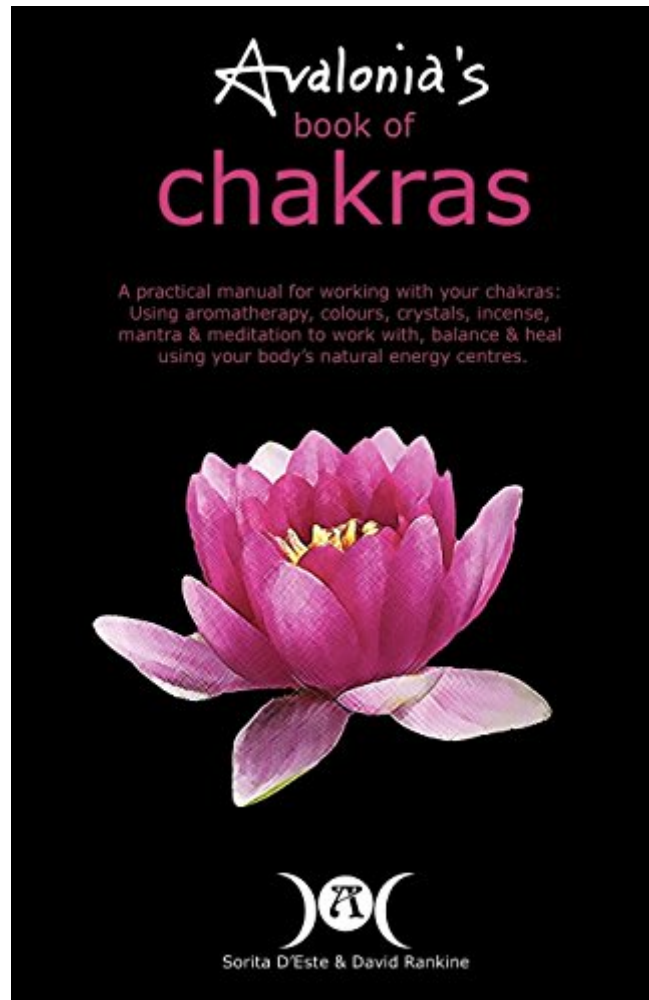


The book was found

Avalonia's Book Of Chakras



Synopsis

Learn how to work with your body's energy centres | Improve your physical, emotional, mental and spiritual health | Take control of your spiritual path by using your energy efficiently | The chakras are energy centres in our subtle bodies. The word chakra comes from the Sanskrit language and translates as wheel or disk, a reference to the fact that our chakras each spin at a particular frequency when they are in harmony with our physical bodies. By learning how to balance our chakras, we can improve our health, take positive control of our emotions and enhance our spiritual well being. This practical manual contains:

- * Detailed information on the seven major chakras.
- * Information on the major nadis (energy channels) of the body and the Kundalini serpent power.
- * Simple techniques for using aromatherapy, crystals, incense, mantras and meditation for working with the major chakras to stimulate or unblock them individually.
- * Rare information on the minor chakras with insights on how to incorporate some of them into meditations.
- * Exercises for opening, closing and balancing the chakras, and working with them in an elemental context.
- * A creative visualisation exercise using the wish-fulfilling tree found in the Hrit minor chakra.
- * The connection between the goddess image of the Sri Yantra and the chakras.

Book Information

File Size: 533 KB

Print Length: 113 pages

Publisher: Avalonia (September 22, 2014)

Publication Date: September 22, 2014

Sold by: Digital Services LLC

Language: English

ASIN: B00NU7GPKO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #934,890 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #175

in Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Rituals & Practice #299

in Books > Religion & Spirituality > Hinduism > Rituals & Practice #784 in Kindle Store > Kindle eBooks > Religion & Spirituality > Hinduism > Chakras

Customer Reviews

Well written, but it didn't reveal anything new. However, chakra's are chakra's, so this is an excellent book for those venturing into the topic.

[Download to continue reading...](#)

CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (FREE Bonus Included) (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye) CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakras For Beginners, Hinduism, Buddhism, Meditation) CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Mudras, Third Eye) Chakras: The Ultimate Guide to Chakra Meditation. Learn How to Meditate and How to Open Your 7 Chakras (chakras, chakra healing, 7 chakras) Avalonia's Book of Chakras Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [A Beginner's Guide to Opening and Balancing Your Chakras] (Mudra Healing Book 3) Chakras: Chakras for Beginners, Learn to Balance Your Chakras, Heal Yourself and Attain Inner Peace (Spiritual Journey Book 3) CHAKRAS: Chakras for Beginners: How to Balance Your Chakras, Radiate Energy and Heal Yourself Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy and Healing Through Meditation (Chakras, Spirituality, Serenity) Chakras: How to Awaken, Maintain, and Balance Your 7 Chakras Los 7 Chakras: Guía de principiantes para el aprendizaje y el equilibrio de los chakras (Spanish Edition) Chakras for Beginners: How to Activate and Balance Your Chakras to Strengthen Your Character and Live a Better Life (Chakra Balancing & Healing For Beginners) Chakras for Beginners: How to Balance Your Chakras, Radiate Energy and Heal Yourself Astrology, Yoga, and the Chakras: A Basic Guide to Astrology and the 7 Chakras: Healing and Harnessing the Power from Within Chakras for Beginners: Teach Me Everything I Need to Know about Chakras for Beginners in 30 Minutes Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy and Healing Through Meditation Mediumship: Psychic Medium: Channelling, Clairvoyance, & Spiritual Communication - For "Healing" and Light work (Chakras, Reiki, Out of Body Experience, Energy Fields Book 1) The Women's Book of Healing: Auras, Chakras, Laying On of Hands, Crystals, Gemstones, and Colors AURAS: Understand and Feel Them- How to Get Rid of Negative Energy and Create an Amazing Life (Auras, Chakras, Mindfulness, Healing Book 4) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ...

Beginners, Reiki Symbols, Chakra Balancing)

[Dmca](#)