



CHAKRAS: Awakening Your Chakras: The True Teaching of Balancing, Energizing and Healing though Meditation. (Chakra, Meditation, Buddhism, Enlightenment)

Kiera Goodwin

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Chakras have been known for a lot of years, but there are only a number of people who really understand what the chakras are and how they work. Learning how chakras work is the key to getting through your limitations and fears, thus, opening the possibilities in your life and freeing you in order to attain your goals and dreams.

The word "chakra" comes from Sanskrit word means wheel or disk, root from the Hindus millenniums ago. The Hindus look at chakra as an energy center or a wheel of spinning energy, where the consciousness lives, controlling different qualities of a person's spiritual and physical aspects. The chakras aren't physical but part of the energetic point of consciousness inside our body where the physical and spiritual worlds meet or what we known as the subtle anatomy.

This book contains information about chakras and how it affects our everyday life.

Here Is A Preview Of What You'll Learn...

- What is Chakra?
- Seven Chakras in the body?
- The 8th Chakra
- The Purpose of Chakras
- How Chakras Affect Your Everyday Life
- Balancing Chakra
- Chakra Meditation as a Way of Healing Body, Mind, and Soul
- Much, much more!

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