
Chakras Mudras For Balancing And Awakening Chakra

The Chakra Energy Deck
 Chakras
 Chakra Balancing Workbook
 Using Mudras For Balancing Chakra
 The Chakra Energy Plan
 Chakras for Beginners
 Advanced Chakras
 Chakra Yoga
 Chakras Balancing And Healing
 Mudras for Awakening Chakras
 Chakras & Mudras for Beginners
 Chakra Healing Meditation
 Chakras & Mudras for Beginners
 Chakra Healing
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 The Root Chakra
 The Sacral Chakra
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 The 7 Chakras Balancing, Colors and Meaning
 The Art of Chakra Balancing
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 The Chakras for Beginners: Essential Aura and Chakra Balancing for Wellness
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 Chakra Yoga
 Chakras For Beginners: Guide On Chakra Balancing And Chakra Healing
 Total Chakra Balancing
 Chakras & Mudras for Beginners
 Returning To A State Of Balance
 The Ultimate Chakras for Beginners Bundle
 Chakras for Beginners
 Balancing the Chakras
 Chakra Balancing Made Simple and Easy

Chakras Mudras For Balancing And Awakening Chakra

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The Chakra Energy Deck CreateSpace
 "Returning To A State Of Balance: Chakra Balancing" offers a unique and personalized approach to chakra balancing. There is nothing currently available on the market that can compare. While other books regarding Chakras are merely educational and informative, "Returning To A State Of Balance: Chakra Balancing" is dynamic and impactful. It utilizes Sacred Geometry, a very powerful tool expressed through the Divine Energy Images within the book. These Images are specifically designed for each individual chakra and infused with Divine Reiki Energy to facilitate the expansion and opening of the chakra energy, allowing for the release of blockages and the return to a natural state, flow and rhythm; thus returning to a State of Balance. Not only are these Images lovely, they also reach out and resonate with an individual on a very deep, personal and subtle cellular level. I wrote this book to share with you the gift of balance. My name is Roberta Lowery known as Re^oudan my Soul Name. I am

the Author of "Returning To A State Of Balance: Chakra Balancing" I am the Founder, Creator & Keeper of the Divine Sanctuary Of Love And Light I am a Holistic Spiritual, Physical Health & Wellness Practitioner I am a Reiki Master I am Shamanic in my approach to health & well being. I have many, tools and have worn many distinctive & honored hats. I have much wisdom, talents and gifts to share. My philosophy is as we begin to heal ourselves from the inside, we begin to heal ourselves on the outside as well, and the world around us for we are all Divinely Connected. It is through connection that I am here sharing with you for I am a Divine Channel. I channel Divine Energy and Divine Wisdom. I am a Light Worker, a Star-seed here to help heal & awaken humanity to the Divine Beings that we truly are. I developed this system I call "Returning To A State Of Balance: Chakra Balancing" to help you become balanced in mind, body and spirit. I utilize distant Reiki healing in order to infuse the images that you will find in this book. I designed and co-created each with The Divine, specifically for each chakra for transmuting and removing blockages and negative energy so to restore balance and flow by addressing blockages in the energy centers of the body known as Chakras. The Chakra Center is an energy

system in the body. When blockages occur within the chakras it causes disruption of the flow of life force energy. These Images Together with the system I use of communicating with your subconscious mind through written and spoken words will bring you into a state of balance internally and externally in your life. I am a retired Licensed Health Care Professional with 26 years of experience in the Field of Physical Therapy. I have been a Reiki Practitioner for 27 + yrs. I have been Certified as an NLP Practitioner, a Massage Therapy & Body Worker. I have certifications in Cranio Sacral Therapy, Myofascial & Unwinding Techniques, Manual Joint Mobility and trained in other various manual muscle skills, neuromuscular re-education, sensory integration, and cognitive therapy. I have 10 years of clinical skills as a valued and respected Interdisciplinary Team Therapist at several Mental Health & Behavioral Health Facilities. My life experiences have been great and at times extremely challenging. The journey extraordinary and so many times magical.

Transformation is what I do best. I am Phoenix Rising many times over and I am here to help and offer my support, my wisdom and my Love. Testimonials: "Reaudan's images convey super high and fine frequency, as does the amazing and Blessed meditation."

