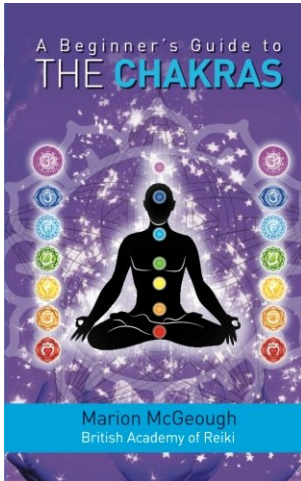


[PDF] A Beginner's Guide To The Chakras

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Description:

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.

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