

# The 7 Chakras



## SAHASRARA | CROWN CHAKRA

*Location* Just above the top of the head

*Essential Oil* Sandalwood or lavender

*Asana* Savasana, rabbit

*Meaning* Thousand petaled



clear quartz



## AJNA | THIRD EYE CHAKRA

*Location* Between eyebrows within the head

*Essential Oil* Frankincense & clary sage

*Asana* Shoulderstand, legs up the wall

*Meaning* Intuition & clarity



Sodalite



## VISHUDDHA | THROAT CHAKRA

*Location* Base of throat

*Essential Oil* Chamomille or peppermint

*Asana* Plow, shoulderstand

*Meaning* Communication



Aquamarine



## ANAHATA | HEART CHAKRA

*Location* Heart

*Essential Oil* Rose otto, bergamot

*Asana* Bridge, wheel, camel, wild thing

*Meaning* Unstuck



Rose Quartz



## MANIPURA | SOLAR PLEXUS CHAKRA

*Location* Navel

*Essential Oil* Lemon, ginger

*Asana* Boat

*Meaning* Lustrous gem



Citrine



## SVADHISHTHANA | SACRAL CHAKRA

*Location* Lower abdomen

*Essential Oil* Cardamon, jasmine

*Asana* Garland, reclined bound angle, pigeon

*Meaning* Creativity, enjoyment



Carnelian



## MULADHARA | ROOT CHAKRA

*Location* Base of spine

*Essential Oil* Cedarwood

*Asana* Child's pose, mountain pose, wide-legged forward fold

*Meaning* Root, support



Red Jasper

# Chakra Complete Guide

**Deb Lilith**



## **Chakra Complete Guide:**

**Chakra Healing For Beginners: The Complete Guide to Awaken and Balance Chakras for Self Healing and Positive Energy** Alison L. Alverson, In a universe made of energy how you control your own is essential Are you ready to expand your health and happiness To awaken one must understand the power of the chakras To heal one s mind body and spirit one must align them The wonders of a quiet mind allow anyone to achieve a level of joy and abundance they never knew existed This journey will change your life You ll learn Ancient Medicine and the Use of Chakras Secret and Powerful Healing Techniques Six Mistakes Most Beginners Make in Meditation and How to Avoid Them How Guided Meditation Can Transform and Awaken You Spiritually The Mysteries and Benefits of Hindu and Buddhist Tantras plus much more Alison L. Alverson is an accomplished self published author She is an empath who has spent nearly one decade since awakening mastering the practices Each day will be one you can cherish once you ve brought your life into alignment It s time to unleash the power of your chakras You ll love these lessons because improving your mental and physical well being is the best thing you can do for yourself Get started now

**Chakras for Beginners** Sabrina Lockett,2014-07-31 DISCOVER The Magical Powers of Chakras Want to Master the Basics of Chakras for Beginners You are in the right place LIMITED TIME OFFER 50% OFF Regular Price 5 99 If you have been looking to understand the world of Chakras then you ve come to the right place Chakras for Beginners A Complete Guide to Chakras and the Healing Power Contained Within is a book that will help you with finding yourself and will help you learn how to move forward in different areas of your life The Chakras are different areas of the body and mind that are connected and by understanding what they are what they do and how you can take care of them you can help provide healing power in every area of your life Whether you re looking for spiritual relief emotional strength physical healing or mental clarity the Chakras can help you find all of those with some simple exercises and the time to focus your life into a number of different places It takes time and effort but the Chakras So if you re just getting started with it this book is the place where you want to go There are a lot of different things that you need to consider and Chakras for Beginners A Complete Guide to Chakras and the Healing Power Contained Within will help you to get your feet on the ground and start taking the right path toward healing your whole self Thanks for considering Chakras for Beginners A Complete Guide to Chakras and the Healing Power Contained Within and we hope that this book is able to help you get started on a spiritual journey unlike any other that you may have taken before Find your freedom and healing with your own Chakras

