



## Chakras for Beginners: How to Balance Chakras, Strengthen Aura, and Radiate Energy (Chakra Balancing, Healing, and Meditation Techniques)

By Victoria Lane

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### Chakras for Beginners: How to Balance Chakras, Strengthen Aura, and Radiate Energy (Chakra Balancing, Healing, and Meditation Techniques)

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## Your Complete Beginners Guide to Chakras

**Would you love to learn everything about Chakra balancing, healing, and meditation?** You may not know now but as you read on you will find out EXACTLY just how quickly you can learn the art of all things Chakra! \* \* \*  
**\*LIMITED TIME OFFER! 50% OFF! (Regular \$5.99) \* \* \* Dear Reader,** Have you always wondered how to balance your Chakras? Are you a beginner looking for answers about this whole "Chakra craze"? **THE FACT IS: Each and every living being is infused with a universal energy that nourishes and connects life.** This energy field is made up of the aura (which manifests itself in seven layers) and the chakra system (which comprises of the seven major chakras.) Read on to figure out how to harness this power to completely transform your life.

## Chakras for Beginners - How to Balance Chakras, Strengthen Aura, and Radiate Energy: (A Preview)

\* **Understanding the 7 main Chakras** - Here you will learn how Chakras are related to functions your body performs and are influenced by specific circumstances in your life. \* **Balancing the 7 Chakras** - Do you think it is possible to balance something that you cannot see? Will you be able to open up these chakras without getting a feel of what they look like? More importantly, do you even know if your chakras need healing or opening up? Are they blocked presently? \* **What are Chakras** - Chakras can be termed as the spinning wheels of electric energy in your body. These wheels are made up of various colors and are responsible for a number of functions that connect your body to your energy

field and the broader cosmic energy field. \* **Positive Affirmations** - These are powerful mantras, chants or quotes that encourage you to stimulate positive emotions. You can choose any powerful mantra that you like or even create your own. \* **Chakra mudras** - Mudras are specific positions of your hand that instigate a positive flow of energy and are used to balance your seven chakras. \* **Energy healing techniques** -These include Reiki and acupuncture. Energy healers can help you open up your chakras once they sense any blockage. **BONUS SECTIONS** \* **Yoga for Chakras** - Did you know that one of the greatest and proven methods to boost your chakras is through yoga? \* **What is an Aura?** - Learn about Auras and maintaing positive vibrations! Your Success Story is just a click away..... **Simply scroll up and click the BUY button to instantly download** *Chakras for Beginners - How to Balance Chakras, Strengthen Aura, and Radiate Energy* Tags: chakras for beginners, chakra balancing, beginners, chakras, aura, energy, yoga chakras, chakra healing, chakra meditation, chakra clearing

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