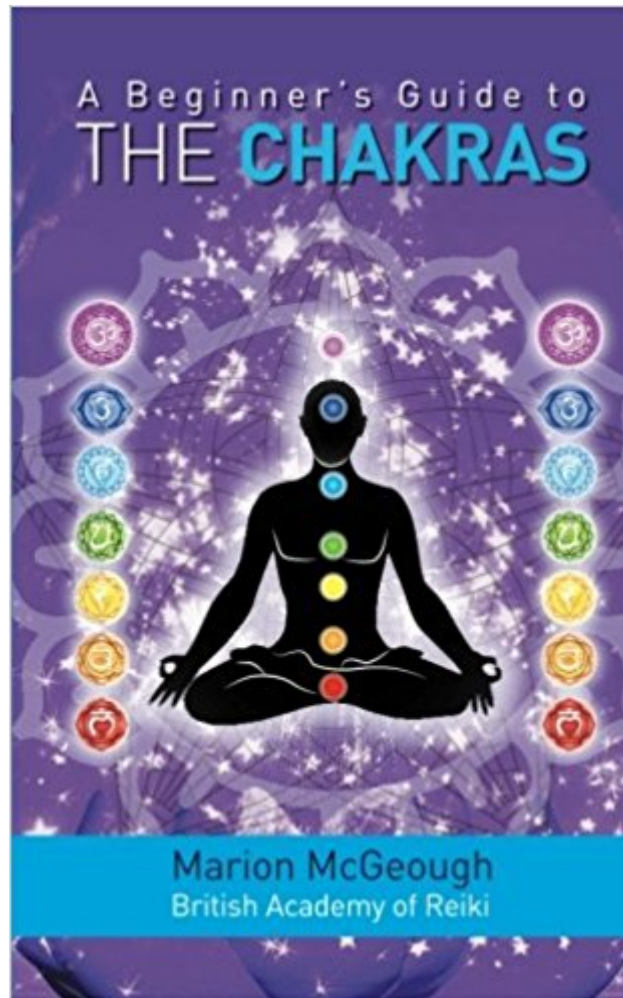




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A Beginner's Guide To The Chakras



Marion McGeough
British Academy of Reiki



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Synopsis

As the title describes, this short book is for those who are just starting out on their journey of self-discovery. A Beginner'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

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Customer Reviews

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 great book to give you a high level introduction to the chakras, questions to ask yourself, and what impact an imbalance has on you.

I really enjoyed this book! Easy read and gives a simple description of the chakras and instruction to open them up. I look forward to using my Chakra Chrystal's along with my acupressure and chakra instruction cards.. I purchased them all together. Namaste ã Æ Æ™Æ•

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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.

not very written well. broken English who ever wrote this had many errors. it didn't really explain why the colors are the way there are for the chakras , kind of broad info that you may be able to find on some articles on internet. but for a beginner it is okay read. wish it was a bit cheaper for the info it provides though.

It's a great book for beginners. Provides useful information and basic knowledge on the chakras. The book includes a few meditation techniques for each chakra along with the correlating crystals one can use to enhance the chakras and more.

Good beginner's guide. Wish there were some illustrations, even simple ones.

I am reading it a second time and getting ready for a house blessing.

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