



**Chakras For Beginners Box Set: Balance Your
Energies to Radiate and Shine and Heal With The
Powers of Chakras While Doing Meridian
Stretching Exercises ... For Beginners Books,
(Chakra Balancing)**

Laura Lee, Lydia Mckenzie, Kim Green

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Chakras For Beginners Box Set: Balance Your Energies to Radiate and Shine and Heal With The Powers of Chakras While Doing Meridian Stretching Exercises ... For Beginners Books, Chakra Balancing)

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BOOK #1: Chakras For Beginners: Balance Your Chakra's Energies to Radiate and Strengthen Your Inner Aura

In this book you can learn some valuable techniques to balance your energy and strengthen your aura. Your energetic field, your human aura - emanates all around you. Your aura is kind of like your spiritual blueprint, and taking steps to keep your energy clear, can help you live a healthier life.

Understanding and decoding your human energy field can give you powerful clues when it comes to your health and wellness.

This book can help you:

- Understand and Balance Your Energy
- Learn About The Fight or Flight Syndrome
- Gain a Better Understanding of Your Chakras and How They Influence Your Life
- Learn How to Balance Your Chakras With Crystals
- Learn About Aura Colors
- Use an Aura Healing Visualization
- Identify Chakra Blockages

Chakra healing is an amazing tool and once you have a basic understanding of how each of the chakras work, you can then use them to transform your life.

BOOK #2: Chakras For Beginners: Beginners Guide for Chakra Healing Discipline. Learn 7 Chakras and Open up Yourself to Healthier and Happier Life

If you want to lead a fulfilling, healthy and happy life, then “Chakras For Beginners: Beginners Guide for Chakra Healing Discipline. Learn 7 Chakras and Open up Yourself to Healthier and Happier Life” will help you achieve your aim.

Guiding you through one chakra at a time, this book can help you to understand what chakras are, how they work, and how you can make a real change to your life as a whole.

This book will also teach you how to:

- Differentiate between the 7 chakras
- Understand how each of the chakras work
- Balance each chakra
- Choose the right color clothing to keep you in balance
- Balance all of your chakras so they work in harmony with each other
- Eat the right foods so you can improve specific chakras
- Tell when your chakras are out of alignment

BOOK #3: Total Chi Fitness: Get Familiar With the Meridian Stretching Exercises for Ultimate Fitness, Performance and Health

Total chi fitness has a lot of benefits in ensuring that it unblocks your meridians that are the pathway through which your life energy flows and increases the circulation of your life force

In this book you will get:

- Best ways to practice the exercises while ensuring that you are safe from harming yourself.
- Different poses to be practiced, to enhance free energy in your body
- Step by step procedure to follow in performing the various poses
- Benefits of practicing total chi fitness and the impact it will have on your health
- Procedures that you can use to achieve different poses in performing total chi fitness
- The number of times you should be doing the exercises to ensure that you maintain your performance and help to revitalize your muscles
- Ailments that your body will be relieved off by practicing the poses

Getting Your FREE Bonus

Download this book, and find "**BONUS: Your FREE Gift**" chapter right after the introduction or after the conclusion.

Download your copy of "*Chakras For Beginners Box Set: Balance Your Energies to Radiate and Shine and Heal With The Powers of Chakras While Doing Meridian Stretching Exercises for Ultimate Fitness, Performance and Health*" by scrolling up and clicking "**Buy Now With 1-Click**" button.

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From reader reviews:

Marlon Hood:

What do you consider book? It is just for students since they are still students or that for all people in the world, the particular best subject for that? Simply you can be answered for that problem above. Every person has different personality and hobby for every other. Don't to be pressured someone or something that they don't want do that. You must know how great in addition to important the book Chakras For Beginners Box Set: Balance Your Energies to Radiate and Shine and Heal With The Powers of Chakras While Doing Meridian Stretching Exercises ... For Beginners Books, Chakra Balancing). All type of book could you see on many resources. You can look for the internet resources or other social media.

Maureen Jones:

As people who live in the actual modest era should be change about what going on or facts even knowledge to make all of them keep up with the era which is always change and make progress. Some of you maybe may update themselves by reading through books. It is a good choice for you but the problems coming to you is you don't know what type you should start with. This Chakras For Beginners Box Set: Balance Your Energies to Radiate and Shine and Heal With The Powers of Chakras While Doing Meridian Stretching Exercises ... For Beginners Books, Chakra Balancing) is our recommendation to make you keep up with the world. Why, as this book serves what you want and need in this era.

Ismael Black:

Spent a free time to be fun activity to do! A lot of people spent their free time with their family, or their own friends. Usually they accomplishing activity like watching television, gonna beach, or picnic in the park. They actually doing same thing every week. Do you feel it? Do you want to something different to fill your current free time/ holiday? May be reading a book may be option to fill your no cost time/ holiday. The first thing you will ask may be what kinds of publication that you should read. If you want to test look for book, may be the publication untitled Chakras For Beginners Box Set: Balance Your Energies to Radiate and Shine and Heal With The Powers of Chakras While Doing Meridian Stretching Exercises ... For Beginners Books, Chakra Balancing) can be very good book to read. May be it could be best activity to you.

Sarah Creamer:

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