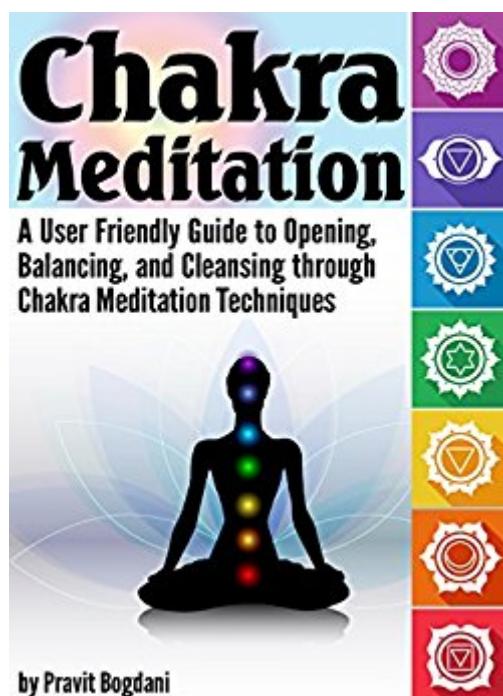


The book was found

Chakra Meditation: A User-Friendly Guide To Opening, Balancing, And Cleansing Through Chakra Meditation Techniques



Synopsis

If you're ready to open, balance, and cleanse your chakras though chakra meditation techniques and breathing exercises, then this book is for you! Read on your PC, Mac, smart phone, tablet, or Kindle device. There is so more to the human body than its physical structure. Channels transferring energy run through our bodies carrying the vital life force or prana responsible for our mental and emotional well-being. The focal points through which these energy channels flow are called chakras, and chakras can be manipulated to bring about certain conditions. No doubt you have heard of countless ways to cleanse and bolster your chakras by simply using certain lotions, oils, stones, or crystals in different sizes, scents, and colors, and other useless bits and pieces. Well, I'm here to tell you that no commercially available product can do anything for your chakras. The only real way to influence your chakras is through meditation, physical exercise, breathing techniques, chanting mantras, and other such practices. If done correctly, these activities will empower your physical body and will result in positive and noticeable effects on your mental state and your charisma as well. In this book, you'll learn what your chakras really are all about, where they're situated, which organs they each regulate, and exactly what you need to do to open, balance, and cleanse them. Stick with me; I will teach you how to adopt a regular, sustainable, and no-nonsense practice that will help you live life to the fullest. Here Is A Preview Of What You'll Learn... Understanding Your Chakras and Where They're Located The Organs Your Chakras Regulate Working on Each Chakra Individually The Mantra and Symbol of Each Chakra Important Breathing and Meditation Exercises Mantra Consecration Exercises to Put it All Together Much, much more! Download your copy today!

Book Information

File Size: 921 KB

Print Length: 60 pages

Simultaneous Device Usage: Unlimited

Publication Date: February 28, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B00U4EODYG

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #327,684 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #65

inÃ Â Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Rituals & Practice #125

inÃ Â Books > Religion & Spirituality > Hinduism > Rituals & Practice #234 inÃ Â Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Chakras

Customer Reviews

I was not really familiarized with chakras before reading this book. Although I practice mindful meditation (at least I'm trying to), knowledge about chakras didn't cross my path. This book is a nice introduction in chakra meditation. The author explains a little bit about chakras and the rest of the book are exercises and routines that you can practice in your daily meditations. I like how the book is brief, to the point and it doesnÃƒÂ¢Ã¢â€šÂ¬Ã¢â€šÂ“t drag out with all the information. There is simply enough for anyone to start practicing chakra meditation and that is perfect. If you are looking somewhere to start, this book is an excellent introduction.

An excellent overview, explanation and practical application of Chakra Meditation. I appreciated the careful explanation of what chakras are but more importantly, what chakras are NOT. With the increased popularity of meditation, the number of bogus products and information out there claiming to be related to chakras or chakra meditation have skyrocketed. This book helped me learn about the different chakra symbols and how to incorporate them into my meditation practice. I'm looking forward to trying the 5 breathing exercises from Chapter 9 and the meditation exercises from Chapter 11. I thoroughly enjoyed this book and highly recommend it.

