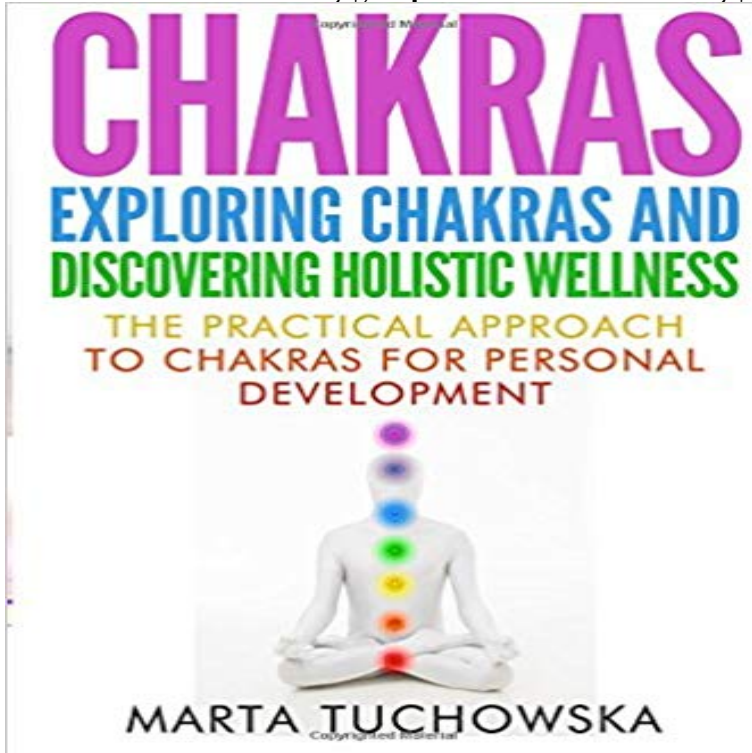


Chakras: Exploring Chakras and Discovering Holistic Wellness-The Practical Approach to Chakras for Personal Development (Chakras, Chakra Balancing, Spiritual Coaching for Modern People) (Volume 1)



Awaken Your Internal Energy and Restore Balance! Discover and Embrace Your Ultimate Truth to Create a Life Full of Health, Happiness and Abundance. Want to learn more about chakras but don't know where to start? Confused when it comes to chakra information overload? Overwhelmed when it comes to complicated theory that seems impossible to apply in a busy, modern world? What if you could have one simple guide that distills all you need to know to transform your lifestyle to get the results you deserve? Don't worry- you have come to the right place. This modern chakra guide is written for busy, 21st century people seeking more balance in their lives. It covers practical solutions that will help you realize how one imbalance can lead to another and the actions you can take to develop a new, happier and healthier version of yourself. In other words- it will help you dig deep and fix the root of the problem. You will be very surprised to discover how many of physical ailments are simply manifestations of certain emotional imbalances and how a few simple lifestyle changes can help you create holistic health (healthy body, mind, emotions and soul, it's not only about physical health and fitness). This simple chakra manual will guide you on your holistic personal development journey utilizing chakra philosophy and knowledge. Thanks to understanding chakras, you will realize how one imbalance can lead to another, and you will be able to stop the vicious circle. The book will also help you discover your strengths, weaknesses, and give you the tools to CONTROL HOW YOU FEEL both physically, mentally, and emotionally. Throughout the book you will discover:- Everything you ever wanted to know about chakras, but were afraid to ask- What you need to know about your root chakra to start creating the life you want- How to feel and experience the

interconnectedness of our universal energy-How to get rid of guilt and past traumas to move forward- release energy blocks to be the best version of yourself-Move forward with your goals and excel in your career without feeling overwhelmed- the secrets of Solar Plexus chakra balancing-Experience the blessing of the universal love with Anahata-Regain confidence and be able to express yourself freely with the Throat Chakra-Increase your intuition with the Third Eye Chakra-Prevent physical ailments with chakra balancing-The sad but awakening truth about judgment-Empower your body, mind, and spirit to restore wellness and zest for life!-How to make friends with your emotions through chakra brainstorming+all you need to know to rebalance your chakras in an easy way, even on a busy schedule!If you consistently engage in the practices outlined in this book, you will see results in your daily life. You will be able to diagnose the sources of issues that bother you, and take action to see holistic progress!***What Are You Waiting For? Start Creating a Holistically Balanced Lifestyle Today and Give Yourself the Energy and Mind Body Health You Deserve!

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