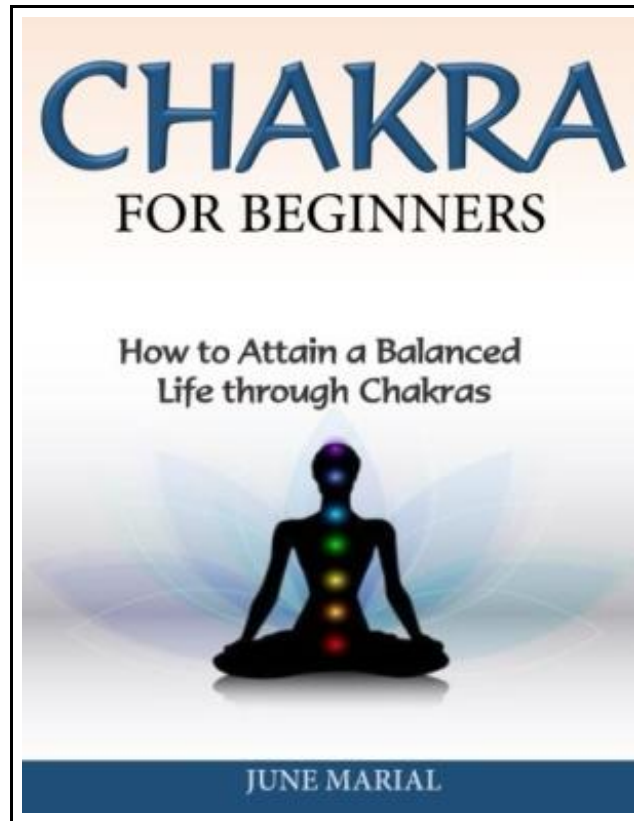


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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Chakras for Beginners: How to Attain a Balanced Life Through Chakras Even though only a small portion of the global population is following Buddhism, non-Buddhists also believe some of the religion s beliefs like chakras. In a person s search for inner peace and balance, it isn t surprising that he has come across the concept of chakra. As such, there are a growing number of individuals who subscribe to the chakra system. This book is written for those people who want to learn more about chakras and how these can help them become better. A lot of people may have heard of the chakra system. Chakras are points or knots where the energy channels meet. Although there are different kinds of chakras, only seven of these are significant in attaining balance. Chakras can differ in structures, texts and teachings although they also have similarities. They also have different uses, depending on the religious beliefs. The study of chakras is a must for an individual who wants to strike a balance in his life. This book, Chakras for Beginners: How to Attain a Balanced Life through Chakras, tackles the concept of chakras in a simple and easy to understand manner. Furthermore, it offers practical tips to balance the various chakras through therapies. In addition, it shares information on what food to eat to help enhance each chakra. Lastly, it offers house cleaning tips to unblock the chakras. By ensuring that the charkas are aligned, the readers will find meaning in their lives. After all, each of us wants to have life balance and peace of mind. The concept of the chakra system is actually a...



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