Maureen Keefe@Intuition Matters Reaudan has been a powerful source of healing for me for several years. She has assisted in anchoring my energy, helping me to center, supporting my grounding and opening me to higher wellness. I am beyond grateful for her profound presence in my life." Marci Winters, Astrologer / Author / Filmmaker / Yoga Instructor / Austin, Texas [Chakras Llewellyn Worldwide](#)

Mudras are hand gestures commonly used in yoga and meditation practices to direct the energy and expand consciousness. This vibrantly colored deck presents 33 mudras and 7 chakra cards that were selected for their benefits in promoting health and healing. Each card includes instructions for the pose, an explanation of specific benefits, and an affirmation to help focus your intentions.

[Chakra Balancing Workbook](#) J.D. Rockefeller

Chakra balancing is a simple, safe, effective, non-invasive, and super easy healing technique that anyone can practice, anytime, anywhere. It is free to practice, all you need is an intention to help or heal and your hand or arm. This book provides you with practical exercises on how to work with and balance the Chakra's. There are photos and step by step instructions inside. After reading this book you will be able to: - Balance your own Chakra's to increase general health and well being. - Balance other peoples Chakra's - Explore Muscle testing for Chakra dysfunction. - Identify and reduce habits that cause energetic dysfunction. - Know when to balance the Chakra's to receive the most benefits. - Establish more awareness in your daily life by working with the Chakra's. When you work with balancing the Chakras you can effectively - Reduce pain - Improve Digestion - Calm the mind (and calm others down too) - Prepare the body for quality sleep - Perform at you potential - Speak more clearly and with ease - Feel more grounded and energised - and so much more... If you want to learn more about the Chakra's and how to balance them in a very easy manner within an hour or two, then this is the book for you!

[Using Mudras For Balancing Chakra](#) J.D. Rockefeller

A beginning guide to using centers of energy called chakras. *The Chakra Energy Plan* Mindfulness Meditation Group Your Beginner's Guide to Understanding, Awakening and Balancing the Seven Chakras!!! Mudras for Chakras is all about educating you about the basics of the chakras and Ancient Vedic Chakra Healing technique which involve achieving everlasting health, physically and emotionally by awakening and balancing your Chakras. The 7 Energy Inlets The 'Universal Life energy'

enters the human body at Seven (7) specific points, located along our spine, these points are THE CHAKRAS. Simply put, The Seven Chakras are the inlet energy taps of the human body. All these Chakras are associated with certain Glands and Vital Organs and the energy entering the Chakras is lead to them for proper functioning and nourishment. If a Chakra is Closed, Blocked or Un-Balanced then these Vital Organs and Glands are malnourished leading to further complications and diseases. (Both on a physical and meta-physical level) It is possible to Awaken and Balance Your Chakras by performing Simple Hand Gestures called as 'Mudras'. You don't believe me?? Try out for yourself. These Mudras work wonders!! Discover:: 19 Simple Hand Gestures for Awakening and Balancing your Chakras This book details a variety of Simple Hand Gestures called as Mudras, that when performed regularly will Awaken and Balance your Chakras and let you achieve everlasting health. Some of the Mudras that you'll discover inside this book are: # Muladharchakramudra / Mudra of Root Chakra # Mushtimudra / Mudra of Fist # Gadamudra / Mudra of Spear # Shaktimudra / Mudra of The Divine Feminine # Garudamudra / Mudra of Eagle Everlasting Physical and Emotional Health is Achievable!! Just perform these Simple Hand Gestures regularly.

[Chakras for Beginners](#) Usama Ahmed

If you had not tried Mudras for Weight Loss and Chakras for Beginners or either of them yet, then continue reading & go try it... If you want to explore the benefits of Mudras but are not sure where to start and which book to read first, then you'll be pleased to know that your search ends here. This is all about educating you about the basics of the Chakras and Mudras which involves achieving everlasting health, physically and emotionally by awakening and balancing your Chakras. Do you want to find a better way to deal with stress and anxiety? Have you tried meditation before and would like to bring it to the next level? Or maybe, you are new to this all and would like to learn what type of meditation and techniques work best for you. There are several uses for meditation, and the benefits are too many to name. In modern society is easy to feel overwhelmed, always on the run in between too many commitments, hoping to find a balance and avoid falling off the verge of a burnout. It is not unusual to feel tired, stressed and even isolated. While, you may not be in the position to quit your responsibilities, you do not have to feel all that. Following a few guidelines, and making some minor changes to your daily routine, you can release your stress and redirect your energies to find your balance. Your mind and body are connected, you cannot improve one without working on the other at the same time. Chakra meditation can help you reinforce this connection, bringing your energy back in tune. Among other things in this guide you will also find: How to choose the best meditation technique that works for you How you should change your meditation approach throughout the day How you can use chakras to drive your meditation Breathing techniques for you to support your practice How mindfulness can make the difference in establishing positive habits How to use the energetic influence of the world at your own advantage How to recognize the symptoms of blocked chakras The correct way to work on each chakra What are the most effective exercises for you to move from theory to practice How to Less Stress Translates to Less Anxiety by Meditation How to use Mudras to ease pain! Mudras to battle stomach cramps, abdominal disorders and digestive problems! Mudras to cure heart disease! Mudras to fix most nervous disorders! Mudras to extend the longevity of your life! Yes! Mudras for weight loss Mudras to enhance your spiritual well being, from manifestation to meditation, we cover it all Mudras to enhance your sexual health and wellbeing! And Much Much More! It takes time to learn how to take care of your

