



# **Chakras For Beginners: Teach Me Everything I Need To Know About Chakras For Beginners In 30 Minutes (Chakras - Healing - Clearing - Meditation - Balancing)**

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## **Everything You Need to Know in Just 30 Minutes**

### **Have You Always Wondered How To Adjust Your Chakras?**

Chakras are an energy source in your body, located in seven different areas. These chakras need to be maintained, keeping them in balance, open, and clear of negative energy which can block them. When your chakras are clear and in balance you will also feel balanced in your everyday life. Chakra is an old belief, and it is found in western culture today, as it has traveled all around the world.

Keep your physical, mental, and emotional state in balance with clear and balanced chakras. Each connects with a different part of who you are, and becoming better rounded has to deal with keeping everything that makes up you in balance. Balanced and clear chakras will help you to take life in a little easier and let your emotions out a little healthier. Clear and balanced chakras will lead to a happier and healthier life.

## **7 Reasons to Buy This Book**

1. This book teaches you what chakras are and where you can find them on the body.
2. This book shows you the benefits of keeping clean and balanced chakras on a daily basis.

3. Inside this book you will learn the answers to some of the most commonly asked questions about chakra balancing.
4. This book shows you some tips and techniques on keeping your chakra clear and balanced.
5. In this book you will learn how to use balanced chakras to channel your emotions in a positive manner.
6. This book makes balancing and clearing your chakras easy by guiding you through what each chakra is connected to.
7. Inside this book you will learn a little bit about the history of chakra and chakra balancing.

## **What You'll Know from "Chakras For Beginners"**

- Essential Information about Chakras for Beginners
- 12 Quick Hit Facts about Chakras for Beginners
- The 10 Important Things You Need to Know About Chakras
- The 7 Most Crucial Benefits of Chakra
- Frequently Asked Questions about Chakra for Beginners
- A Brief History about Chakras
- Final Thoughts on Using Chakra for Beginners

## **Want to Know More?**

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