



## Chakras: The Ultimate Guide to Mastering Chakras For Beginners in 30 Minutes or Less (Chakras For Beginners - Yoga - Meditation - Buddhism - Chakras Healing - Heal Yourself)

By Jenny Porterson

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Dimensions: 9.0in. x 6.0in. x 0.1in. Chakras: How to Master Chakras in 30 Minutes or Less! Finally Discover your Chakras and Ultimate Energy Systems For Life! This book is going to help you in discovering your hidden energy system, explore your subtle body and build a connection with your soul that will help you reach a level of spirituality. Most of us might never have heard about chakras or never were able to reflect on it. This book will help you realize the importance of chakras for your body and how they affect your mortal form in addition to the immortal one. This book provides step by step guidance about the origin of chakras, their types and the significance of these energy wheels for our body. Chakras are found in the spine and brain area with a total amount of seven chakras. These seven chakras are linked with different organs in this region and are known for helping them in carrying out their function properly. Additionally, they save us from illness. Hence, chakras are an important part of our system which needs to be understood in...

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