



Chakra Healing and Awakening for Spiritual Growth (Paperback)

By Brandon Alexander

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.If you ve heard of yoga or meditation, you ve also probably heard of chakras. What exactly are chakras? What do they do? How do you go about opening them and what does that even mean? In this book, we explore the concept of chakras, what they represent, and how they can improve your life. The topic of the ancient Hindu and New Age phenomenon of chakras is exciting and appealing to many. The knowledge regarding potential benefits of utilizing your chakras can be applied to practically anyone willing to get to know and understand themselves, acknowledge the unity of all things in the universe and how we are all connected, and build a strong connection between the body, mind, and soul. The results from learning what chakras are and how to heal, balance, and open them include many positives, including better mental health, physical health, stability, spiritual insight, relationships, and self-esteem, among many other things. Aligning the chakras benefits everyone, but may especially benefit those who feel withdrawn from others or especially co-dependent on them, those who struggle with grief, loss,...

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