chakras and Mudras and how to make meditation work for you. But if you are committed, there is no limit you cannot reach and if you follow my lead it won't be long before you see the results. Click "Add to Cart" to receive your book instantly!

Advanced Chakras Andrews McMeel Pub

You may think that difficult situations and emotions you experience are caused by other people or random events. This book will convince you that inner imbalance is not caused by situations in the outer world—instead, your imbalances create the situations that interfere with your sense of well-being and peace. *Chakras for Beginners* explains how to align your energy on many levels to achieve balance and health from the inside out. In everyday terms, you will learn the function of the seven body-spirit energy vortexes called chakras. Practical exercises, meditations, and powerful techniques for working with your energy flow will help you overcome imbalances that block your spiritual progress. Discover colors and crystals that activate each chakra. Explore the balanced and unbalanced expressions of each chakra's energies: survival, sexuality, power, love, creativity, intuition, and spirituality. Practice spiritual exercises, visualizations, and meditations that bring your energies into balance.

Chakra Yoga Createspace Independent Publishing Platform

The 7 chakras are energy centers that are fundamental for our well-being. When the 7 chakras are open and properly balanced, they produce frequencies and vibrations that travel outside our body creating a layer of color around us, also known as aura. By understanding the main 7 chakras, we can improve our lives and connect our physical body to our spiritual body. This will in turn, enable us to lead longer and healthier lives.

[Chakras Balancing And Healing](#) Createspace Independent Publishing Platform

Do you want to awaken and balance your chakras to bring joy and harmony into your life? If so then keep reading... Do you struggle awakening your Chakras? Creating balance and harmony in your life? Learning the 7 locations and functions of each Chakra? Or to heal your bodies energy? If you do, this book will help you to counter these problems by reading Chakra healing scripts which can help you unlock the power once and for all. In *Chakras for Beginners*, you will discover: - A simple trick you can do to unblock blocked Chakras! - The best strategies to bring harmony and balance in your life! - The locations and function of the 7 Chakras, from Root to Crown! - Why balancing Chakras is important and why everyone should be doing it! - Understanding why some people will fail with Chakra healing! - And much, much more. The proven methods and pieces of knowledge are so easy to follow. Even if you've never tried Chakra healing before, you will still be able to awaken your Chakras by following the strategies and teachings taught in this book. So, if you're ready to start your journey chakra awakening journey, then click "BUY NOW" in the top right corner NOW!

[Mudras for Awakening Chakras](#) Independently Published

Do you want to awaken and balance your chakras to bring joy and harmony into your life? If so then keep reading... Do you struggle to awakening your Chakras? Creating balance and harmony in your life? Learning the 7 locations and functions of each Chakra? Or to heal your body's energy? If you do, this book will help you to counter these problems by reading Chakra healing scripts which can help you unlock the power once and for all. In *Advanced Chakras*, you will discover: - A simple trick you can do to unblock blocked Chakras! - The best strategies to bring harmony and balance in your life! - The locations and function of the 7 Chakras, from Root to Crown! - Why balancing Chakras is important and why everyone should be doing it! - Understanding why some people will fail with Chakra healing! - And much, much

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Chakras & Mudras for Beginners M.A. Hill

