



## Chakras: A Beginner's Guide for Chakra Healing, Relaxation, to Balance Chakras, (Paperback)

By John Baskin

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Explore the Healing Power of the Chakra System! Are you curious about the various chakras in your body? Would you like to gain healing by balancing the energies in your body? In Chakras: A Beginner's Guide for Chakra Healing, Relaxation, to Balance Chakras, and Radiate Energy, John Baskin introduces you to the powerful, ancient practice of self-healing. You'll discover a special chapter on each of the 7 primary chakras, and special advice for using each of them: Awaken your Kundalini Shakti with the Root Chakra Harmonize the Spiritual Energy in your Sacral Chakra Guide the Prana with your Solar Plexus Chakra Experience the Power of Love in Your Heart Chakra Purify and Balance Your Life Energy with the Throat Chakra Develop Wisdom With your Third Eye Chakra and even Attain Supreme Consciousness via Your Crown Chakra How do you live life in balance with your chakra energies? John Baskin help you understand how to activate your chakras, the positive effects you will experience, and even which foods help balance your chakra energies! When you order this...



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