaken and heal your chakras is the best way to achieve that goal. When you start radiating positive energy you become more productive and lead a more motivated, happier life as a result, filling your time with fun experiences and living life to the fullest. The practical self healing techniques you'll find in this book will help you unblock your chakras and improve your health to bring balance in your life. Inside Chakra Healing you'll learn: How to awaken and balance your chakras to relieve stress and heal your body A step-by-step process to diagnose blocked chakras, identify warning signs and solve any issues that might affect your life What are the 7 chakras, what are their locations and why you should learn to understand and balance them Complete guide to healing your chakras with crystals: which crystals you should use and where should you

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place them How to use holistic methods to heal your chakra system including meditation, reiki, reflexology and acupuncture How to do chakra work with your children and other members of your family, pets included 7 scents and essential oils to heal and balance your chakras Self healing techniques to heal yourself without medical solutions and bring positive energy in your life Helpful techniques and practices to awaken your chakras and live a healthier life What are the common issues a clogged chakra system creates and how you can quickly solve them An easy-to-follow guide to balancing your chakras and bringing peace and harmony in your life And much, much more! Don't waste another day dealing with stress and negative energy! Grab this book today and bring more positive energy to your life. Scroll up and click the "Buy button!"

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 has 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

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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 You'll Learn... History Of Chakras What Chakras Are In-depth Description Of Each Chakra Causes Of Chakra Imbalances Chakra Test How 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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If you want to know how to balance and heal your seven chakras through practical techniques, even though you don't know anything about energy healing, then keep reading. Have you ever been interested in energy healing through chakras? Have you ever thought that you would like to learn more about the seven chakras, even though right now you don't know much about them? Then you just need to buy this basic guide that will introduce you to the seven chakras and energy healing. Starting from scratch, this guide will give you some practical exercises that you can easily do on your own at home or wherever you are. By simply reading this book, you will be able to practice guided meditation through energy healing. This will help you to live your best life ever. This is a journey that will align you with your purpose. You will feel as you have never felt before. You don't realize what it feels like when your chakras are well balanced and healed until you have managed to do that. This is definitely one of the best feelings you can experience in life. All of this will bring balance and happiness to your life. You might think this is a classic book that only teaches you theory about chakras and that's all. But this is not the case. Chakra For Beginners is a useful guide that teaches you not only the theory about the chakras healing, but it also gives you some practical exercises that are easy to perform and that are essential to balance and heal your seven chakras. You will learn: -What is chakra and where does it come from? -The important relationship between chakras and energies -What are the different kinds of chakras and what are their functions? -What are the different stones

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for each chakra? -Some useful techniques that can help you in balancing and healing your chakras -What are the effects of various substances on the chakras? -Some tips and useful guides Would you like to know more? Download this guide to start healing and balancing your seven chakras now. Scroll to the top of the page and select the Buy Now button!

Discover Now The Power of Chakras Use The Power of Chakras To Heal and Balance Yourself Would you love to learn more about Chakra balancing, healing, and meditation? This book contains proven steps and strategies on how to heal and balance yourself through fourteen powerful chakras recommended by experts. You'll discover also some powerful techniques on balancing yourself and 21 proven benefits of balancing your own chakras. Here Is A Preview Of What You'll Learn After Downloading Chakras For Beginners An Overview on Chakra Six Techniques to Balance your Root Chakra Six Techniques to Balance Your Sacral Chakra Eight Ways on Balancing your Plexus Chakra Five Techniques on Balancing Your Heart Chakra Six Ways of Balancing Your Throat Chakra Seven Techniques in Balancing Your Third Eye Chakra 3 Ways to Balance your Crown Chakra Chakra Energy Centers Benefits of Balancing Your Chakras Three Influential Chakra Experts That You Should Look Up To Five Chakra Music Albums To Listen While Balancing Your Chakras Frequently Asked Questions Much, much more! Take Action Right Away and Start to Heal Yourself with the Power of Chakras!!