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*Chakras for Beginners - The Complete Guide from the Basics - Chakra Balance, Aura Cleansing, and Energy Protection*

Mateusz Janeczek, 2026-01-14 How does the human energy system work and how can you use it consciously This book guides you step by step through the seven main chakras from root to crown showing how they influence your emotions health and decisions You will discover how imbalances in the chakras can block your growth and how to restore balance through aura cleansing protecting your energy field and rebuilding your strength after encounters with energy vampires You will learn to recognize signals from the body interpret energetic disturbances and apply effective techniques for strengthening your boundaries This is a practical guide for everyone from beginners to advanced practitioners who wants to live in alignment with their spiritual nature and fully access the power of the chakras [The Complete Guide to Chakras](#) April

Pfender, 2020-09-15 A complete chakra guide to help you achieve spiritual growth wellness and healing If you've ever wondered how each chakra the foundational energy centers of the body can help you heal and harmonize your body mind and spirit The Complete Guide to Chakras is the perfect resource It features detailed profiles that illuminate the innate power of 12 different chakras and how they govern our physical bodies our emotions and our potential The wide range of meditation based exercises will help you explore how every chakra in your body can be harnessed for strength vitality healing and personal growth You'll even discover how to use that spiritual knowledge to seek guidance expand your consciousness and attract what you desire to live a full and healthy life This comprehensive chakra guide offers A complete reference This book is a comprehensive but accessible introduction to what a chakra is and how each one can regulate your body's energy system for peace and growth Discover the 12 chakras Learn about the Earth Star the Divine Gateway and every chakra in between along with empowering exercises for activating and aligning them for spiritual healing and a deeper connection with yourself Beyond chakras Find background information about the long history of the chakras the endless ways to engage with them and even some discussion about auras different dimensions and more Understand and align every chakra in your body with this clear and informative guide to inner balance **The Complete Guide to Crystal Chakra Balancing for Spiritual**

**Journeyers** Nicholas Creighton, Embark on a transformative spiritual journey with The Complete Guide to Crystal Chakra Balancing for Spiritual Journeyers This comprehensive guide provides everything you need to know about using crystals to balance your chakras and elevate your spiritual practice Perfect for beginners and experienced practitioners alike this book offers practical techniques detailed insights and step by step instructions to help you achieve harmony and holistic well being Discover the unique properties of various crystals and learn how to use them to align your energy centers release blockages and promote physical emotional and spiritual wellness With clear guidance and beautiful illustrations you'll find it easy to integrate crystal chakra balancing into your daily life Inside this book you will find Chakra Fundamentals An introduction to the seven main chakras and their significance in your health and well being Crystal Profiles Detailed descriptions of the best

