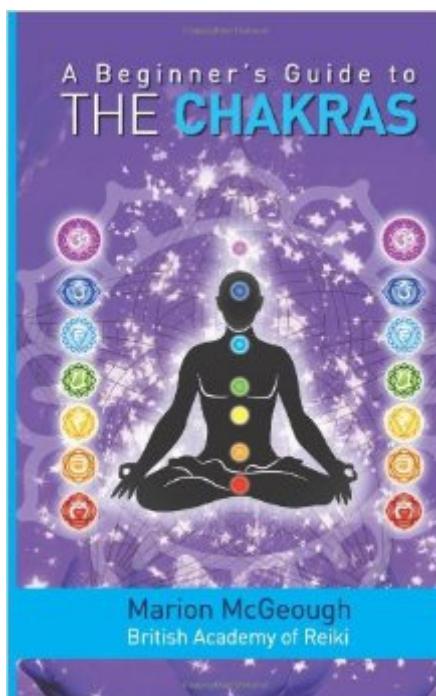


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# A Beginner's Guide To The Chakras



## **Synopsis**

As the title describes, this short book is for those who are just starting out on their journey of self-discovery. A Beginnerâ™s Guide to the Chakras takes you through each of the seven major chakras in turn, describing their individual qualities and their importance in your life. To aid you in the learning process, there are set exercises for you to follow and self-awareness questions to answer. You will find guided meditations to support you on your journey. There are also chapters on dealing with pain, along with working with the chakras using crystal healing and aromatherapy.

## **Book Information**

Paperback: 74 pages

Publisher: CreateSpace Independent Publishing Platform (November 8, 2013)

Language: English

ISBN-10: 1493711067

ISBN-13: 978-1493711062

Product Dimensions: 5 x 0.2 x 8 inches

Shipping Weight: 4.6 ounces (View shipping rates and policies)

Average Customer Review: 4.3 out of 5 starsÂ See all reviewsÂ (64 customer reviews)

Best Sellers Rank: #10,939 in Books (See Top 100 in Books) #7 inÂ Books > Religion & Spirituality > Hinduism > Chakras #14 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #65 inÂ Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

## **Customer Reviews**

I'm becoming more aware of my energy field and how to take care of my psychic self, so to speak. This is exactly as described: a brief, fundamental introduction to balancing your chakras. It is 69 pages long and touches base on all 7 chakras and their function. Each chapter has a description of how you will feel balanced and how you will feel when imbalanced; balancing exercises for each individual chakra; questions to ask yourself what factors connect with chakra function/malfunction; and a brief list of physical and emotional symptoms connected to each. Also short guides at the end for crystal healing and aromatherapy. I was recently assessed for free at a holistic expo and told I have a Solar Plexus blockage. I felt that I could trust the woman who told me, and I cross-referenced physical & emotional symptoms. The description fit my issues to a T. I got this book and was recently able to take a moment and do a crystal exercise; I felt much better for the rest of the day. A Beginner's Guide to the Chakras is a fantastic starter book for those who are new

to awareness of energy, even those skeptics. It's informative and to the point, without confusing spiritual lingo. I'm learning quite a bit and I highly recommend it.

This is an excellent Beginner's guide to the Chakra's, easy to understand and gives a description of each chakra and the health affects of each one if blocked. I'm new to learning about the chakra's and I've found it extremely helpful. It's a small but very helpful starter book. Very happy with purchase, received very quickly, would order again thank you :) x

I recommend this little book to anyone seeking basic knowledge of the Chakras, and the different therapies that can heal them. This book is the basics..I have not completed all the exercises in the book but feel very positive about those that I did complete.

I received this book on 6/10/2016 which was the expected delivery date. This book was my second book that I purchased. This book was offered in a trio series of books to buy. One other book I purchased was also written by Marion McGeough from the British Academy of Reiki. I am new to Chakra and wanted/needed more information. I wanted to use the stones for healing for myself, not for anyone else. The book is 69 pages and the last few pages (2 1/2) are left blank for you to write notes down. There are 16 chapters to this easy to read and follow book. As I read the book, I highlighted parts that I felt was important for me to remember. The book talks about seven Chakra stones, How to deal with pain, and Aromatherapy re just a few of the chapters offered. The book is well written and easy to follow and understand. If you re new to Chakra stones and don't know where to start, this is the book to start with. I would also recommend her other book: Crystal Healing and the Human Energy A beginners Guide. These two books together will answer all your questions.

Great book, easy to ready and understand. Flows easily. Good quality and good information! A great choice of your on the journey to self healing.

I got my book in the mail yesterday and was super excited. I read most of it last night and finished the last chapter this morning and I'm very happy with my purchase. This truly is an introductory book. It breaks down Chakras in a very simplistic way. Each chapter is dedicated to a specific Chakra and breaks down what the Chakra is, the color associated with it and what can happen when your Chakras are out of balance. Each chapter includes exercises for you to practice. I have

not tried them yet but they seem easy enough to understand and put into practice. There are two additional chapters, one that discusses Crystals and another Aromatherapy. Over all this is a great read and very useful information for someone who knows nothing about Chakras but wants to learn. There are key words through out the book that will help lead to further research and lend themselves to learning more about Chakras. This is an easy read about 60 pages, medium font.

This is a very good guide for someone just taking an interest in chakras. My dad for the last year or two has really been learning about this and sharing what he knows with me and he thought this book would be handy for me to read to learn about them.

I've recently started looking into alternative medicine as pharmaceuticals have failed me. I've also started meditation to help my anxiety. I've done some research on chakras but this book is a great and wonderfully organized place to start. It's been very helpful.

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