



Ultimate Self-Mastery Bundle for Beginners: 3 in 1 Bundle (Paperback)

By Jill Hesson

Createspace Independent Publishing Platform, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Ultimate Self-Mastery Bundle For Beginners 3 in 1 book: Chakras/Yoga/Buddhism Book 1 A Beginner s Guide To Discover What Chakras Are And How To Balance your Energy Body Through Chakra Healing Have you heard about Chakras but aren t sure what they are and how they can improve your life? The fact is that Chakras are energy points located throughout the body. When one of points becomes blocked, energy cannot flow as it is intended to flow. Thus, there are certain actions that you can take to heal the flow and make sure that the Chakra is cleared. This book assumes that you are a beginner. It explores where the Chakras are located and what each one of them does to your sense of wellbeing. When you learn that, you also learn to respect your posture, your interaction with others, and increase your self-esteem levels by making sure that the Chakras are always in perfect alignment. Here Is A Preview Of What You Can Learn From This Book The Location of the Chakras Changing your Lifestyle for the Better Healing of the Chakras Healing...



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