With The Ultimate Guide to Chakras, tune in to your

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chakras, the power centers connecting your physical body and the world of energy. Your chakras are the power centers that translate between the seen world of the physical body and the unseen world of energy. First discussed in ancient Hindu texts and studied for thousands of years in numerous spiritual traditions, including acupuncture, meditation, and yoga, chakras hold the key to our well-being. By tapping into the power of our chakras, we can live healthier, balanced, and more abundant lives. Athena Perrakis, leading metaphysical teacher and creator of the world's largest online metaphysical resource website, SageGoddess.com, addresses the nine major chakras we can tap into to balance, heal, and manifest. This guide explains how and why different crystals, essential oils, and sacred plants help to support each chakra. Each chapter of *The Ultimate Guide to Chakras* includes magical exercises for accessing the energy of each chakra, including meditations, journal exercises, and working with goddesses and spirit guides. Readers will even learn how to create a dedicated chakra altar. Lavishly photographed and illustrated, this guide promises to be an essential volume for beginners and experienced energy workers alike. The *Ultimate Guide to...* series offers comprehensive beginner's guides to discovering a range of mind, body, spirit topics, including tarot, divination, crystal grids, numerology, witchcraft, aromatherapy, and more. Filled with beautiful illustrations and designed to give easy access to the information you're looking for, each of these references provides simple-to-follow expert guidance as you learn and

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master your practice.

**\*\*Buy the paperback version of this book and get the kindle book version for FREE \*\*** Are you feeling stuck? Do you usually experience stomach pains or headaches? If you've noticed a change in your physical or mental well-being, it's a good idea to consider the role of your chakras and work towards balancing them. Being familiar with your chakras can help you to experience your energy in a way that allows you to go deep to the root of the symptoms, to discover and heal the energy imbalances and disorders directly. The more you understand how your energy system works, the more you enjoy your relationships and you create peace in your life. Chakras for beginners is an easy guide designed for those beginners willing to know about chakras and how to restore the energy flow in their body and soul. In Chakras for beginners you will discover: The history and the meaning of chakras; the nature of the 7 principal chakras and what they represent; why do chakras get blocked; How to balance and unblock your chakras through special meditation exercises; The potential of the third eye chakra opening; a list of the main chakra stones and their healing properties. What food and drink are good for your chakras; What are you waiting for? If you want to give yourself the energy and peace you deserve, scroll up and click the BUY NOW button.

If you've ever taken a yoga or meditation class, had an energy healing session like reiki, or just watched online videos about those subjects, you've no doubt heard about chakras and the role they play in the flow of

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energy in your body. You may have also learned that it's important to keep your chakras open, or unblocked. This book offers you a hands-on approach to balancing your chakras. You will learn simple meditations and yoga movements, as well as other unique techniques that allow you to experience better health, increased vitality, creativity, and wisdom.

Do you want to live a fulfilling life through the opening of the 7 chakras? Do you want to heal the wounds of the past and consciously live in the present, releasing your inner power? Do you want to balance your body, your spirit and your mind? Chakras for beginners is the book for you. It shows you the keys to creating balance in all areas of life. Chakras are seven energetic points within us that promote health and happiness, physically, mentally and spiritually. All of these chakras have the potential to heal you and to find within you the resources you need to live a full life. This guide explains with several practical tools how to open, heal and balance all seven chakras to live a life full of well-being. You'll discover how to support your chakras with the help of crystals, essential oils, visualizations, but most importantly with meditation which is the most powerful technique to heal your chakras. For each chakra there are specific meditations, visualizations you can practice throughout the day, essential oils and crystals to use to rebalance it. There are also 4 final meditations to realign all 7 chakras and live your days in harmony. This book is for anyone approaching chakras for the first time, because it is a complete guide, simple to follow and immediate in results. I recommend this book also to all

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those who already know the magical world of chakras, because they can easily access the guided meditations of chakra rebalancing and can find the complete guide of all the tools useful for self-healing.

The complete, welcoming guide to balancing your chakras and healing your mind, body, and spirit Within all living beings are seven powerful centers of energy called chakras. Every chakra holds the potential for immense healing and restoration, and Chakra Healing can show you how to harness that power with a wide range of simple exercises that anyone can do. This book will put you on the path to healing pain, allergies, indigestion, headaches, fatigue, and even emotional turbulence like loneliness. With practical instruction and guidance, you'll learn how to identify what's ailing you and which chakra is causing it. Discover how easy techniques like yoga and focused breathing can make a difference in your wellness. Chakras for Beginners explains how to align your energy on many levels to achieve balance and health from the inside out. In everyday terms, you will learn the function of the seven body-spirit energy vortexes called chakras. Practical exercises, meditations, and powerful techniques for working with your energy flow will help you overcome imbalances that block your spiritual progress. Chakra for The Beginners includes:

- Chakras for the beginners
- Chakra healing
- Chakra healing: the seven chakras
- Chakras astrology
- Heart chakra power
- Stones chakra for healing
- When feel blocked use chakra meditation
- Balancing and understanding the major chakras
- Meditation chakra stones
- The chakras and colors interconnected
- And

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Chakra work benefits body, mind and spirit and leads to a greater sense of harmony and inner balance. A Handbook of Chakra Healing is a practical guide that applies ancient wisdom to the problems and stresses of modern life. It tells you all you need to know about the seven chakras, the vital energy centers in the human body. It teaches you what the chakras are and how they function, and it offers effective programs for harmonizing the energy of the chakras that will change your entire outlook on life.

Are you trying to improve your physical and emotional wellbeing and discover something which finally works for you? Then keep reading because everything you need to know is in this three-in-one bundle series that includes the following books: 1) Chakras for Beginners; 2) Chakra Healing for Beginners; 3) Reiki Healing for Beginners. The first book -- Chakras for Beginners -- introduces you to the world of chakras, you will learn: the basic understanding of the chakras, what each chakra point represents, how to awake and balance them through meditation, the poses and the effect of Tantric and Kundalini yoga, the secret of Mantras, how to achieve holistic health and a chapter bonus about healing emotional eating. The second book -- Chakra Healing for Beginners -- explains how to truly be healthy both in mind and in body through a step-by-step guided meditation and self-healing techniques. Moreover you will learn: how to effectively awaken your seven chakras and get the best benefits, how to successfully open your third eye, what are the top 25 benefits of clearing and

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balancing your chakras and a bonus chapter dedicated to Crystals for chakra balancing. The third book -- Reiki Healing for Beginners-- is your ultimate guide to Reiki. You will learn all about the three degrees of Reiki and how to unlock the healing powers inside of you, both for your own benefit and that of others around. You will discover the self-healing process, how to practice Reiki on other people and the treatment for areas difficult to reach. You will use the newfound healing energies to improve your own quality of life while also helping your loved ones improve theirs. Plus, you will receive loads of practical advice along with useful exercises which you can use to begin honing your healing skills. Balancing your energy doesn't have to be difficult, actually it could be easier than you think. So, what are you waiting for? **SCROLL UP AND CLICK THE "BUY NOW" BUTTON!**

Do you feel stuck? Maybe you are experiencing something that you cannot get past? It may be more internalized, as though you're stuck inside yourself? Does it feel like there is something that is blocking your flow? Maybe you are feeling down. Maybe you are happy, and you do not know why. This is not uncommon. It is possible that you are not as attached to everything as you want to be. Maybe you want to be more attached to life, both yours and others. Something may be affecting the energies inside of you. Wise individuals who lived a long time ago did immense intra-personal work to figure out what makes and keeps us-us. What they found remains a mystery to this day. It is an ancient discovery of what the human body and spirit are. It is merely the beginning of our potential. There are centers in living

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things. It is spiritual energy that forms concentrated physical areas of energy. They are called Chakras. Chakra Healing - Part I The art of chakra healing has been used for centuries to balance our inner energy and our body called the chakra. We can use various different tools, such as the use of meditation during chakra balancing. The result will be a healthier, happier, more peaceful you. The word chakra comes from a Sanskrit - an ancient Indian language - a word which can mean either spinning wheel, circle or vortex. From this word, we know that chakras are a spiraling dynamic force. Energy flows through the subtle body and beyond the physical body through the etheric or astral. The Sushumna is the central channel which is like the central cord of the subtle body, with Ida and Pingala spiraling around it, and the two smaller ones, which are like the central nervous system of the subtle body. Practical Meditation - Part II Meditation is one of the great practices that have started to take hold in western culture. People all over the world are benefiting from it, both in mind and body. So, why isn't everyone meditating? It could be that not everyone knows of all the amazing benefits like increased relaxation and deeper levels of focus and depression. This part contains a rundown of the many benefits of meditation and a set of instructions for practicing your meditation. So, what if meditation is not for you? It could be that meditation is not for you because of the repetition of "mantras," or "mantra" or affirmations, or focus



