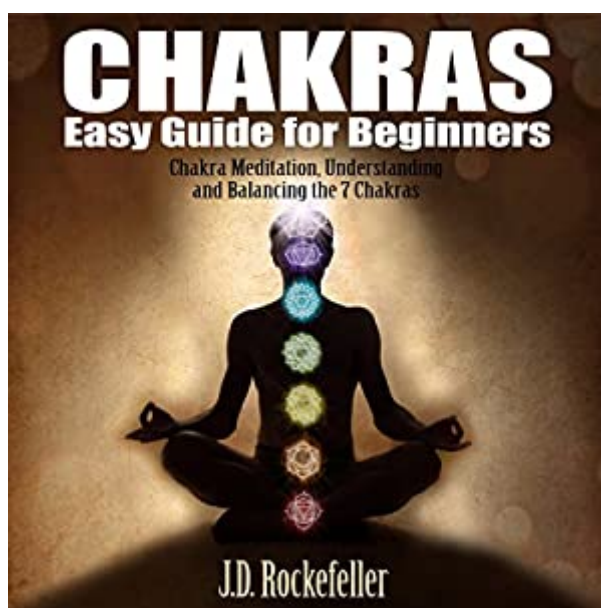


The book was found

Chakras Easy Guide For Beginners: Chakra Meditation, Understanding And Balancing The 7 Chakras



Synopsis

This book will teach you the meaning and functioning of the main 7 chakras. You will understand where they are located in the body, the colors that are related to each chakra, what they mean and how they relate to your physical and spiritual well-being. You will also understand how this life current energy represented by the chakras spirals through our bodies grounding us to the Earth plane. These energy points that run vertically all the way from the top of your head down to your spine draw in energy and also radiate an energy of vibration, as they connect to major organs or glands which are also connected to other body parts that resonate with the same frequency. When one chakra center is out of sync, it may eventually affect the organs and glands that it is connected to and cause the neighboring chakras connected to it to also go out of sync. Therefore, to understand and to have balanced chakras will make you happier, healthier, and more in tune with yourself. It will bring harmony to your body and spirit while providing you with a healthier state of consciousness.

Book Information

Audible Audio Edition

Listening Length: 1 hour and 58 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Fountain of Knowledge Books

Audible.com Release Date: October 9, 2014

Whispersync for Voice: Ready

Language: English

ASIN: B00OC1MX7G

Best Sellers Rank: #18 in Books > Religion & Spirituality > Hinduism > Rituals & Practice #54 in Books > Religion & Spirituality > Hinduism > Chakras #125 in Books > Audible Audiobooks > Religion & Spirituality > Buddhism & Eastern Religions

Customer Reviews

Author J.D. Rockefeller is a well-traveled writer and a certified Bikram Yoga and Ashtanga Yoga Teacher. He rigorously meditates for up to 2 hours a day: yoga, Chakras and meditation are his passion. `Some of the topics I enjoy reading and writing about are: Chakra Balancing, Meditation Techniques, Wiccan Rituals, Magic Spells and more.' Chakras are energy vortexes that, when balanced can be transcendental in the well being of our lives. `The human body has 7 main chakras

and the more balanced they are, the more your life energy travels through those chakras unrestricted of emotional blockages. This, in turn, causes us to handle life better and to lead longer and healthier lives.' Rockefeller divides his very readable and comprehensive book into the following chapters: What are Chakras?, Understanding the Main 7 Chakras, Chakra Colors and their Meaning, What is Chakra Healing?, Chakra # 1: The Root Chakra (Earth), Chakra # 2: The Sacral Chakra (Water), Chakra # 3: The Solar Plexus Chakra (Fire), Chakra # 4: The Heart Chakra (Love), Chakra # 5: The Throat Chakra (Sound), Chakra # 6: The Brow Chakra (Light), Chakra # 7: The Crown Chakra (Thought), How to Balance the Chakras, Auras: How to Feel and Understand Your Aura and Other People's Auras, and as a bonus he adds How Chakras Affect Relationships. At every point Rockefeller remains the teacher but also the aura of caring and oneness that helps the reader relate to information perhaps new to each of us. This is one of the more comprehensible introductions to the 'world of chakras'. Read and grow. Grady Harp, October 14

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

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) Chakras Easy Guide for Beginners: Chakra Meditation, Understanding and Balancing the 7 Chakras CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga) CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye) 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: Chakras For Beginners: Step-by-Step Practical Guide to Awaken Your Internal Energy & Balancing the 7 Core Chakras Using Meditation Mudras (Spirituality, ... Emotional Physical or Mental Imbalances) Chakra Meditation: A User-Friendly Guide to Opening, Balancing, and Cleansing through Chakra Meditation Techniques CHAKRAS: Mudras for Balancing and Awakening Chakras: The Powerful Personalised Meditation Guide, Cleanse And Activate Your 7 Chakras, Feel Energised And ... Mudras, Enlightenment, Spirituality) Crystal Healing For The Chakras: A Beginners Guide To The Chakras And Chakra Balancing With Crystals 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 âPositive Energy, Healing, Spiritual Growth, âBalancing, Essential Oil for

the Chakras Chakras: Purify and Strengthen Your Inner Self- Radiate Energy, Balance Chakras and Meditation Healing (Chakras, meditation,mindfulness,) Chakras for Beginners: A Guide to Balancing Your Chakra Energies (For Beginners (Llewellyn's)) Chakras: How to Awaken Your Internal Energy through Chakra Meditation (Chakras for Beginners) Chakras: Understanding the 7 Main Chakras for Beginners: The Ultimate Guide to Chakra Mindfulness, Balance and Healing Zen: Beginnerâ™s Guide to Understanding & Practicing Zen Meditation to Become Present (Zen for Beginners, Zen Meditation, Zen Habits, Meditation for Beginners) Chakras: Awaken Your Internal Energy â€œ Balance Chakras, Radiate Energy and Healing Through Meditation (Chakras, Spirituality, Serenity) Transcendental-meditation: Mindful Meditation, A Beginners Guide To Demystifying Meditation & Being Mindful With Transcendental-meditation 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

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)