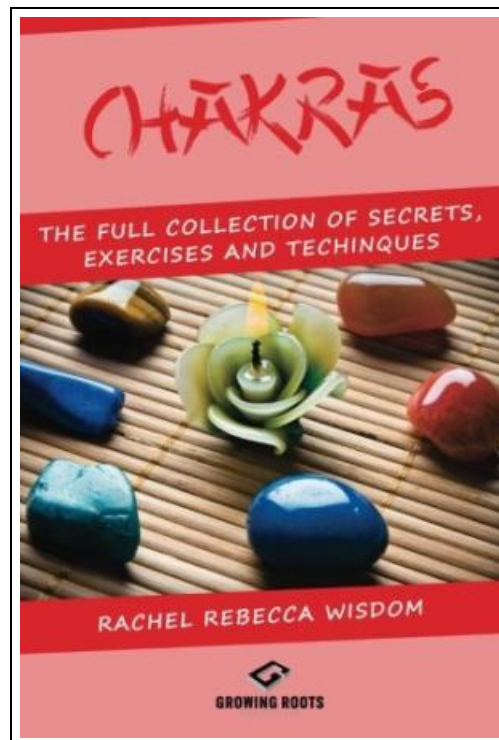


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CHAKRAS: THE FULL COLLECTION OF SECRETS, EXERCISES, AND TECHNIQUES (PAPERBACK)



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Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Chakras: The Full Collection of Secrets, Exercises, and Techniques is the ultimate chakra book for the dedicated practitioner. The chakras are powerful tools for balancing your health and happiness. These seven power centers, called the root, sacral, solar plexus, heart, throat, brow, and crown chakras, hold the energies of the body and help you connect with yourself and the world. They must be activated and open in order for you to live a happy, healthy life. Once you have begun to learn how to activate your chakras through yoga and meditation, it's easy to become stagnant. It can be difficult to keep growing in your quest for higher consciousness. Sometimes the same yoga poses and meditations can lose their meaning without fresh ideas and concepts to energize them. This book is the answer to those problems. It is full of tips that will help you continue to grow in your practice of activating the chakras and achieving inner bliss. The book features a chapter that helps you to troubleshoot any problems that you may be having, allowing you to identify the chakra that is the source of the issues and to better direct your practice towards opening that chakra. It also includes three all-new yoga flow series focusing on the lower chakras (root, sacral, and solar plexus), the middle chakras (heart and throat), and the higher chakras (brow and crown). The book's most powerful chapter includes guided meditations for each of the seven chakras, including a list of mantras, affirmations, and prayers that can be used to help each chakra's energy flow. Above all, the book is a practical guide to keeping the chakras in your daily life....



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