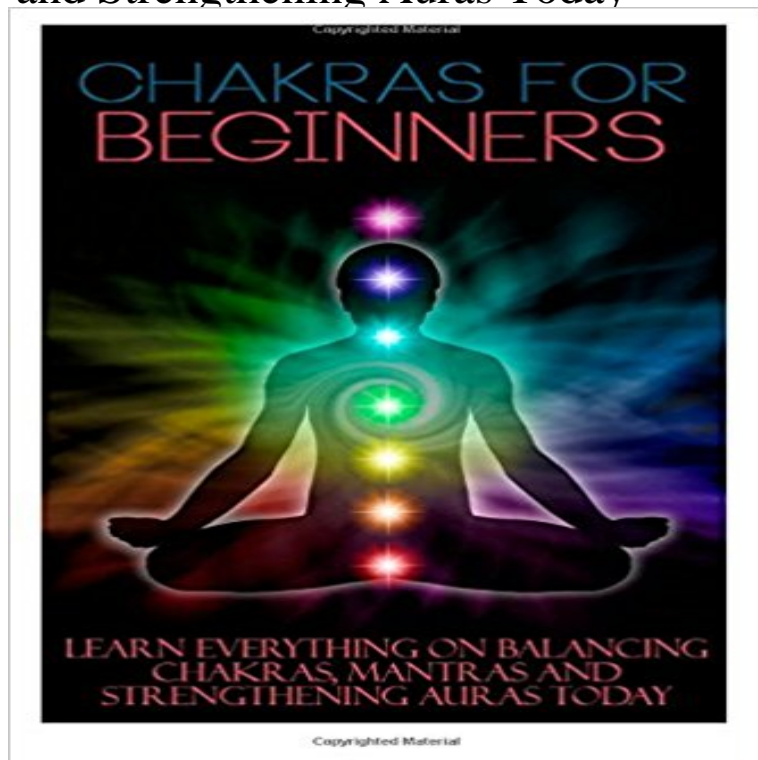


## Chakras for Beginners: Learn Everything on Balancing Chakras, Mantras and Strengthening Auras Today



Learn Today How to Balance your Chakras! For Today only, get this Amazon Kindle Book for just \$2.99. Regularly priced at \$4.99. Read on your PC, Mac, smart phone, tablet or Kindle device. This book contains proven steps and strategies on how to become a truly healthy person, and that too not just physically, but also spiritually and mentally. That is very much essential because human existence is not just at the physical level. It goes much deeper. For instance, there are seven energy centers or chakras in our bodies located at different places. These energy centers are to a great extent responsible for well-being and consciousness. They accept and distribute vital life energy. I am going to show you how to balance your chakras. This book also tells you about the many chakra mudras for the seven chakras in your body. These specific hand positions can improve your health and well-being. You'll also learn about the many yoga positions for chakras, the different energy healing techniques like acupuncture and Reiki, and how positive affirmations can help you. Here's an inescapable fact: you will need to understand the seven chakras in your body, and will have to find a way to balance them, because often, these chakras are not working to their full potential. If your chakra has become clogged or even torn, this is going to cause you poor health. Your inner peace will also be negatively affected. In fact, your relationships with the outside world might also get affected. If you do not develop your chakras or remove the blockages that are working against you, you'll never lead a healthy and happy life. Conventional medical science is not up to it. Conventional remedies can at best treat the symptoms and not the root causes of these symptoms. That's why we keep getting ill, even after recovering. Understanding the chakras and finding ways to optimize them is the only way to attain true good health,

happiness and consciousness. Here is A Preview of What Youll Learn What are Chakras?The Seven ChakrasBalancing ChakrasChakra MudrasYoga for ChakrasEnergy Healing TechniquesPositive AffirmationsWhat is an AuraAnd Much, much more! Download your copy today! Take action today and download this book for a limited time discount of only \$2.99! Dont Delay, Learn Today How to Have the Best Spiritual Life and Energy!

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