If you had not tried Mudras for Weight Loss and Chakras for Beginners or either of them yet, then continue reading & go try it... If you want to explore the benefits of Mudras but are not sure where to start and which book to read first, then you'll be pleased to know that your search ends here. This is all about educating you about the basics of the Chakras and Mudras which involves achieving everlasting health, physically and emotionally by awakening and balancing your Chakras. Do you want to find a better way to deal with stress and anxiety? Have you tried meditation before and would like to bring it to the next level? Or maybe, you are new to this all and would like to learn what type of meditation and techniques work best for you. There are several uses for meditation, and the benefits are too many to name. In modern society is easy to feel overwhelmed, always on the run in between too many commitments, hoping to find a balance and avoid falling off the verge of a burnout. It is not unusual to feel tired, stressed and even isolated. While, you may not be in the position to quit your responsibilities, you do not have to feel all that. Following a few guidelines, and making some minor changes to your daily routine, you can release your stress and redirect your energies to find your balance. Your mind and body are connected, you cannot improve one without working on the other at the same time. Chakra meditation can help you reinforce this connection, bringing your energy back in tune. Among other things in this guide you will also find: How to choose the best meditation technique that works for you How you should change your meditation approach throughout the day How you can use chakras to drive your meditation Breathing techniques for you to support your practice How mindfulness can make the difference in establishing positive habits How to use the energetic influence of the world at your own advantage How to recognize the symptoms of blocked chakras The correct way to work on each chakra What are the most effective exercises for you to move from theory to practice How to Less Stress Translates to Less Anxiety by Meditation How to use Mudras to ease pain!

Mudras to battle stomach cramps, abdominal disorders and digestive problems! Mudras to cure heart disease! Mudras to fix most nervous disorders! Mudras to extend the longevity of your life! Yes! Mudras for weight loss Mudras to enhance your spiritual well being, from manifestation to meditation, we cover it all Mudras to enhance your sexual health and wellbeing! And Much Much More! It takes time to learn how to take care of your chakras and Mudras and how to make meditation work for you. But if you are committed, there is no limit you cannot reach and if you follow my lead it won't be long before you see the results. Click "Add to Cart" to receive your book instantly!

Chakra Healing Meditation Createspace Independent Publishing Platform

We hold an extraordinary power in our hands--the power to change, heal, and grow into our fullest potential. By focusing your intention and directing energy with your hands, you can deepen your self-understanding and manifest positive change to create a happier, more healthful life. Popular author Sandra Kynes invites you to experience a unique and transformative blend of energy work that combines the wisdom of palmistry with the power of the elements. Discover new, invigorating ways to activate and direct life force energy for healing and enlightenment with easy techniques and activities involving palmistry, chakras,

meditations, and mudras (specific hand positions). Identify your elemental archetype for a better understanding of your personality and life path Interpret your palm's shape, your Heart and Life lines, your finger lengths, and more to discover and spark your innate potential Use crystals to open your hand chakras and bring your elemental energy into balance Bringing together aspects of Reiki, traditional Chinese healing methods, meditation, and a progressive form of energy work, Change at Hand is an inspiring and powerful guide that will help you find your inner path, experience greater health and wellness, and evolve into your true self.

Chakras & Mudras for Beginners Mindfulness Meditation Group

The chakras are a series of seven energy fields or centers of consciousness in the body which harbor latent divine energy known as Kundalini energy. The balance or imbalance of these vortices affects a person's health, as well as his or her emotional and spiritual well-being and evolution. The first section begins with a lesson on Kundalini energy and describes the chakras through colors, sounds, foods, and the elements. The second section presents holistic methods used for balancing: herbs, homeopathy, aromatherapy, astrology, polarity, bodywork, color therapy, sound therapy, proper diet and nutrition, yoga, affirmations, flower essences, and pranayama. The third section identifies symptoms of imbalance and techniques for self-healing.

Chakra Healing Althea Press

The book presents how to practice chakras for beginners for healing and meditation. You can learn: - Understanding the 7 Main Chakras - Balancing the 7 Chakras - What are Chakras - Positive Affirmations - Chakra mudras - Energy healing techniques

Chakras Shambhala Publications

We all want to have a greater sense of self worth and creativity. We also want to be more trusting of emotions and more able to enjoy healthy relationships. We want a balanced sacral chakra. We can achieve these goals with the newest release from Brenda Hunt called *The Sacral Chakra - Understanding, Balancing And Healing The 2nd Chakra*. Based on these exciting teachings, you will learn about all the dramatic benefits of balancing your chakra system and healing blockages in the 2nd chakra. This book is built around a very clear, concept: be more spiritually centred. Having a balanced sacral chakra and an open energy flow will help you achieve enthusiasm for life, a willingness to enjoy life and love. This is because you can see the positive side of situations In this book, we look at all of the ways you can improve your own energy flow and health, starting with understanding how energy affects your overall health and wellbeing. This book will also look at the many other steps that can be taken to support this goal, from understanding the areas of the body that the 2nd chakra influences to learning what will negatively and positively affect the energy of the sacral chakra. Even the choices you make about your lifestyle can have an impact on your energy flow and overall health. In *The Sacral Chakra - Understanding, Balancing and Healing The 2nd Chakra*, we'll cover all the bases, giving you everything you need to know to balance and heal your sacral chakra. This is part of a series, each book focusing on a single chakra in the chakra system

