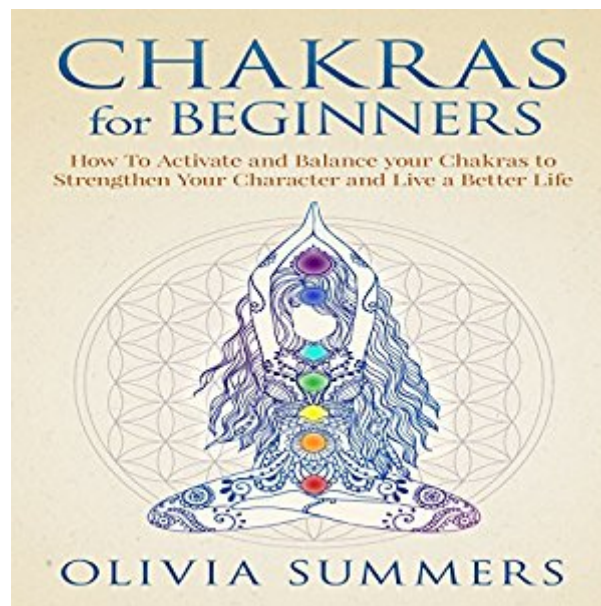


The book was found

# Chakras For Beginners: How To Activate And Balance Your Chakras To Strengthen Your Character And Live A Better Life



## Synopsis

You might know about the miraculous physical benefits you can get from balancing your chakras, but did you know the mental benefits are even greater? Your chakras are powerful vortices of energy that can unlock different parts of your mind and help you become a more well-rounded and balanced person. The only problem is that the concepts of chakras and kundalini are highly misunderstood by most people. These concepts are extremely popular in the metaphysical movement, but everyone seems to have their own interpretation of what chakras are and what they're supposed to do. With such an avalanche of information, it can be hard to decode what chakras truly are and how to use their powers in the right way. Learn step-by-step how to balance each chakra and improve your life! Here's a sample of what you'll learn: What chakras actually are and why they're so important What kundalini is and how to awaken it How chakra balancing is different from kundalini awakening How each chakra affects different areas of the physical body The role of each chakra and how it affects the personality The character traits that are related to each chakra How to open and balance each chakra Discover the position of each of your own chakras Much more! After listening to this book you'll see everything through the eyes of the chakra theory. You'll understand the reason behind everything you do, how you feel, and how others behave. Most importantly you'll be able to develop a strong, well-rounded character that can withstand any obstacle that comes your way.

## Book Information

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in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing

## Customer Reviews

As a retired professor in physiology I was very curious to learn how the Chakras were originally understood by the Yogi's of the Vedic culture and how they can be associated to our endocrinal system in a way that I can relate to. Olivia Summers manage very well to provide this information in a clear and simple way. She also describes appropriate techniques such as meditation and Asanas that can be used to address the Chakras in addition to positive thinking. Though, the postures for meditation for addressing the different Chakras are well described, some illustrations would have been useful. Overall I enjoyed very much reading this book.

A good introduction to understanding Chakras, and what they mean in daily life. The quiz at the end personalizes the understanding. The association of meditation techniques and yoga poses with chakras is good, though some illustrations would be helpful.

I absolutely LOVED this book. It was very easy to read & follow. It is very informative for someone learning the chakras without causing confusing & paper flipping to follow along!!!! I highly recommend this to anyone starting their journey into chakra therapy or anyone looking to educate themselves on the chakras & what it's all about. I will be purchasing more from Olivia Summers in the future.

This offers a description of each of the chakras culminating in an assessment which allows the listener to determine which chakras are opened or closed. The author links chakra characteristics to aspects of health, disease, and personality traits and gives techniques for how to balance each chakra. It is an excellent introduction and I will definitely purchase other materials by this author. Highly recommended!

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