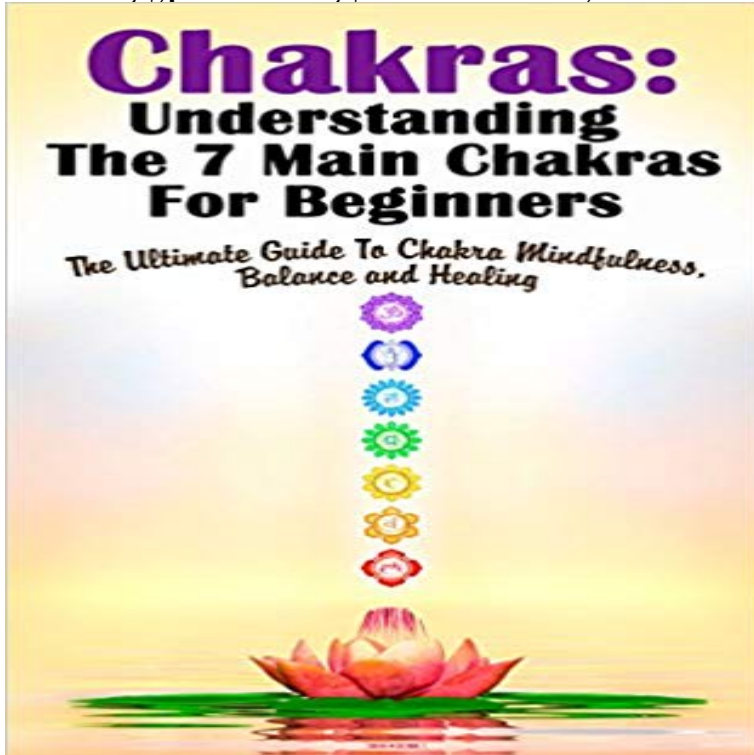


# Chakras: Understanding The 7 Main Chakras For Beginners: The Ultimate Guide To Chakra Mindfulness, Balance and Healing (chakra healing, practicing minfulness, balancing, chakraYoga Book 1)



Do You Know The 7 Main Chakras And How They Can Heal Your Life? What you are about to learn... I hope that this book will help you to live longer and discover the biggest mysteries of the Universe You will be amazed to see that there is a unique and intriguing connection between the human body, nature and the Universe and I hope that this book will reveal some truths that can help you to live a healthier life. If you want to live a healthier life you need to accept positive change and open all of your heart to anything that can enhance your life. I am sure that you will enjoy this book as I wrote it for people who are wise enough to accept the great changes that Chakras may bring in their life. I am sure that you will be able to rediscover yourself with the help of Chakras This book is here to guide you through this process. In the end, you will feel more positive about yourself just by the understanding and use of Chakras every day. Chakra is like a spinning vortex that is producing a vacuum in the center. There are multiple chakras across the spinal column of the human body. If there is any sort of disturbance with a chakra this will lead to psychological problems. I hope that this book will help you to understand how chakras work and I hope that you will be able to lead a healthier lifestyle with the help of this book. Here Is A Preview Of What Youll Learn... 7 main Chakras How Can You Balance The 7 Chakras Understanding Chakras Using Powerful Affirmations Mudras Healing Techniques Much, much more! Just Scroll back up to the top and Download your copy today! Only \$2.99 and learn all you need to know about getting started with Chakras

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