crystals for each chakra including their healing properties and how to use them Balancing Techniques Step by step instructions for using crystals in meditation energy healing and chakra alignment Holistic Practices Tips on combining crystal healing with other spiritual practices such as yoga meditation and affirmations Practical Advice Guidance on selecting cleansing and charging your crystals to maximize their healing potential The Complete Guide to Crystal Chakra Balancing is your ultimate resource for harnessing the power of crystals to achieve balance harmony and spiritual growth Start your journey to optimal wellness today [The Complete Guide to Chakras and Auras With a Special Focus on the Third Eye](#) J.D. Rockefeller,2015-08-26 Are chronic diseases such as diabetes cardiovascular problems and joint pains troubling you Are anxiety depression and anger and other such emotions bringing you and your performance down Are you constantly on medications for digestion and respiratory issues If you answer yes to any of the above questions you are probably suffering from an imbalance of energy in your subtle non physical body So what is the subtle body In many spiritual traditions the subtle body is the sacred or the immortal body It never dies and when the physical body dies your subtle body merges into the universe It comprises of the intelligence mind and ego aspects that control the human physical body The terms aura and chakras refer to parts of your subtle plane of existence These are usually seen by the mind s eye and not your physical eyes Disturbances in your auric field or imbalances in the flow of energy through the chakras manifests as physical mental and emotional disorders in the physical world Mostly when people fail to heal their physical bodies with modern medicine the only solution is to turn towards healing the non physical subtle body Just by working on balancing your chakras and your energy field called aura you will notice that your chronic disorders are much under control your emotions are much balanced and you are spiritually more connected to the universe and your Higher Power Don t wait until you fall ill to begin taking care of your chakras and aura Take action now and start learning about chakras and the subtle body This comprehensive guide is perfect to get you started on this journey It will help you learn about what are chakras what the 7 main chakras are and how to strengthen your aura and radiate strong positive and healthy energy by opening or balancing your chakras You will also find a chakra test here that will help you find out which of your chakras is imbalanced There is also an exclusive section on the third eye for people interested in awakening it and promoting their intuitive and psychic abilities **Chakra Healing for Beginners: 2 Books in 1: The Complete Guide to Discover 35 Self-Healing Techniques to Awaken and Balance Chakras for Health and Positive Energy** Alison L. Alverson,2021-08-27 If you feel like something isn t right in your body but can t physically point it out then keep reading Do you feel constantly tired angry or depressed Do you sometimes find it difficult to talk about your emotions Do you derive your self worth from pleasing others If so chances are high that your problem is likely energetic Chakras are life force energy centers in your body When any of these energy centers are blocked or imbalanced it can affect your physical mental or spiritual health In Chakra Healing For Beginners 2 in 1 Bundle Alison offers practical self healing strategies to help you tap into the chakra that lies within you You ll learn how to find your

dedicated chakra altar harmonize with your life force and ease the physical pains and emotional turbulence that hinder your spiritual awakening This 2 in 1 bundle includes the following 2 books 1 Chakra Healing For Beginners The Complete Guide to Awaken and Balance Chakras for Self Healing and Positive Energy 2 Chakra Healing For Beginners Discover 35 Self Healing Techniques to awaken and Balance Chakras for Health and Positive Energy This journey will change your life You ll learn Ancient Medicine and the Use of Chakras Secret and Powerful Healing Techniques Six Mistakes Most Beginners Make in Meditation and How to Avoid Them The Mysteries and Benefits of Hindu and Buddhist Tantras How Certain Oils Gemstones and Crystals Can Affect Your Chakra in a Big Way Step By Step Energy Therapy Techniques to Keep Your Chi Energy Flowing Unraveling The Secrets to Happiness and Why Positivity is a Must Have Building Your Spiritual Connection with the Universe Plus Much More It s time to unleash the power of your chakras You will love this practical guide because empowering your chakras and improving your wellness is the first step to live the life you deserve Get started now

**Chakra for Beginners** Jenifer Eye,2020-02-13 Have you ever wondered why your body is the way that it is Why it seems to suffer from illnesses either physical or emotional The answer to all of your questions are in this book Our body is made out of energy the flow of Ki but this energy has many specific concentrated areas throughout the body the centers which are also known as chakras When these centers experience a lack of energy or an overwhelming amount of energy the body can suffer either physically or mentally Each chakra is located in its own region that is responsible for the well being of that area and it is up to you to maintain a healthy and balanced form of energy in order to avoid countless physical and mental illnesses such as cancer fatigue kidney failure depression anxiety and many others There are seven main energy centers within the body seven main chakras When imbalanced they cause harm to the body and mind but when they are balanced they are able to heal the body promote mind power achieve a higher consciousness and even unlock countless of psychic powers When imbalanced they can stop you from pursuing your dreams or even achieving inner peace but getting to know and accept that you have these chakras and learning how to heal them can help restore your body to its natural and healthy state Chakra for beginners is what you need to practice chakra awakening to expand mind power and achieve higher consciousness you will learn the following All about the seven chakras such as what they are how they work how to find them and how to tell when they are imbalanced Importance of the chakras and their benefits What emotional and physical illnesses they cause How to balance the chakras through different techniques such as food crystals color and meditation Why meditation is important and not only to heal chakras Tips and tricks on how to meditate correctly The kundalini awakening Each chakra has its own specific meditation guide that goes into specific detail And many more Would You Like To Know More Scroll to the top of the page and select the buy now button [The Chakra System](#) Roman Parker,2017-09-13 The Chakra System A Complete Guide to Charkas and Healing Through Chakra Meditation for Beginners is the ONE and ONLY book needed to master the Chakras and utilize energy healing through meditation in order to change your life for the better A thorough and informative guide to

