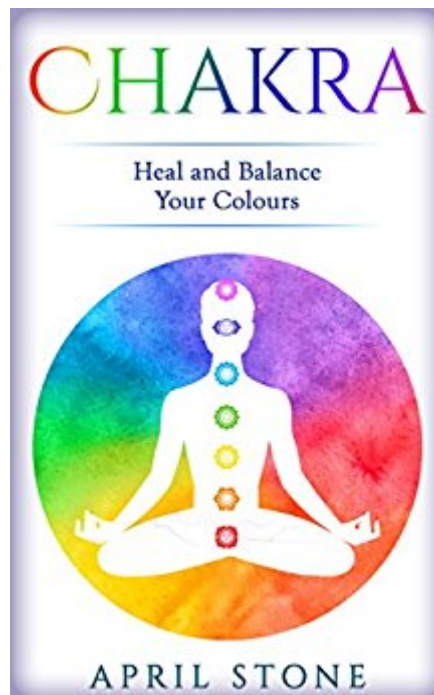




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# Chakra: Heal And Balance Your Colors (April Stone - Spirituality Book 7)



## Synopsis

Every being and life on earth has energy flowing through them and this underlying current of energy is what makes our world function harmoniously. In humans, we have 7 core chakras that flow within ourselves that maintain our emotional, physical and mental sense of self. With these 7 chakras, we are able to connect with our environment like no other and build bonds with other humans on a deeper level. Unfortunately, the pace of human economic development has made many of us completely oblivious to the chakras running through us. The average person is swamped with so many small and large tasks on a daily basis, that they haven't the time to be in tune with their bodies. Our life priorities have long been changed to value many man made ideas more than our evolutionary natural needs, and we are paying a very heavy price for this shift. We find ourselves at our most unfulfilled, unhealthy and unsatisfied. We as a humanity have become the most lonely and unhappy in all of human history. All these things have resulted in people's inability to understand their very core. Their 7 chakras. The ability to understand, feel and begin to nurture your chakras will bring you closer to finding your direction in life. With your mind clear to focus what will genuinely bring you happiness and good health. In this book you will learn: - What are chakras- The 7 chakras and their individual importance - The benefits of balancing chakras- How to recognise your chakras - How to heal your chakras - How to maintain your chakras - And much more

## Book Information

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## Customer Reviews

I got interested in this subject when I started going to a yoga class and our instructor always tells us that we should be calm when performing yoga so that our chakra will be balanced. I do believe that Chakras are the connectors of our body and our spiritual being in this universe. After reading the book, I learned how to take care of my own chakras in the body and how will I fight back the negative energy in my surroundings.

I recently became very interested in chakra balancing and meditation and have been reading a lot of books on this subject. This is so far the best, most comprehensive and clear guide that covers absolutely all the necessary steps and strategies to balance yourself through chakras. And what is even better - it has music recommendations to help you relax and meditate!

A great beginners guide to understanding everything basic about the 7 chakras. Easy to comprehend for the beginner wanting to learn more about chakras. I enjoyed reading this book. The language was easy to understand and the step by step instruction easy to follow. Worth reading and doing

Last 4 days ago I got this book and I'm really impressed with the amount of tips that this guide book has. More time I am frustrated about my future for that my friend suggests me the book. In this book the information is organized in a logical way that it's easy to access, read and understand. It is indeed a good read and I highly recommend this book to everyone.

Chakras healing is based on the principle of healing your body and mind through the energy points on your body that will help you to re-invent and activate the energy in you. Chakras are vital in stimulate a healthy body functionality and then improving the body systems vitality.

I've read countless books on chakras and there's no way I'll stop learning any time soon! If you've always been curious about chakras, but don't have a clue where to start, I think this book would be a

great help.

This was a detailed and comprehensive book that is why it became perfect for me as a beginner. It discussed basic by basic and elaborated the overview of Chakra. Good read.

Excellent! I really like the dedication to the meditation that the author uses in the book. She is very knowledgeable and I am always somewhat "jealous" of this ability that some people have to just relax and have a clear mind. This book must be very useful and helpful in your journey towards a personal, spiritual, psychological, emotional and physical wellness, and on-wards to total bliss and enlightenment. It contains information on how to perform the basic chakra meditation procedure, which is appropriate for beginners as well as the rest who still bears confusion about understanding the principal chakras. Recommended!

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