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meditation, the poses and the effect of Tantric and Kundalini yoga, the secret of Mantras, how to achieve holistic health and a chapter bonus about healing emotional eating. The second book - Chakra Healing for Beginners - explains how to truly be healthy both in mind and in body through a step-by-step guided meditation and self-healing techniques. Moreover you will learn: how to effectively awaken your seven chakras and get the best benefits, how to successfully open your third eye, what are the top 25 benefits of clearing and balancing your chakras and a bonus chapter dedicated to Crystals for chakra balancing. The third book - Reiki Healing for Beginners- is your ultimate guide to Reiki. You will learn all about the three degrees of Reiki and how to unlock the healing powers inside of you, both for your own benefit and that of others around. You will discover the self-healing process, how to practice Reiki on other people and the treatment for areas difficult to reach. You will use the newfound healing energies to improve your own quality of life while also helping your loved ones improve theirs. Plus, you will receive loads of practical advice along with useful exercises which you can use to begin honing your healing skills. Balancing your energy doesn't have to be difficult, actually it could be easier than you think. So, what are you waiting for? **SCROLL UP AND CLICK THE "BUY NOW" BUTTON!** Do you want to live a fulfilling life through the opening of the 7 chakras? Do you want to heal the wounds of the past and consciously live in the present, releasing your inner power? Do you want to balance your body, your spirit and your mind? Chakras for beginners is the book for you. It shows you the

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keys to creating balance in all areas of life. Chakras are seven energetic points within us that promote health and happiness, physically, mentally and spiritually. All of these chakras have the potential to heal you and to find within you the resources you need to live a full life. This guide explains with several practical tools how to open, heal and balance all seven chakras to live a life full of well-being. You'll discover how to support your chakras with the help of crystals, essential oils, visualizations, but most importantly with meditation which is the most powerful technique to heal your chakras. For each chakra there are specific meditations, visualizations you can practice throughout the day, essential oils and crystals to use to rebalance it. There are also 4 final meditations to realign all 7 chakras and live your days in harmony. This book is for anyone approaching chakras for the first time, because it is a complete guide, simple to follow and immediate in results. I recommend this book also to all those who already know the magical world of chakras, because they can easily access the guided meditations of chakra rebalancing and can find the complete guide of all the tools useful for self-healing. So, if you're ready to begin this amazing journey of self-discovery, click on the button and buy this book now!

Are you interested in unblocking your chakras and awakening your inner spiritual power? Do you want to know how the chakras can drastically transform your outlook on life and your relationships with others? Then it's time to try this book. Written with the beginner in mind, this profound guide breaks down the seven chakras, offering you a path to unblocking these essential energy centres and harnessing your spiritual power. Whether you want to enjoy a life of wellbeing, manifest your destiny, or better connect with your higher self, the ancient wisdom of the chakras is a powerful way of achieving inner peace. Here's just a little of what you'll discover inside:

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An Exploration of The Chakras and Their Nature Breaking Down The 7 Energy Centres and Their Roles In The Body Why Science and Quantum Physics Support The Idea of Chakras Practical Methods For Awakening Your Chakras and Clearing Spiritual Blocks Step-By-Step Meditation Techniques For Healing Your Body, Mind and Soul And Much More...

Regardless of your goals, this guide is a must-have tool for becoming more in-touch with your spiritual self. Don't put up with suffering blocked or damaged chakras - unleash your true potential and enjoy a life of spiritual fulfilment with this practical guide.

Description Do you want to learn how to awakening kundalini? The vibrating energy that realigns the 7 chakras, activates the pineal gland and turns on an intuitive mind? If yes, then keep reading... Alternative and holistic forms of healing and wellness are becoming increasingly popular today, especially among those who have inadequate or even a complete lack of balance in their lives and want to achieve sufficient balance, enough to keep healthy and focused each day. When one thinks of the word "chakra", colors will come into mind. A psychic can determine one's current mood or energy by color. For example, if a psychic sees a blue aura around a person, then that person, at that moment, is in a calm, relaxed state. Or, if the psychic sees a red aura around another person, then that person is fully committed, grounded or focused on a task, career, etcetera. However, when one is in pain, ill, or low on energy, these chakras will not work to their full potential or, in many cases, not at all. For example, to strengthen the red chakra, one may place a crystal or gemstone on the spine, that way you can regain your sense of focus and drive towards your tasks and goals. The book further explains the chakras in detail, as well as the gemstones and crystals to use to reawaken the chakras. Perhaps you already have a basic understanding of what a

