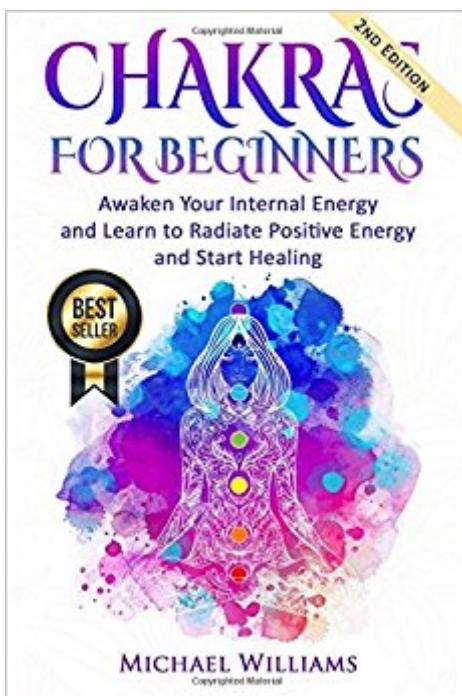


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# CHAKRAS: Chakras For Beginners - Awaken Your Internal Energy And Learn To Radiate Positive Energy And Start Healing (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye)



## Synopsis

Second Edition with more Great Content Now Available! "No one saves us but ourselves. No one can and no one may. We ourselves must walk the path." - Buddha Reject stress, accept change, and prepare to radiate positive energy with the natural healing powers of the chakras. In the Eastern world, the powerful healing properties of the chakras and their awakened state have been known for generations. In the Western world, however, the awareness of their properties and purpose are still relatively limited. Simply speaking, the chakras are specific points in your body through which energy flows. The unlocking and empowering of these chakras allow for a more balanced, healthy, and harmonious life. Undertaking a regimen of exercises geared towards the empowerment of the Chakras will enable you to unlock these energy streams as a means of combating the stresses, fears, and doubts that plague our everyday lives. If you're ready to become a more centered and harmonious human being, then look no further than this introductory guide With the wisdom of meditation guru and author Michael Williams, you will be able to explore the different chakras and their part in completing a healthy, whole human being. With various exercises geared toward each chakra, this guidebook acts as a toolbox for empowering your chakras through meditation and practice. Here's what to expect in the beginner's guide: Introduction to the Chakras Reasons for suffering Breathing techniques to aid meditation Preparations for meditation Guide to the meditation process Exercises for each chakra Diet guide to promote healing and wellness Overview of spiritual awakening And much, much more! Organized, informative, and inspiring, this introductory guide serves as a roadmap to peace and harmony through the revolutionary and natural wisdom of the chakras. Born from an ancient tradition of meditation and inner exploration, the practice of healing through chakra empowerment is a natural way to combat the crippling evils of stress, anxiety, and fear. Take back control of the good energy in your life and reap the benefits of a calm, balanced mind through the empowerment of your chakras. Take the first step to improving your life and grab your copy of Chakras for Beginners: Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing today!

## Book Information

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## Customer Reviews

"Fantastic book for people who want to know the basics about the way chakras -- invisible force fields that surround different areas of your body and shift between negative and positive energy depending on your mood, emotions, and health status -- work. Each of the seven chakras are laid out in an easy to review format in language that anyone new to concept can understand. Based on what the author explains, I can see that, according this tradition, which chakras are in balance and which need work for myself. I also enjoyed the positive outlook the author brings to the work, stating that though there are things that throw us out of balance, we have the ability to work through them."-A. Chaney"This is one of the best books i have read about chakras.The author is very fluent and has flow of his story.With the world that we are living today and the many challenges we face everyday, meditation and having understood the significance of peace,humility and calm is the best that can happen to a person.I never knew that i had all the power i needed to be able to handle the situations and challenges in life."-A. Donald

Author Michael Williams is a globetrotter whose prolific traveling has taken him across every continent on earth and allowed him to cross paths with a diverse collection of cultures and people. His extensive travels have gifted him with an incredible amount of insight that he has in turn adapted to his teachings in the various practices of Buddhism, meditation, yoga, wellness, and happiness. Dedicating himself to the practices of Buddhism and the disciplines of meditation and yoga has afforded Michael a lifetime of benefits, and has enhanced his well-being. Through his journey towards enlightenment and peace of mind, Michael has developed clear and easy-to-follow guides to understanding the benefits of adopting Buddhist methods and ideas into one's daily life. He has authored *Buddhism for Beginners: How to Go From Beginner to Monk and Master Your Mind* as an introduction to these topics. He finds great joy in sharing the clarity of an open mind with others and seeks to empower readers to explore the realms of elevated thought and action in their

lives. Michael has found the pursuit of mindfulness especially beneficial and employs the art of meditation every day to reap the benefits of a clear mind. His hope is to encourage others to practice mindfulness as a way of freeing themselves from anxiety and the dangers of stress. His book *Mindfulness for Beginners: How to Live in the Present, Stress, and Anxiety Free*, explores these benefits and lays out a groundwork for employing mindfulness in everyday life. A student of life, Michael Williams finds meaning and connection within all things. His dream is to assist others along the path of introspection, higher thinking, and mindfulness.

Fantastic book for people who want to know the basics about the way chakras -- invisible force fields that surround different areas of your body and shift between negative and positive energy depending on your mood, emotions, and health status -- work. Each of the seven chakras are laid out in an easy to review format in language that anyone new to concept can understand. Based on what the author explains, I can see that, according this tradition, which chakras are in balance and which need work for myself. I also enjoyed the positive outlook the author brings to the work, stating that though there are things that throw us out of balance, we have the ability to work through them.

This book is indeed informative about chakras. The author is very comprehensive and so a good beginners guide. This book will open your mind and realize your third eye and inner energy. The author also teaches us on meditation which is a very essential aspect in our lives to attain internal peace. I am finding it very helpful as a beginner and would recommend this to anyone who wants to start on Chakras. A good book.

This book is very good for Beginners who want to start Chakras I am one of them so this book is very helpful for me, I am very satisfied from this book information and great guideline about Chakras direction. I get much knowledge about chakras from this book and all information is too good. I think this book provide the best information and direction that a Beginners must need to start Chakras meditation. Overall I can say that this is one of the best guideline books for Beginners.

Love the book. Gave it to a friend. Plan on getting another one. I recommend this product and seller.

I absolutely loved this book. I've been working through it, spending a week on each of my chakras. Michael offers so many ways to bring balance into your life, and his work is very easy to comprehend. You will definitely find true happiness and peace after reading this book. I definitely

recommend this for anyone who is interested in working with his or her chakras.

Very basic, informal. A few interesting insights. A quick google search gave me more or less the same information as this text.

I really found this book helpful. Especially the foods section and the meditation section. I've always been interested in chakras and it's quite fascinating to learn how we are affected by them. Overall a very well written book, and the ending certainly inspired me to make a trip to tibet!

love it

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CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga)

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