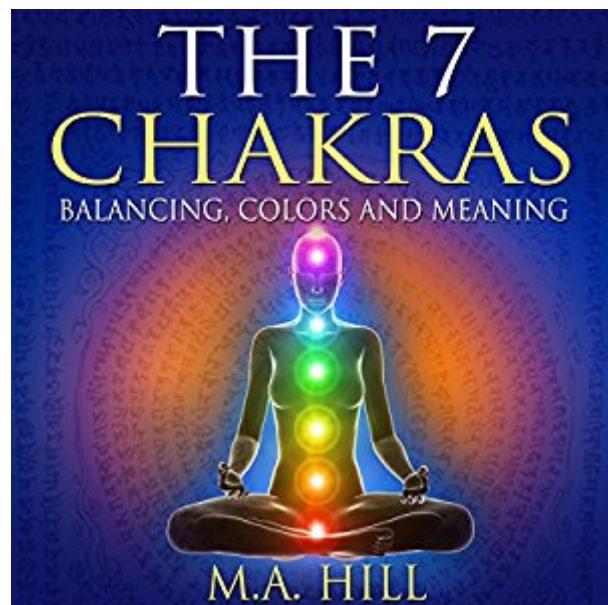


The book was found

# The 7 Chakras: Balancing, Color And Meaning: Hinduism Philosophy And Practice



## **Synopsis**

The seven chakras are energy centers that are fundamental for our well-being. By understanding the main seven chakras, we can improve our lives and connect our physical bodies to our spiritual bodies. This will, in turn, enable us to lead longer and healthier lives. In this book you will learn:

What are chakras? An overview of the seven main chakras as well as the important minor chakras

Chakra 1: the root chakra Chakra 2: the sacral chakra Chakra 3: the solar plexus chakra Chakra 4: the heart chakra Chakra 5: the throat chakra Chakra 6: the brow chakra Chakra 7: the crown chakra

What is chakra healing and balancing? How to balance your chakras, part one - foods and exercises

How to balance your chakras, part two - techniques

How to feel and understand auras

Chakras and your relationships

## **Book Information**

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## **Customer Reviews**

A great way to start learning about the seven chakras and auras. I only gave four stars because of some tedious and highly distracting editing issues, but content wise, a great read.

This book covers chakras and auras. A must read for someone beginning spiritual research or getting into metaphysics.

Very well written and easy to follow.

very informative and easy to follow

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