



Chakras: The Fundamentals of Practice: Easy Tips and Tricks for Your Improvement (Paperback)

By Miss Rachel Rebecca Wisdom

Createspace Independent Publishing Platform, United States, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Chakras: The Fundamentals of Practice: Easy Tips and Tricks for Improvement is an intermediate level book geared toward those who wish to take their Chakra enlightenment to the next level. Chakras are fundamental if one wishes to truly understand holistic healing. Each chapter provides the reader with valuable information on each Chakra and what their specific functions in the body are. This book will also detail meditative techniques that will help the reader activate and balance the Chakra. This book will introduce the reader to each of the Chakras and then walk them through yoga poses meant to activate and open each of the seven main Chakras. It will also outline how to activate and balance the Chakras using precious gem stones and crystals associated with each of the Chakras. This book teaches us that we are not simply physical bodies. All around us are energy fields that interact with our physical bodies by flowing through our own concentrated twirls of energy. Our seven main Chakras interact with our ductless endocrine glands and the lymphatic system by feeding them good...



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