This book is a nice introduction in chakra meditation. The author explains a little bit about chakras and the rest of the book are exercises and routines that you can practice in your daily meditations. I like how the book is brief, to the point and it doesnÃƒÂ¢Ã¢â€šÂ¬Ã¢â€šÂ“t drag out with all the information. . Now that I learned some of the techniques I can now use my chakra on different things like on meditation and health. Thank you! I will recommend this book!

Well written and a very interesting read, this is a great book for people new to chakra meditation as well as Hinduism, with tons of information on the practice, in a language that is easy to understand. I

like how each of the chakras are discussed in detail, as well as the meditation exercises. This is a real winner for me!

I am a regular basic meditator, but I wanted to try something a bit more spiritual. This book is perfect for me because each technique is so easy to follow and my meditation sessions have become more fulfilling and powerful each time! Also love that there is a brief history of chakra meditation which helped me gain a bit of contextual knowledge, which I found very interesting. Loved it!

Actually great strategy, a diverse technique of taking care of existence, exactly where can be exhibits within here how o equilibrium the type connected with existence and control almost everything as a liable a single in all aspect of existence. Greatest exercise to anyone.

This was extremely helpful in explaining chakra but also teaching in a simple way how to use them. I found this to be very educational.

general library

[Download to continue reading...](#)

Chakra Meditation: A User-Friendly Guide to Opening, Balancing, and Cleansing through Chakra Meditation Techniques Chakras: Chakras :Learning To Balance Your Chakras Made Simple (Chakra Alignment ,Chakra Healing, Chakra Balancing Book 1) Windows 10: The Ultimate 2017 Updated User Guide to Microsoft Windows 10 (2017 updated user guide, tips and tricks, user manual, user guide, Windows 10) Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [A Beginner's Guide to Opening and Balancing Your Chakras] (Mudra Healing Book 3) Chakras: Pleasure Guide: Couples Healing; For Lovers (Chakra Balancing, Energy Healing, Couples Therapy, Tantric, Kama Sutra, Couples Therapy, Chakra) Chakras Easy Guide for Beginners: Chakra Meditation, Understanding and Balancing the 7 Chakras How to Install Kodi on Firestick: The Ultimate User Guide How to Install Kodi on Fire Stick (the 2017 updated user guide, tips and tricks, home ... (user guides, fire stick,) Echo: Echo Advanced User Guide (2017 Updated) : Step-by-Step Instructions to Enrich your Smart Life (Echo User Manual, Alexa User Guide, Echo Dot, Echo Tap) Echo Dot: Echo Dot User Manual: From Newbie to Expert in One Hour: Echo Dot 2nd Generation User Guide: (Echo, Dot, Echo Dot, ... Manual, Alexa, User Manual, Echo Dot ebook) Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation Crystal Healing

For The Chakras: A Beginners Guide To The Chakras And Chakra Balancing With Crystals
Chakras for Beginners: A Guide to Balancing Your Chakra Energies (For Beginners (Llewellyn's))
Chakra Balancing Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life
(meditation, meditation techniques, stress relief, anger management, overcoming fear, stop
worrying, how to meditate) Undaunted Courage: Meriwether Lewis, Thomas Jefferson and the
Opening of the American West: Meriwether Lewis Thomas Jefferson and the Opening
Repertoire: Nimzo and Bogo Indian (Everyman Chess-Opening Repertoire) Chakra for Sex:
Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and
Improve Your Sex Life: Sex Improvement, Book 2 Chakras, Kundalini: 2 in 1 Bundle: Book 1: How
to Awaken Your Internal Energy through Chakra Meditation + Book 2: The Kundalini Awakening
Guide for Healing and Unlocking Your Spiritual Power Windows 10: The Ultimate 2 in 1 User Guide
to Microsoft Windows 10 User Guide to Microsoft Windows 10 for Beginners and Advanced Users
(tips and tricks, ... Windows, softwares, guide Book 7) Kindle Fire: Owner's Manual: Ultimate Guide
to the Kindle Fire, Beginner's User Guide (User Guide, How to, Hints, Tips and Tricks)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)