



## Chakras: A Beginner's Guide To Balancing Chakras, Strengthening Aura, And Boosting Your Energy (Chakra Healing, Chakra Balancing, Chakra Meditation)

By Leah Anderson



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**Chakras: A Beginner's Guide To Balancing Chakras, Strengthening Aura, And Boosting Your Energy (Chakra Healing, Chakra Balancing, Chakra Meditation)** By Leah Anderson

## Chakras

### A Beginner's Guide To Balancing Chakras, Strengthening Aura, And Boosting Your Energy

Balancing your Chakras can help you gain new insights into your life experiences and your emotional well-being. If you feel disconnected from the world, from your relationships, or wish to harness more knowledge from your Third Eye, meditating with your Chakras and strengthening them through yoga and meditative thought can help you cultivate purpose in your relationships and in your daily life.

### Here is a preview of what you'll learn:

- The history of the Chakras
- Descriptions of the seven major Chakras
- The colors associated with each Chakra
- Mudra techniques to open your seven Chakras
- Yoga poses to strengthen your Chakras and your Aura
- Meditative techniques that can strengthen your Chakras

Remember, practice makes perfect, and the pages in this book are meant to be practiced. As you read, feel free to engage in the activities described and practice

the various poses and techniques within. As you work on strengthening your Chakras, you will start to notice a boost in your energy, and increase in your self-esteem, and a strengthening in your aura that will radiate through to all of your daily activities.

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#### **Jesse Kennedy:**

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#### **Martina Lassiter:**

Spent a free time and energy to be fun activity to try and do! A lot of people spent their down time with their family, or their very own friends. Usually they undertaking activity like watching television, gonna beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? Might be reading a book can be option to fill your no cost time/ holiday. The first thing you ask may be what kinds of publication that you should read. If you want to test look for book, may be the e-book untitled Chakras: A Beginner's Guide To Balancing Chakras, Strengthening Aura, And Boosting Your Energy (Chakra Healing, Chakra Balancing, Chakra Meditation) can be very good book to read. May be it is usually best activity to you.

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