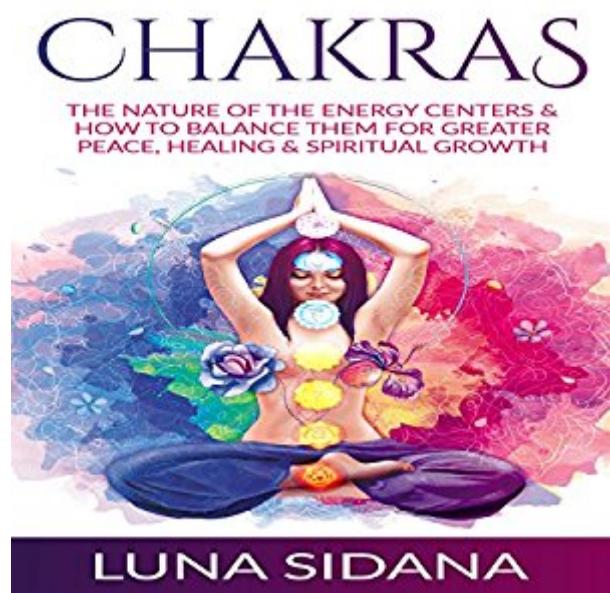


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# Chakras: The Nature Of The Energy Centers & How To Balance Them For Greater Peace, Healing & Spiritual Growth



## Synopsis

A beginner's guide to the seven energy centers and how to balance them. The word "chakra" comes from Sanskrit and roughly translates as "wheel". It refers to locations throughout the body at which energy is concentrated into whirling vortices. It is said that, as they spin, they absorb power from their physical environment and transmute it into spiritual substance. They have also been described as "lotuses" in ancient Indian scriptures, which conveys both their appearance and, because the lotus is such a sacred flower in the east, their value. Though the term for these energy stations comes from India, this is by no means the only culture that has perceived their existence. Indeed, civilizations around the world have both identified and worked with them. Each center has a unique appearance, specific attributes, and corresponding functions. The sites, according to clairvoyants, are brilliant, ever-rotating vortices made of colored light. An alternative way of describing a chakra is to see it as a center of awareness. Each one is linked to different developmental stages, beginning with the most basic and ending with complete transformation and awakening. Each stage builds upon the other, and includes physical, psychological, and spiritual components. During the course of this book we will explore: The nature of the chakra system The root chakra: Muladhara The sacral chakra: Svadhishtana The navel chakra: Manipura The heart chakra: Anahata The throat chakra: Vishuddha The third-eye chakra: Ajna The crown chakra: Sahasrara Chakra balance and relationships And more! Learn about the true nature of your being. Find the peace and balance you seek. Achieve greater spiritual growth. Download now!

## Book Information

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## Customer Reviews

As someone totally new to chakras, I found it enlightening since I don't have any knowledge about chakras. I now have a better understanding of the chakras and I am looking forward to growing spiritually through mediation, prayer and other exercises outlined in this book. The way it is written makes it so simple to follow and understand each of the chakra systems and it also includes some small beautiful meditations that I enjoy as well.

I have long been fond of literature about the energy of man. I read a lot of books about this. In this book, all 7 chakras, energy centers are available for beginners. To all who are interested in the aura, chakras and alike literature, I recommend reading this book.

Helpful information that I'll put to good use. Nicely written.

Spiritual Balance is all we need through different meditation techniques and tips. This book will help me know and get familiarize with the nature of the chakra system, the root chakra and a lot more. The best thing I learn in this book are chakra balance and relationships tips.

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