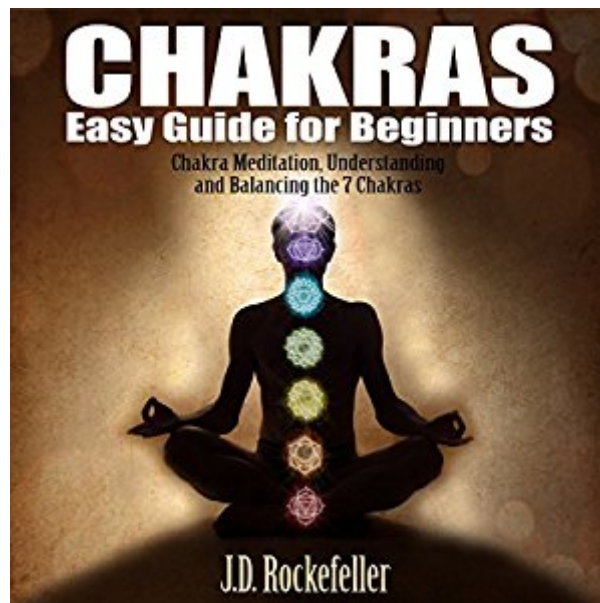




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# Chakras Easy Guide For Beginners: Chakra Meditation, Understanding And Balancing The 7 Chakras



## Synopsis

This book will teach you the meaning and functioning of the main 7 chakras. You will understand where they are located in the body, the colors that are related to each chakra, what they mean and how they relate to your physical and spiritual well-being. You will also understand how this life current energy represented by the chakras spirals through our bodies grounding us to the Earth plane. These energy points that run vertically all the way from the top of your head down to your spine draw in energy and also radiate an energy of vibration, as they connect to major organs or glands which are also connected to other body parts that resonate with the same frequency. When one chakra center is out of sync, it may eventually affect the organs and glands that it is connected to and cause the neighboring chakras connected to it to also go out of sync. Therefore, to understand and to have balanced chakras will make you happier, healthier, and more in tune with yourself. It will bring harmony to your body and spirit while providing you with a healthier state of consciousness.

## Book Information

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## Customer Reviews

Author J.D. Rockefeller is a well-traveled writer and a certified Bikram Yoga and Ashtanga Yoga Teacher. He rigorously meditates for up to 2 hours a day: yoga, Chakras and meditation are his passion. `Some of the topics I enjoy reading and writing about are: Chakra Balancing, Meditation Techniques, Wiccan Rituals, Magic Spells and more.' Chakras are energy vortexes that, when balanced can be transcendental in the well being of our lives. `The human body has 7 main chakras

and the more balanced they are, the more your life energy travels through those chakras unrestricted of emotional blockages. This, in turn, causes us to handle life better and to lead longer and healthier lives.' Rockefeller divides this very readable and comprehensive book into the following chapters: What are Chakras?, Understanding the Main 7 Chakras, Chakra Colors and their Meaning, What is Chakra Healing?, Chakra # 1: The Root Chakra (Earth), Chakra # 2: The Sacral Chakra (Water), Chakra # 3: The Solar Plexus Chakra (Fire), Chakra # 4: The Heart Chakra (Love), Chakra # 5: The Throat Chakra (Sound), Chakra # 6: The Brow Chakra (Light), Chakra # 7: The Crown Chakra (Thought), How to Balance the Chakras, Auras: How to Feel and Understand Your Aura and Other People's Auras, and as a bonus he adds How Chakras Affect Relationships. At every point Rockefeller remains the teacher but also the aura of caring and oneness that helps the reader relate to information perhaps new to each of us. This is one of the more comprehensible introductions to the 'world of chakras'. Read and grow. Grady Harp, October 14

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