understanding Chakras and practicing Chakra meditation Use the power of the Chakra system to put balance back into your life and utilize this spiritual system to reinvigorate yourself through energy healing While geared towards beginners this book is jam packed with information that could serve as useful to more experienced users of Chakra as well Whether a complete beginner looking to learn or an expert looking to strengthen knowledge in specific areas of Chakra this book is for you By balancing your chakras you can Cure sickness and disease Reduce stress Achieve deeper sleep Increase concentration Heighten creativity Gain a more positive outlook And much much more which can be found in the book Scroll up and order now to reinvent your life using the power of chakras

[The Ultimate Guide to Chakras](#) James L Thomas, 2020-02-10 You Are 1 Click Away From Discovering How To Heal Balance And Unblock Your Chakras For Better Health Positive Energy And Success More and more people are coming to the realization that the human body is far more than just a biological system that you give medicine to deal with different issues People are increasingly appreciating that some problems are beyond medicine There is more awareness about the connection between such problems as anger problems sexual problems personality problems decision making problems and more have more to do with forces that most modern medicine can't explain and simply chooses to ignore instead yet this aspect of our lives is there It is alive and strong and if we don't do something to address this part of ourselves we can't live happy fulfilling and successful lives By virtue that you are reading this it is clear you have special interest in tapping into this aspect of your life through understanding the world of chakras and the concept of chakra unblocking activation and more I know you have lots of questions that you are looking for How exactly do chakras relate to your overall wellbeing How can you take advantage of chakras for your own benefit How do you know the problems you are dealing with have more to do with chakras than anything else so that you address this part What exactly does activation unblocking and healing entail and how do you go about it If you have these and any other related questions about chakras and chakra healing this book is perfect for you so keep reading as it covers the ins and outs of chakras including how to take advantage of the chakra system to your advantage More precisely inside this book you'll discover The basics of chakras including what chakras are 7 chakras their location what the chakra system is responsible for and how to feel your chakras How each of your 7 chakras relates to your health including how your body reacts when your chakras are performing optimally as well as how it reacts when something is wrong Myths you may have been holding about chakras and the correct position The concept of blockage under activity and over activity with respect to each of the chakras including how to restore proper balance for your optimal wellbeing The different chakras responsible for healing and the natural ways to heal How chakras affect our personality and how to clear and balance them The connection between wellness personal power and chakras How to leverage the power of chakras to your advantage How you can use different techniques to unblock activate and balance each of your 7 chakras The astrology of the chakras and how to open your throat third eye and crown chakras How to use chakras to enhance your psychic awareness including using chakra meditation as a means of