The Root Chakra North Atlantic Books

Chakra healing is important and it begins with a world-class chakra guide to help you through the steps. Vanessa Boulton provides insight on Chakra healing and how to maximize its potential for your requirements. This is the ultimate chakra handbook and will highlight everything required to get started for beginners.

The Sacral Chakra Balboa Press

This is a companion Workbook to "Returning To A State Of Balance: Chakra Balancing". It offers a unique & personalized approach to chakra balancing. There is nothing currently available on the market that can compare. While other books regarding Chakras are merely educational & informative, "Returning To A State Of Balance: Chakra Balancing" is dynamic and impactful. It utilizes Sacred Geometry, a very powerful tool expressed through the Divine Energy Images within the book. These Images are specifically designed for each individual chakra & infused with Divine Reiki Energy to facilitate the expansion and opening of the chakra energy, allowing for the release of blockages & the return to a natural state, flow & rhythm; thus returning to a State of Balance. Not only are these Images lovely, they also reach out & resonate with an individual on a very deep, personal & subtle cellular level. I wrote this book to share with you the gift of balance. My name is Roberta Lowery known as Reo💎dan my Soul Name. I am the Author of "Returning To A State Of Balance: Chakra Balancing", I am the Founder, Creator & Keeper of the Divine Sanctuary Of Love And Light, I am a Holistic Spiritual, Physical Health & Wellness Practitioner, I am a Reiki Master, I am Shamanic in my approach to health & well being. I have many, tools & have worn many distinctive & honored hats. I have much wisdom, talents & gifts to share. My philosophy is as we begin to heal ourselves from the inside, we begin to heal ourselves on the outside as well, & the world around us for we are all Divinely Connected. It is through connection that I am here sharing with you for I am a Divine Channel. I channel Divine Energy and Divine Wisdom. I am a Light Worker, a Star-seed here to help heal & awaken humanity to the Divine Beings that we truly are. I developed this system I call "Returning To A State Of Balance: Chakra Balancing" to help you become balanced in mind, body & spirit. I utilize distant Reiki healing in order to infuse the images that you will find in this book. I designed & co-created each with The Divine, specifically for each chakra for transmuting & removing blockages & negative energy so to restore balance & flow by addressing blockages in the energy centers of the body known as Chakras. The Chakra Center is an energy system in the body. When blockages occur within the chakras it causes disruption of the flow of life force energy. These Images Together with the system I use of communicating with your subconscious mind through written and spoken words will bring you into a state of balance internally & externally in your life. I am a retired Licensed Health Care Professional with 26 years of experience in the Field of Physical Therapy. I have been a Reiki Practitioner for 27 + yrs. I have been Certified as an NLP Practitioner, a Massage Therapy & Body Worker. I have certifications in Cranio Sacral Therapy, Myofascial & Unwinding Techniques, Manual Joint Mobility & trained in other various manual muscle skills, neuromuscular re-education, sensory integration, & cognitive therapy. I have 10 years of clinical skills as a valued & respected Interdisciplinary Team Therapist at several Mental Health & Behavioral Health Facilities. My life experiences have been great & at times extremely challenging. The journey extraordinary & so many times magical. Transformation is what I do best. I am Phoenix Rising many times over & I am here to help & offer my support, my wisdom & my Love. Testimonials: "Reo💎dan's images convey super high & fine frequency, as does the amazing & Blessed meditation." Maureen Keefe@Intuition Matters. "Reo💎dan has been a powerful source of healing for me for several years. She has assisted in anchoring my energy, helping me to center, supporting my grounding & opening me to higher wellness. I am beyond grateful for her profound presence in my life." Marci Winters, Astrologer / Author/ Filmmaker/ Yoga Instructor/ Austin, Texas
Chakra Healing Test Mindfulness Meditation Group

According to the yogic tradition of India, the seven chakras, or energy centers, concentrate and distribute refined life-force energy throughout the body. Yoga master Alan Finger, well-known for his many Yoga Zone teaching videos, presents detailed yoga practices and meditation instructions for understanding the chakras and bringing them into balance. This book is for serious students who wish to cultivate subtle energies using ancient tantric methods. Illustrated with photos and anatomical drawings, with audio recordings of guided meditations to supplement your practice available for free online.

