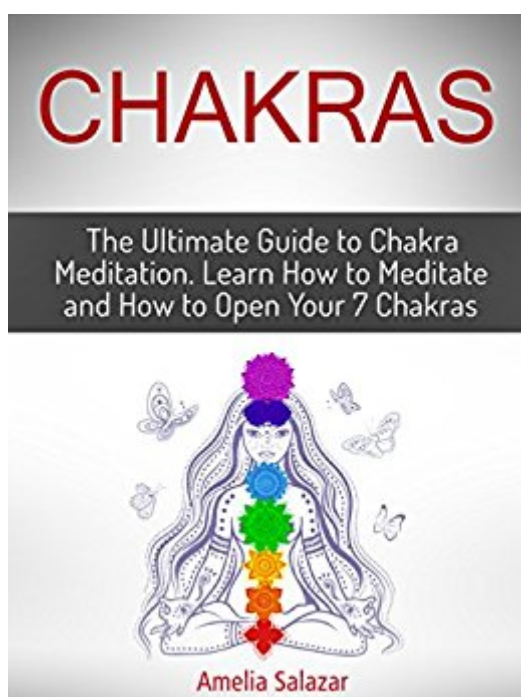


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# Chakras: The Ultimate Guide To Chakra Meditation. Learn How To Meditate And How To Open Your 7 Chakras (chakras, Chakra Healing, 7 Chakras)



## Synopsis

Chakra meditation is practiced in systems of belief all over the world. From Hinduism, to Buddhism and Spiritualist believers, chakra meditation is widely believed to have spiritual and divine significance, allowing a person to connect with his or her inner self and to open oneself up to the divine. When chakra meditation is practiced responsibly and with a full understanding of its significance, it can open your eyes to a whole new realm of experiences and to higher understandings about yourself and the world. As well as helping a person to become more spiritually aware and connected to the divine, chakra meditation can also help you to tackle issues in your life and heal physical, spiritual and emotional wounds. The Ultimate Guide to Chakra Meditation offers an insight into who practices chakra meditation, how and why. It is a vital contextual guide to this ancient and spiritual practice and can help you to understand chakra meditation and take the first steps towards practicing it yourself. For any person with an interest in chakra meditation, but no idea where to start, this essential guide is a must-have. It will tell you everything you need to know to decide if chakra meditation is right for you and give you a knowledge of the systems of belief surrounding chakra meditation so that you can embrace everything that chakra meditation can offer spiritually, mentally, physically and emotionally. In this book, the following chapters are covered: What are chakras? Systems of belief The seven chakras Features of chakra meditation Body position Visualizations Affirmations

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## Book Information

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## Customer Reviews

This is a very concise (about 67 pages) book on the Chakras, what they are, what they do, and how they are used with the help of meditation, affirmations and visualizations. It explains well the meaning and location of each Chakras and has images that are very helpful. this is a good book for those that want to refresh what they learned about Chakras, and how to clear them, as well as for those that are just getting started on a path of awareness and energy. It also explains how they are thought of in each different religions. I found that I had forgotten many things I used to know about our Chakras, so I would recommend it for those interested in this type of energy and higher vibrations. I got this book free for my honest review.

This is a great book that covers the 7 chakras and several cultural beliefs. There chakras are explained pretty thoroughly and clearly for anyone to understand. A very comprehensive book for young and old alike. I was given this book as a gift for my honest opinion. I will be getting into this book more as I set aside more time for meditation and focus. I believe this will help me in my life.

this book is the perfect book for the beginner wanting to learn about chakras meditation. it gives all the information you could want on what and how to use the chakras. explains in fairly good detail all that goes into using chakras for meditation. once you learn all this book has to offer you will want to study and find other books and teachers to help you on your journey.

I was given a copy of this book in exchange for an honest review. I think it does well giving you the fundamentals. The book goes over the 7 Chakras as well as the features of Chakra meditation. Gives instruction on your body position as well as hand position. It is a shorter book however i feel that i t gets the information in your hands.

Nice book for beginners. Well written and easy to understand. Described different beliefs, use of crystals & scents with each charka. The author also takes you step by step through meditation, with different techniques to meet an individual needs.

This book gave me a starting point on how to meditate and the techniques used. I was not aware of closing your chakras after meditation because it causes negative problems in your life and can agree to the authors statement from my past experiences. Just as important it is to open your energy points, its important to close them.If you are a beginner like me I suggest you read this book. I do have to say for the record that this is my first meditation book I've read. I hope to get more enlightened from it and discover my mission in life.

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