healing mind body and spirit soul And much more Even if the concept of chakras sounds out there at the moment soon you will have more than average level knowledge on the inner workings of chakras and how to tap into the power of the chakra system to your advantage That s all because the book uses simple easy to follow and beginner friendly language to help you put what you learn into action FAST Scroll up and click Buy Now With 1 Click or Buy Now to get started [Chakras](#) Jamie Parr,2020-09-30 CHAKRAS Chakras are phenomenal energy centers that exist within the metaphysical energy body Discovering what your chakras are and how they work allows you to understand your own energy field and then interact with it in a way that maximizes your quality of life in every way possible Through a regular chakra balancing practice you will discover a greater sense of harmony in your life and in yourself In this book we will cover everything you need to know in order to confidently work with your own chakras including working with their energy as well as balancing and maintaining them in a positive manner You will discover how to create a deep sense of support and peace in your own life as well as experience an improved quality of life overall Here Is A Preview Of What You ll Learn About Inside What Are Chakras Benefits Of Chakra Healing The 7 Different Chakras The History Of Chakras How To Balance Your Chakras How To Maintain Chakra Health Much Much More **The Ultimate 7 Chakra Guide** Danny Bright,2018-11-14 THE ULTIMATE 7 CHAKRA GUIDE The Complete Guide to the 7 Chakras to Increase Energy Healing and Balance your ChakrasThe entire universe is fabricated from energy and the human body is no exception Long before the arrival of modern era and science historic cultures knew that all dwelling things carried an existence force within them They called the centers of energy that flow internally The human body has 7 chakras that are located around the spine and some others outside which connect a person to higher planes as well as the earth even to a level of universal awareness These chakras are closely related to the level of consciousness one can have access to and to the extent to which we can maximize our body potentials Deliberately working on your chakras can help you improve your potentials and help you progress in lives journey This book will guide you on how to balance your chakras to increase energy bring about healing so you could enjoy your live progressively without worries or stress GET THIS BOOK TODAY by scrolling up and clicking buy now to learn how to balance your chakras so you could live a healthy and happy life *Chakras for Beginners* Lisle Kepler,2019-08 Buy the Paperback Version of this Book on amazon com and Get the Kindle Version for FREE Did you know that there is a rainbow colored tower of energy and light in your body What would you say if I told you that your chronic health problems or anxiety and depression is likely caused by a blocked chakra or imbalanced energy in your body This book is your go to guide for learning everything you need to know about the chakras what they are how they work and why you want to know so much about them We all have our own methods for healing and health but so many people in Western culture are only recently discovering and practicing the healing benefits of working with your chakra system and practicing methods to cleanse clear and unblock them for a higher vibrational life What does it even mean to have a higher vibration anyway The answer to that is in this book for beginners It

explains in great detail the science behind the chakras and how we are all made of energy and radiate those frequencies all the time Understanding the chakras can help you understand how to heal protect and invigorate your personal energy Chakras for Beginners contains the following information The history behind chakras and where they come from The science of chakras and how they really work Understanding the difference between the 7 chakra and 12 chakra systems Discovery of what kinds of symptoms side effects and issues are the result of chakra blocks and imbalances What it means to heal the chakras and what an energy block really looks like Methods for healing the chakras including crystals yoga meditation and mindfulness practices How to maintain a balanced chakra system after you have cleared your blocks Living a healthy life through your energy Everyday applications for staying in balance You can learn how to clear negative feelings thoughts and physical problems by working with these practices and concentrating on the specific qualities and characteristics of each chakra And so much more Even if you never have time to take care of yourself you can learn to create a more balanced healed and whole lifestyle in just 10 days Chakras for Beginners will hold your hand and help you through every step of the way Scroll to the top of the page and select the buy now button *Chakra for Beginners* Jenifer Eye,2019-10-07 Have you ever wondered why your body is the way that it is Why it seems to suffer from illnesses either physical or emotional Our body is made out of energy the flow of Ki but this energy has many specific concentrated areas throughout the body the centers which are also known as chakras When these centers experience a lack of energy or an overwhelming amount of energy the body can suffer either physically or mentally Each chakra is located in its own region that is responsible for the well being of that area and it is up to you to maintain a healthy and balanced form of energy in order to avoid countless physical and mental illnesses such as cancer fatigue kidney failure depression anxiety and many others There are seven main energy centers within the body seven main chakras When imbalanced they cause harm to the body and mind but when they are balanced they are able to heal the body promote mind power achieve a higher consciousness and even unlock countless of psychic powers When imbalanced they can stop you from pursuing your dreams or even achieving inner peace but getting to know and accept that you have these chakras and learning how to heal them can help restore your body to its natural and healthy state In this book Chakra for beginners you will learn the following All about the seven chakras such as what they are how they work how to find them and how to tell when they are imbalanced Importance of the chakras and their benefits What emotional and physical illnesses they cause How to balance the chakras through different techniques such as food crystals color and meditation Why meditation is important and not only to heal chakras Tips and tricks on how to meditate correctly The kundalini awakening Each chakra has its own specific meditation guide that goes into specific detail Chakra for beginners will have an immediate positive impact on your mindset and the quality of your life Would You Like To Know More Download now to expand mind power achieve higher consciousness and self healing Scroll to the top of the page and select the buy now button [The Complete Guide to Yoga for Fitness Professionals](#) Debbie Lawrence,Conrad Paul,2014-09-11 The

