



# **Chakras: Everything you need to know about using your chakras, chakra healing, chakra meditation, chakra clearing, and much more!**

*Amy Rendall*

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# **Chakras: Everything you need to know about using your chakras, chakra healing, chakra meditation, chakra clearing, and much more!**

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## **Chakras**

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Chakras have been used and studied for thousands of years in India, but have only risen to Western popularity in the last few centuries.

The human body is believed to have 7 main chakras, each providing energy to certain parts of the body, and empowering certain emotions and feelings.

This book will teach you about the 7 chakras, and will also explain the history of chakras.

Clearing the chakras is believed to have great effects on health and well-being, and can lead to an empowered and positive existence.

You will soon discover techniques for clearing and improving each of the 7 chakras. Through following the steps in this book, you can ensure that your chakras are clear and are working properly!


Whether you're brand new and skeptic about chakras, or a long-term advocate, this book will have something to offer you.

## **Here Is A Preview Of What This Book Includes...**

- History of Chakras
- Root Chakra
- Sacral Chakra
- Solar Plexus Chakra
- Heart Chakra
- Throat Chakra
- Third Eye Chakra
- Crown Chakra
- Much, much more!

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