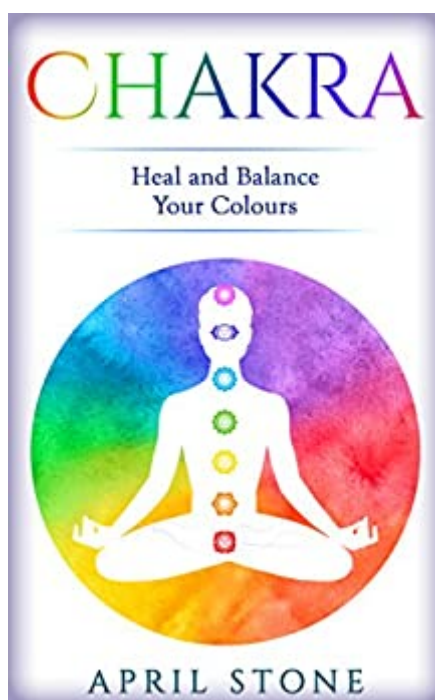


The book was found

# 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

File Size: 1554 KB

Print Length: 42 pages

Simultaneous Device Usage: Unlimited

Publication Date: June 12, 2017

Language: English

ASIN: B071X69BZB

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #230,209 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #46

in Kindle Store > Kindle eBooks > Religion & Spirituality > Occult > Metaphysical Phenomena

#86 in Books > Religion & Spirituality > Occult & Paranormal > Parapsychology > Out-of-Body Experiences #158 in Kindle Store > Kindle eBooks > Religion & Spirituality > Occult > Astral Projection

## 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'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 Chara. 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!

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

Chakra: Heal and Balance Your Colors (April Stone - Spirituality Book 7) Chakras: Chakras :Learning To Balance Your Chakras Made Simple (Chakra Alignment ,Chakra Healing, Chakra Balancing Book 1) CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga) Gut: Gut Balance Solution: 10 Steps on How You Can Restore Optimal Gut Health, Boost Metabolism and Heal Your Gut Effectively (4-Week Gut Balance Diet Plan, leaky gut, clean gut, Gut Balance Recipes) 7 Chakras: A Guide to Understanding Your 7 Chakra Spiritual Power Centers, and How to Open, Balance, and Heal Them Third Eye Awakening : Awaken Your Third Eye in 4 Weeks (April Stone - Spirituality Book 6) 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 Third Eye: The Ultimate Guide to Self Awareness (April Stone - Spirituality Book 9) Hasidic Spirituality for a New Era: The Religious Writings of Hillel Zeitlin (Classics of Western Spirituality) (Classics of Western Spirituality (Paperback)) Chakra Meditation: A User-Friendly Guide to Opening, Balancing, and Cleansing through Chakra Meditation Techniques Chakras: Pleasure Guide: Couples Healing; For Lovers (Chakra Balancing, Energy Healing, Couples Therapy, Tantric, Kama Sutra, Couples Therapy, Chakra) CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga) True Balance: A Chakra Guide for Renewing Your Body, Mind, and Spirit APRIL TO APRIL: My Year Beating Prostate Cancer Stone by Stone: The Magnificent History in New England's Stone Walls Chakras: Understanding the 7 Main Chakras for Beginners: The Ultimate Guide to Chakra Mindfulness, Balance and Healing

Reiki: Heal Yourself & Transform Your Life - Reiki For Beginners, A Complete Guide To The Holistic Reiki Healing, Chakras Healing, Increase Your Energy With Reiki (Spirituality Book 4) Chakra Healing: A Beginner's Guide to Self-Healing Techniques that Balance the Chakras Balance Your Hormones, Balance Your Life: Achieving Optimal Health and Wellness through Ayurveda, Chinese Medicine, and Western Science Chakras: Activate Your Internal Energy Centers And Heal Yourself - The Complete Guide To Chakras For Beginners: Balance Your Body, Mind And Soul

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)