



## Chakras for Beginners

By MS Adahi Flores

Createspace, United States, 2014. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.This chakras book contains proven steps and strategies on how to learn one of the most amazing powers we all possess, our chakra s energy and how to bance them for healing and living at our best. In this chakras book you ll learn that by keeping our physical body healthy and working well is an essential practice in balancing and healing the chakras. It keeps all the secretions, hormones, and functions of various systems of our body in harmony and aligned with one another. If our chakras or any part of our vitality system are out of balance, it can have a significant effect on our physical, emotional, mental, and spiritual well-being. When they are out of parity or alignment, both our bodies and our lives are liable to be out of balance also. We may observe that we are prone to diseases, or that our lives are miserable, unsatisfying, or disorderly. To be healthy and joyful and keeping on developing spiritually, it s essential to keep all the chakras balanced, easily flowing energy with the cosmic...



### Reviews

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