

## The Chakras for Beginners: Essential Aura and Chakra Balancing for Wellness (Paperback)



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### ***Reviews***



*If you need to adding benefit, a must buy book. It can be filled with knowledge and wisdom I am easily will get a pleasure of studying a composed publication.*

***(Trevor Greenholt DDS)***

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Createspace, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Color Illustrations: The Chakras for Beginners shows you how to balance your energy on many levels, to achieve wellness from the inside out. As the connection between our physical and spiritual bodies, the chakras offer an opportunity for spiritual growth, emotional and physical healing, and personal transformation. This is something you can do for yourself, and in easy to understand terms, you will learn what the chakras are and how they work, learn about your aura, and be given easy, yet powerful techniques and meditations for working with your energy to overcome the imbalances that block your spiritual, emotional and physical well being. \*Discover colors, crystals, foods and aromatherapy to balance each chakra \*Learn easy meditation techniques to balance your energy for overall well being \*Learn powerful yet easy, breathing exercises for health and spiritual advancement \*Learn about Resonance, and how you can come into harmony with the natural rhythms of the Earth \*Learn about basic yoga postures for Chakra balance \*Learn about the hazards of man made energies, that interfere with your health and well being \*Learn how to protect your energy Jane Ma ati Smith C.Hyp. Msc.D. studied for her Bachelor s degree at Arizona State University, and recieved an honorary doctorate for lifetime achievements and contributions in the fields of metaphysics and spiritual counseling from Universal Life. She studied hypnosis with Dr. John Kappas, and is a certified graduate of the Hypnosis Motivation Institute, and also a Sound Energy Practitioner and a Vibrational Reiki Master. She brings to her binaural beat and isochronic Chakra healing programs more than 18 years of professional work in the mental health and counseling fields, helping everyday people just like...

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