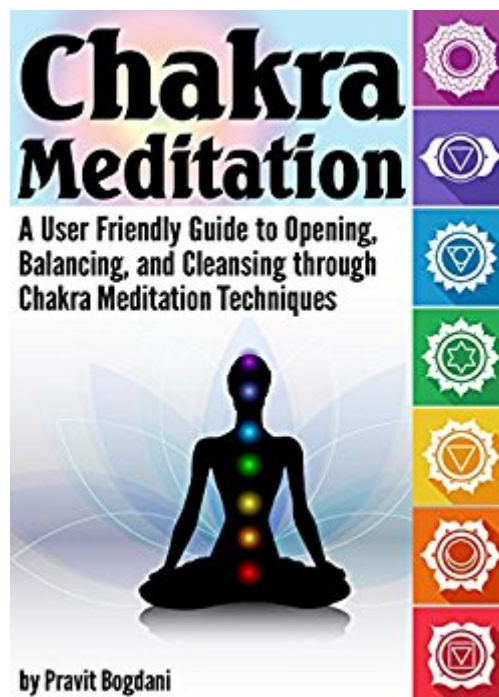




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# Chakra Meditation: A User-Friendly Guide To Opening, Balancing, And Cleansing Through Chakra Meditation Techniques



## Synopsis

If you're ready to open, balance, and cleanse your chakras through chakra meditation techniques and breathing exercises, then this book is for you! Read on your PC, Mac, smart phone, tablet, or Kindle device. There is so much more to the human body than its physical structure. Channels transferring energy run through our bodies carrying the vital life force or prana responsible for our mental and emotional well-being. The focal points through which these energy channels flow are called chakras, and chakras can be manipulated to bring about certain conditions. No doubt you have heard of countless ways to cleanse and bolster your chakras by simply using certain lotions, oils, stones, or crystals in different sizes, scents, and colors, and other useless bits and pieces. Well, I'm here to tell you that no commercially available product can do anything for your chakras. The only real way to influence your chakras is through meditation, physical exercise, breathing techniques, chanting mantras, and other such practices. If done correctly, these activities will empower your physical body and will result in positive and noticeable effects on your mental state and your charisma as well. In this book, you'll learn what your chakras really are all about, where they're situated, which organs they each regulate, and exactly what you need to do to open, balance, and cleanse them. Stick with me; I will teach you how to adopt a regular, sustainable, and no-nonsense practice that will help you live life to the fullest. Here Is A Preview Of What You'll Learn... Understanding Your Chakras and Where They're Located The Organs Your Chakras Regulate Working on Each Chakra Individually The Mantra and Symbol of Each Chakra Important Breathing and Meditation Exercises Mantra Consecration Exercises to Put it All Together Much, much more! Download your copy today!

## Book Information

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## Customer Reviews

I was not really familiarized with chakras before reading this book. Although I practice mindful meditation (at least I'm trying to), knowledge about chakras didn't cross my path. This book is a nice introduction in chakra meditation. The author explains a little bit about chakras and the rest of the book are exercises and routines that you can practice in your daily meditations. I like how the book is brief, to the point and it doesn't drag out with all the information. There is simply enough for anyone to start practicing chakra meditation and that is perfect. If you are looking somewhere to start, this book is an excellent introduction.

An excellent overview, explanation and practical application of Chakra Meditation. I appreciated the careful explanation of what chakras are but more importantly, what chakras are NOT. With the increased popularity of meditation, the number of bogus products and information out there claiming to be related to chakras or chakra meditation have skyrocketed. This book helped me learn about the different chakra symbols and how to incorporate them into my meditation practice. I'm looking forward to trying the 5 breathing exercises from Chapter 9 and the meditation exercises from Chapter 11. I thoroughly enjoyed this book and highly recommend it.

This book is a nice introduction in chakra meditation. The author explains a little bit about chakras and the rest of the book are exercises and routines that you can practice in your daily meditations. I like how the book is brief, to the point and it doesn't drag out with all the information. . Now that I learned some of the techniques I can now use my chakra on different things like on meditation and health. Thank you! I will recommend this book!

Well written and a very interesting read, this is a great book for people new to chakra meditation as well as Hinduism, with tons of information on the practice, in a language that is easy to understand. I

like how each of the chakras are discussed in detail, as well as the meditation exercises. This is a real winner for me!

I am a regular basic meditator, but I wanted to try something a bit more spiritual. This book is perfect for me because each technique is so easy to follow and my meditation sessions have become more fulfilling and powerful each time! Also love that there is a brief history of chakra meditation which helped me gain a bit of contextual knowledge, which I found very interesting. Loved it!

Actually great strategy, a diverse technique of taking care of existence, exactly where can be exhibits within here how o equilibrium the type connected with existence and control almost everything as a liable a single in all aspect of existence. Greatest exercise to anyone.

This was extremely helpful in explaining chakra but also teaching in a simple way how to use them. I found this to be very educational.

general library

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