Complete Guide to Yoga for Fitness Professionals gives you the necessary skills to become a successful yoga teacher or practitioner Whether you are looking for information on planning structuring and delivering a yoga class or are looking to increase your general understanding and appreciation of the history and ancient lineage of yoga our experienced authors are here to help Reaching beyond the typical how to guides this book not only covers the basics but also details more advanced teaching techniques Master how to teach the classic asana pose including the benefits precautions prohibitions and modifications of a selection of some other Hatha yoga postures Higher level yoga practices are found in Part Three along with information about how to deal with common conditions of participants encountered in a yoga class and any adaptations that need to be made to support them

[Solfeggio Frequencies for Body, Mind & Spirit: A Complete Guide to the 9 Sacred Tones for Deep Meditation, Full-Body Healing, Pineal Gland Activation, and Awakening Higher Consciousness](#) Mindwave Audio, 2025-12-08 What if a single tone could unlock the deepest calm within you Awaken your spirit restore harmony and rise into higher awareness through sacred sound For centuries sages and seekers have turned to sacred tones to awaken the spirit quiet the mind and expand awareness Now modern research echoes what the ancients long understood the Solfeggio frequencies are far more than sound They are vibrational pathways that can realign your energy clear emotional tension and open your consciousness to deeper states of clarity and peace This transformative 2 in 1 edition Calming Solfeggio Frequencies and Solfeggio Frequencies for Pineal Gland Activation reveals how to work with the 9 sacred tones to restore balance deepen meditation and awaken inner wisdom Whether you re seeking relief from stress a return to calm or a profound connection with your higher self these teachings illuminate the path toward harmony between mind body and spirit If you ve been inspired by The Healing Power of Sound by Mitchell L Gaynor Tuning the Human Biofield by Eileen Day McKusick or The Book of Chakra Healing by Liz Simpson Solfeggio Frequencies for Body Mind Spirit by Mindwave Audio will be your next essential guide to restoring balance raising your vibration and harmonizing your whole being through sacred sound As you open yourself to these ancient frequencies you ll uncover The origins of the Solfeggio scale how early civilizations used sacred sound in chants rituals and spiritual practices The energy of sound how different tones can influence awareness elevate emotion and enhance inner stillness The nine sacred frequencies explained from 174 Hz for grounding to 963 Hz for unity consciousness each carrying a unique vibrational purpose Pineal gland activation practices sound based techniques to heighten intuition expand perspective and awaken spiritual insight Simple rituals and listening methods ways to integrate these tones into your meditation journaling and creative flow Emotional realignment techniques release tension open your heart and reconnect with your authentic essence Inspiring experiences true stories of individuals who found peace focus and transformation through sound This isn t just a guide it s a journey through vibration bridging ancient wisdom and modern understanding With each tone you re invited to move from noise to stillness from fragmentation to flow and from limitation to expanded awareness Step into the resonance of clarity Restore your balance awaken your senses and experience

the timeless power of the 9 sacred Solfeggio frequencies today solfeggio frequencies solfeggio frequencies healing solfeggio frequencies for sleep solfeggio frequencies meditation solfeggio frequencies pineal gland solfeggio frequencies for relaxation solfeggio frequencies body mind spirit solfeggio frequencies chakra healing healing frequencies meditation sound healing frequencies

