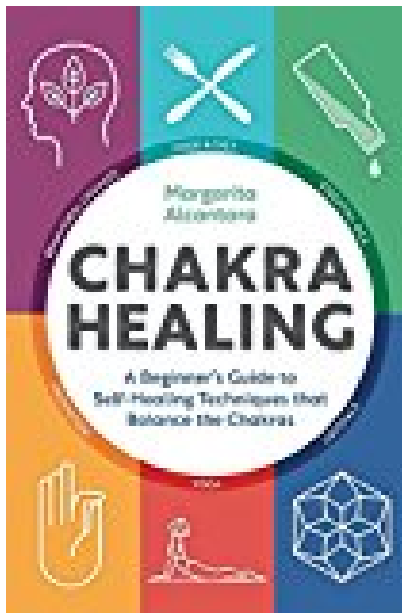


Chakra Healing A Beginners Guide to Self-Healing Techniques that Balance the Chakras



BOOK DETAILS

- Author : Margarita Alcantara
- Pages : 190 Pages
- Publisher : Althea Press
- Language : English
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BOOK SYNOPSIS

Chances are you've heard of the chakras. They're those spinning vortexes of energy associated with places along the spine. But you might be wondering, "What are they good for?" If you've ever had that question, you need *Chakras for Beginners*. This book is filled with exercises and meditations that will allow you to balance out the energy in each of your chakras. This will allow you to make better decisions (3rd chakra) and get more pleasure out of life (2nd chakra). The other chakras can help you improve your communication skills, and overcome your fears. They'll help you find your spiritual path in life and bring back the zip and zing which may have been missing. Author David Pond explains how to do all of this. You see, all of your chakras are working, but chances are they do not have balanced energy. Through simple techniques and meditations, Pond shows you how you can add the Universal Energy to your own. You can then use this to balance the energy of each chakra. When you do, your fears will fall away. Decisions will be easier to make and you'll feel able to make the right choices more often. You'll learn to share universal love, be able to communicate better. And all of this will come from the simple exercises and meditations in this book! Isn't it time you found out the truth about the chakras? Isn't it about time you made use of them to improve your life? It's your birthright! Take advantage of it. Get this book today and start improving your life right away.

CHAKRA HEALING A BEGINNERS GUIDE TO SELF-HEALING TECHNIQUES THAT BALANCE THE CHAKRAS

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