Chakras for Beginners Lulu.com

A Beginner's Guide To Discover What Chakras Are And How To Balance your Energy Body Through Chakra Healing Have you heard about Chakras but aren't sure what they are and how they can improve your life? The fact is that Chakras are energy points located throughout the body. When one of points becomes blocked, energy cannot flow as it is intended to flow. Thus, there are certain actions that you can take to heal the flow and make sure that the Chakra is cleared. This book assumes that you are a beginner. It explores where the Chakras are located and what each one of them does to your sense of wellbeing. When you learn that, you also learn to respect your posture, your interaction with others, and increase your self-esteem levels by making sure that the Chakras are always in perfect alignment. Although you may be a little doubtful about whether this really works, it has been proven over centuries and is not something new. Those who have been able to keep the Chakras open to the flow of energy that life offers them, tend to be healthy and happy. This book is written to help you to achieve that same level of happiness that is available for all, but that few achieve because of their own inadequacies. The book explains exercises that you can do to open up problematic Chakras. It talks about things that are important to human beings such as lifestyle and shows you how to gain harmony in your life by balancing your Chakras and to encourage great energy flow. The energy that you gain in your life isn't just a matter of physical activity. Sometimes other things can help you and this book looks at the body as a whole and shows you how to make the most of the life that you have, using the energy flow to keep you enthused about each day of your life. Read through it. Find out where your Chakras are blocked and learn how to unblock that chakra that may indeed be stopping your energy flow. This book targets people who are new to yoga or that have never done it and the exercises contained within the book have been explained for ease of performance. Here Is A Preview Of What You Can Learn From This Book The Location of the Chakras Changing your Lifestyle for the Better Healing of the Chakras Healing the Throat Chakra Yoga Poses for the Other Chakras And Much More Tags:

Chakras, Chakras Book, Chakra Healing, Chakra Meditation, Chakra Balancing, Chakras For Beginners, Mindfulness, Yoga, Reiki, Meditation, Spirituality, Holism, Healing Energy, Zen, Awakening, Spiritual

Chakra Chronicle Books

Your Complete Beginners Guide to Chakras Would you love to learn everything about Chakra balancing, healing, and meditation? You may not know now but as you read on you will find out EXACTLY just how quickly you can learn the art of all things Chakra! * * * LIMITED TIME OFFER! 50% OFF! (Regular \$5.99) * * * Dear Reader, Have you always wondered how to balance your Chakras? Are you a beginner looking for answers about this whole "Chakra craze"? THE FACT IS: Each and every living being is infused with a universal energy that nourishes and connects life. This energy field is made up of the aura (which manifests itself in seven layers) and the chakra system (which comprises of the seven major chakras.) Read on to figure out how to harness this power to completely transform your life. Chakras for Beginners - How to Balance Chakras, Strengthen Aura, and Radiate Energy: (A Preview) * Understanding the 7 main Chakras - Here you will learn how Chakras are related to functions your body performs and are influenced by specific circumstances in your life. * Balancing the 7 Chakras - Do you think it is possible to balance something that you cannot see? Will you be able to open up these chakras without getting a feel of what they look like? More importantly, do you even know if your chakras need healing or opening up? Are they blocked presently? * What are Chakras - Chakras can be termed as the spinning wheels of electric energy in your body. These wheels are made up of various colors and are responsible for a number of functions that connect your body to your energy field and the broader cosmic energy field. * Positive Affirmations - These are powerful mantras, chants or quotes that encourage you to stimulate positive emotions. You can choose any powerful mantra that you like or even create your own. * Chakra mudras - Mudras are specific positions of your hand that instigate a positive flow of energy and are used to balance your seven chakras. * Energy healing techniques - These include Reiki and acupuncture. Energy healers can help you open up your chakras once they sense any blockage. BONUS SECTIONS * Yoga for Chakras - Did you know that one of the greatest and proven methods to boost your chakras is through yoga? * What is an Aura? - Learn about Auras and maintaining positive vibrations! Your Success Story is just a click away..... Simply scroll up and click the BUY button to instantly download Chakras for Beginners - How to Balance Chakras, Strengthen Aura, and Radiate Energy Tags: chakras for beginners, chakra balancing, beginners, chakras, aura, energy, yoga chakras, chakra healing, chakra meditation, chakra clearing