*Chakras* Cassidy Wilson, 2018-09-26 Have you ever suffered from seemingly mysterious maladies such as chronic fatigue and restlessness Do you have such debilitating symptoms pop up seemingly out of nowhere and you don't know what to do about them Well my friends the mystery can easily be solved if you would simply go to the source of these afflictions Because according to health and wellness expert Cassidy Wilson's latest book *Chakras A Complete Guide to Healing* these ailments are not as random as you might believe This book compiles a listing of all possible ailments and their causes In this book Ms Wilson takes on the ancient practice of chakras and shows us how our bodies run on a grid like pattern of energy known as chakras Ms Wilson breaks down the tenants of this once mysterious practice and clearly demonstrates how these pockets of energy affect the human body Much like a light switch these chakras can be turned on and off And for those of us experiencing chronic problems and trauma our chakras are most likely stuck in the off position But Ms Cassidy Wilson demonstrates in depth just how these chakric switches can be turned back on again Whether its through yoga exercises mindful meditation repetition of positive mantras or even aromatherapy Ms Wilson lays out exactly what you need to do to get your chakras back online You no longer have to suffer in silence with a body and mind that feels out of sorts You can now get right down to the root of what's been bothering you Cassidy Wilson truly provides a complete guide to chakra healing Here you will discover how you can locate actively monitor and strengthen these powerful conduits of energy With whole chapters specifically devoted to each chakra unlike any other Ms Wilson brings the chakra system to life This comprehensive guide explains in great detail the attributes of a healthy chakra as well as the symptoms of a blocked chakra and how it is that you can open up these blocked channels of energy once again Buy this book to find out more In this book you will learn how you can Understand the Symptoms of chakra blockage Decrease depression and anxiety Increase energy and vitality Improve memory and concentration Foster healthy relationships Speed healing from injury Have a healthy sex life Regain Your creative spark And a whole lot more

*Chakras for Beginners* Deb Lilith, 2020-12-05 Have you been trying to find your center Have you been struggling to feel normal like something has been off Do you want to better understand what chakras are If this sounds like you then keep on reading Chakras are a point that exists between the non physical and physical realms of the human body The energy that gets exchanged in the chakras is the energy of the life force This is the reason we study chakras and need to know how they work If your chakras are blocked this means you can't function properly either physically psychologically or mentally When your chakras are blocked there isn't any energy exchange and this isn't good Think about it like a car's exhaust system If the exhaust is blocked the car is going to choke out and stall Everybody has chakras and these chakras can easily get blocked or out of balance Life causes stress and that how

that stress affects your body will also affect your chakras It doesn't mean that you are doing anything wrong if your chakras do wind up blocked but you have to take the time to clear them and get them working properly again You will learn things like What the chakras in your body are and what they mean for you How you can best keep your chakras balanced so that you continue to function properly The most common risks to opening your chakras too fast Mistakes that a lot of people will often make when it comes to opening their chakras How opening the third eye differs from the other chakras and the benefits the practice can bring The best techniques to use to heal your chakras and how to get started Common problems that could be slowing down your process An introduction to practices like meditation reiki and energy healing methods And much more Learning about your chakras and how to heal them is not as complicated as it may seem Simple things like meditation can help heal your chakras That's what this book is here to help you do You will learn all about chakras what they do and how to heal them Deciding to heal your chakras is a great step towards healing yourself and feeling the best you have ever felt Don't wait any longer Choose NOW to make this change in your life Scroll up right now and click the buy now button [The Complete Guide to Chakras](#) Hazel Nightingale,2023-03-24 A complete chakra guide to help you achieve spiritual growth wellness and healing Understand and align every chakra in your body with this clear and informative guide to inner balance

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and clear your chakras they will let positive energy flow to every part of your body mind and spirit So if you want to heal your body and spirit and balance your chakras to bring joy and wellness into your life grab your copy now Scroll up and click the Add to Cart button

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