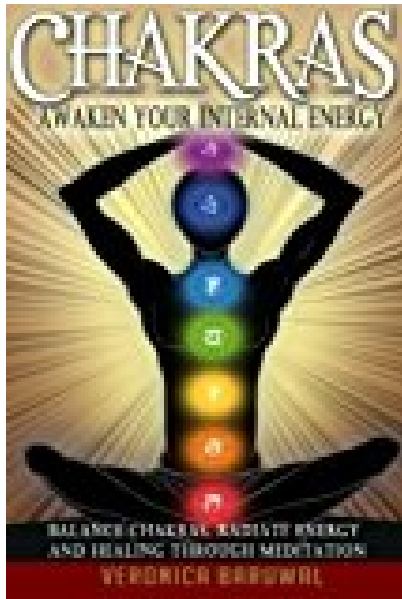


Chakras Awaken Your Internal Energy - Balance Chakras Radiate Energy and Healing Through Meditation



BOOK DETAILS

- Author : Veronica Baruwal
- Pages : 210 Pages
- Publisher : CreateSpace Independent Publishing Platform
- Language : English
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BOOK SYNOPSIS

Gain Healing and Wisdom through the Power of Chakras! Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy and Healing Through Meditation explains the significance of chakras in our life. You'll discover the science behind chakra healing and the meaning of "chakra petals." This book even describes the "subtle system": Ida Naadi, Pingla Naadi, and Sushumna Naadi. This book explains the meanings of the 8 Major Chakras: - Mooladhara - The Root Chakra - Swadishthana - The Sacral Chakra - Nabhi Chakra - The Solar Plexus - Bhava Saagar - The Void - Anahata Chakra - The Heart - Vishuddhi Chakra - The Throat - Agnya Chakra - The Third Eye - Sahasrara Chakra - The Crown - You'll also learn about the minor chakras in the knees, feet, and hands! While Reading Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy and Healing Through Meditation, you'll learn to understand chakra imbalances and how to use meditation for chakra healing. This book offers insightful guidelines for meditation: - Breathing techniques - Visualizations - Hand Gestures - Chants You'll even learn the importance of the order in healing! Start an amazing journey of health, spirituality, and self-exploration!

CHAKRAS AWAKEN YOUR INTERNAL ENERGY - BALANCE CHAKRAS RADIATE ENERGY AND HEALING THROUGH MEDITATION

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