



## Chakras: The Ultimate Guide for Beginners (Paperback)

By Rachel Rebecca Wisdom

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. You are about to journey through the energy channels of your body. Here you will learn about the seven Chakra centers within your body that keep you balanced and healthy. You will also learn how the different Yoga postures serve to open blocked Chakras and allow you to experience greater awareness, fewer emotional and physical issues, and an unbelievable universal connection. Have you ever wondered why you are sluggish and depressed most of the time-why you fear intimacy and have challenges making and maintaining relationships? If so, you ll want to read this book for answers to those questions. As you read through this book, you ll begin a step-by-step examination of your Chakras. From the foods you eat to the exercises you do, from the unexplained physical issues you may be experiencing to your questions about your personal faith, values, and beliefs, you will become more aware as you travel through the pages of this book. You will learn the value of meditation, proper breathing techniques, and what yoga postures and foods complement each Chakra. By book s...



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