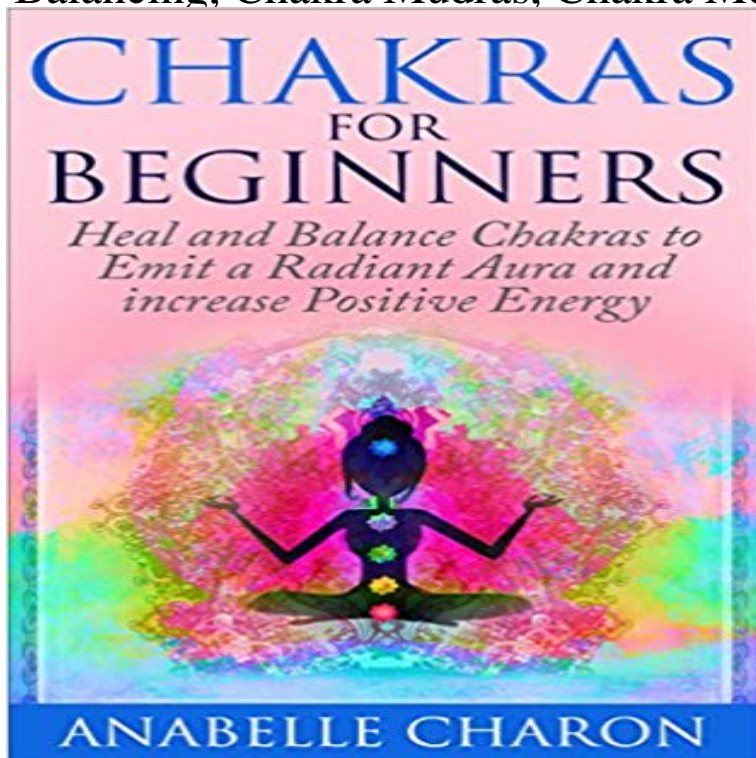


Chakras for Beginners: How to Heal and Balance Chakras to Emit a Radiant Aura and increase Positive Energy (Chakra Healing, Chakra Balancing, Chakra Mudras, Chakra Meditations)



An All-Inclusive Chakra-101 Course
Improving your emotional, spiritual and physical balance and harmony could be as close as a short book away! As more and more people become suspicious about our modern health care system its ridiculously high costs, reliance on prescription drugs with side effects that include death, and generally disappointing results more people are seeking ways to take control of their own health. If you're reading this, then you're probably just like me. You might suspect that good health is not only a matter of a yearly physical check-up. Although that this is important, you feel that perhaps real health is as much a spiritual and emotional matter as a physical one. And you're right. There's a lot of information on Chakras out there and much of it is confusing not written for the beginner. Chakras for Beginners is an excellent place to start learning more about Chakras and how you can improve your spiritual and emotional state. In Chakras for Beginners, you will learn: The origins of chakras The seven major chakras How to heal and balance your own Chakras Meditations and positions that activate Chakras Much more There is more to your health and happiness than a doctor's examination or prescription. In Chakras for Beginners,, there are methods that you can take and implement in your day to day life to take control of your health and happiness.

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