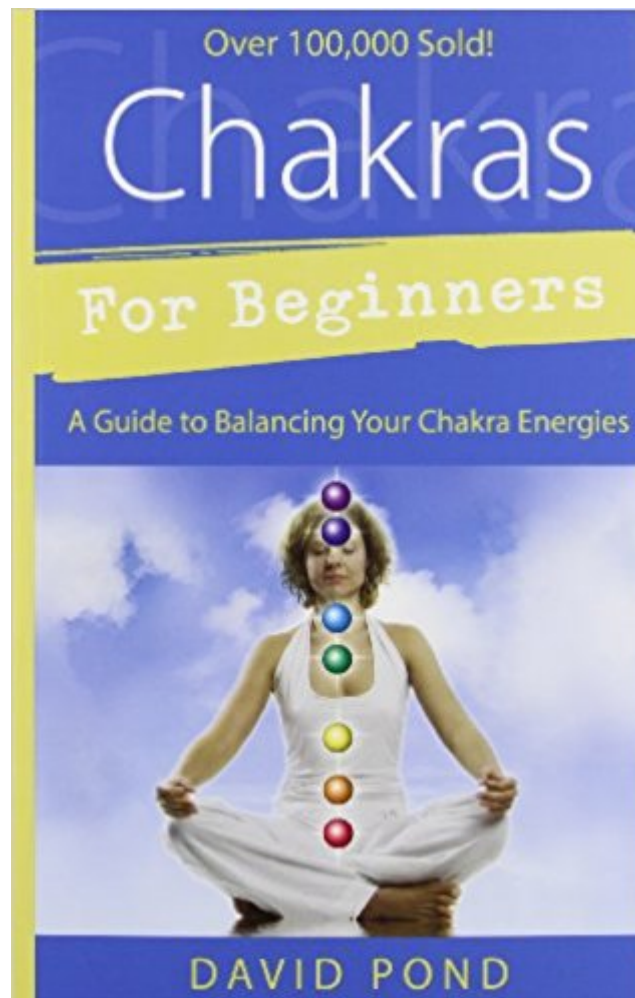




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Chakras For Beginners: A Guide To Balancing Your Chakra Energies (For Beginners (Llewellyn's))



Synopsis

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

Book Information

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Yoga

Customer Reviews

I had been looking to publish a book like this for a long time. The chakras are part of our spiritual bodies. I wanted to have a dedicated, focused book on the chakras that was aimed at beginners and people who want to complete their knowledge of the chakras. Well, this is it! Often the chakras are described in books, but this book goes to the next level. It describes what you can do to balance the energies of your chakras and tells you what the results of that balancing will be. The exercises

are so simple it is amazing that more people aren't using them. Are you feeling insecure because of unpaid bills? The insecure feelings are a first chakra problem. Exercise three tells you how to overcome the feeling. It involves a special way of walking in a park. That's all! But it leaves you more secure and more ready to deal with the problem. Do you feel insecure about a romance? The real problem here is with security, not love. Exercise eight tells you how to deal with it. Do you feel isolated and ill at ease? Exercise ten provides a beautiful meditation to help you overcome your feelings of isolation. This is the book that gives you the information you need to know about the chakras. It has the facts, the color correspondences, the purposes, and the methods. I know you're going to love it. Chakras for Beginners is practical and can lead you to an even deeper study of the chakras. As a bonus, the author has included a section of ten short essays that will stimulate you. They include "Vows and the Chakras," "Transmuting Energy," and Kundalini." This book covers an important subject, and you are going to find that it is vital for your library.

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 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.-- Explore the balanced and unbalanced expressions of each chakra's energies: survival, sexuality, power, love, creativity, intuition, and spirituality-- Discover colors and crystals that activate each chakra-- Practice spiritual exercises, visualizations, and meditations that bring your energies into balance

Despite my sister supposedly being one of those people who claims to "avoid drama", she somehow manages to cultivate an unbelievable amount of it in her life. To my surprise she asked for this book in an effort to bring some inner balance and order to her thought processes and perceptions of events around her. Thusfar she's been pleased and tries to be more mentally and emotionally cognizant in a given situation.

I'm really enjoying this read! Whether you believe in the literal Chakra swirling discs of energy in the human energy field or not, the Chakra's coinciding with the feelings/desires, insights linked to each

Chakra and emotion/level of consciousness is the truth!

I got this book along with an Oracle deck that included chakra cards and I wanted to understand them better. I'll probably never work with chakras actively but it did help me understand them, so that's worth the price.

Read the book within a week! Loved it. I would suggest reading a beginner book on meditation first before chakras. Meditation knowledge brings light to the concept of chakras and with that basic knowledge it opened up my view even better. The book offered basic information of chakras because I was clueless. I really enjoyed the content and what it had to say. Highly recommended if you are willing to look beyond monotheism and expand your universe!

My second order for this book... I find it very enlightening since I am new to learning about the Chakras.. been doing yoga for a few years so this is the next step in my journey. I purchased this book for my husband so he could also read it (we don't live together full time right now) and maybe understand me better. And also have some windows opened for himself. Well written for a beginner to absorb.

This is a clear and concise presentation of the chakra system for those without any knowledge of the chakras as well as those more familiar with the system's workings. The "The Dance of Ego, Soul, and Spirit" alone is worth the read. I highly recommend David's work!

I'd recommend this book to anyone since it helped me a great deal. I thought I already had a basic knowledge of the Chakra system but, to my surprise, after reading this book I realized that there was much information that I just didn't know I'd been missing. So this book would be great for beginners as well as anyone else who may just want a refresher course on this incredibly important subject.

I bought it as a gift for my friend. It is a good beginners book on basic Chinese medicine and beliefs.

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