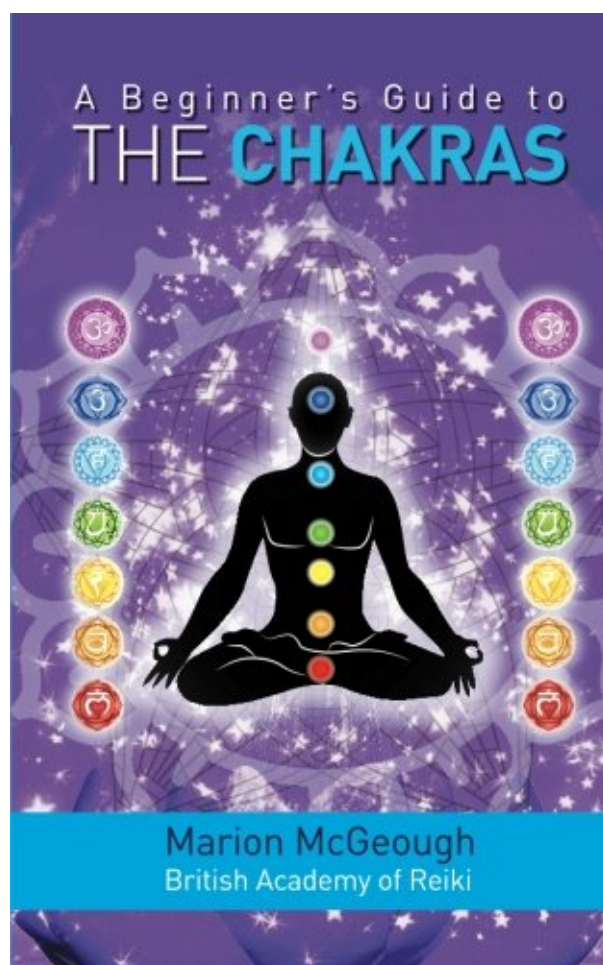


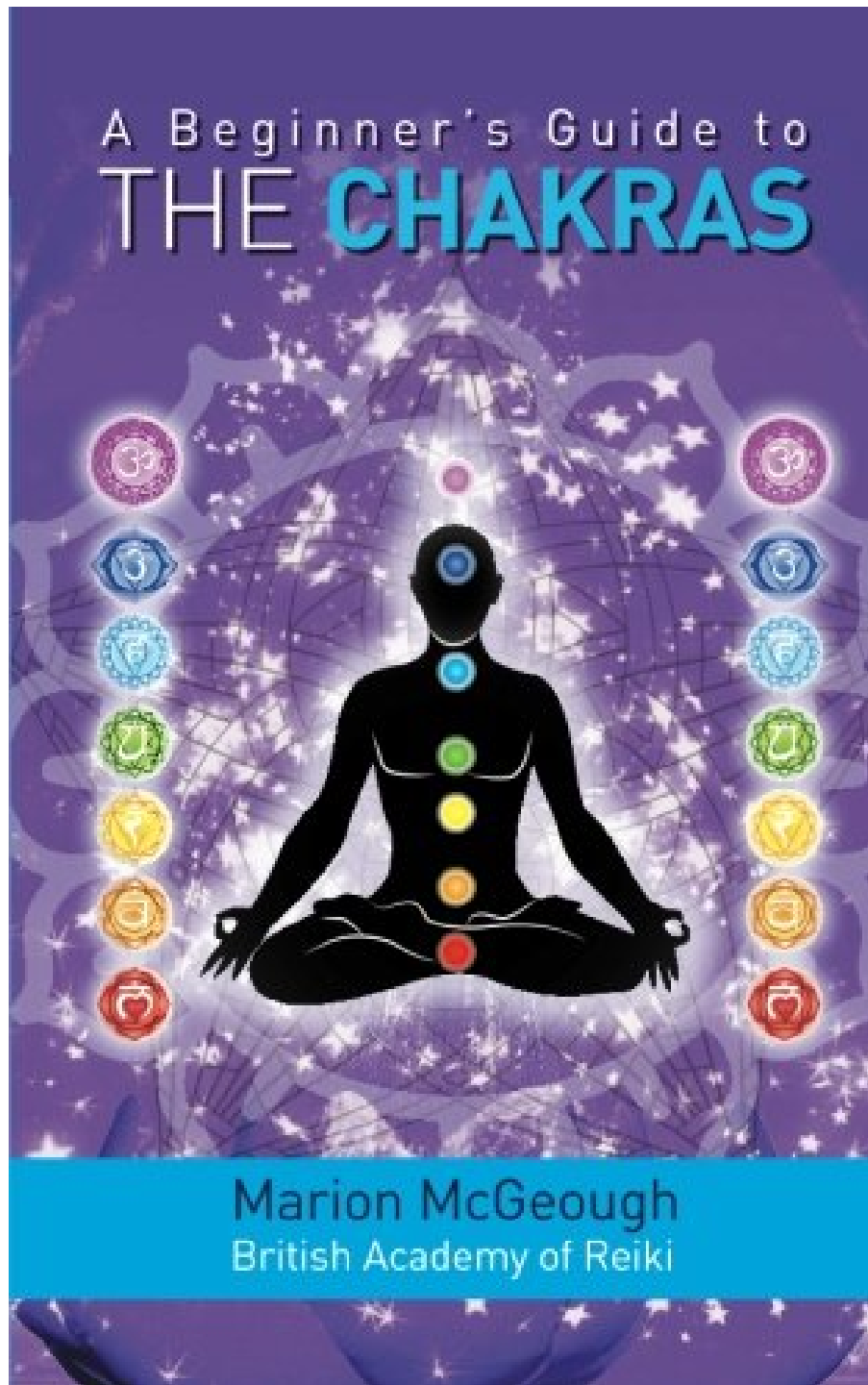
A BEGINNER'S GUIDE TO THE CHAKRAS

BY MARION MCGEOUGH



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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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- Binding: Paperback
- 74 pages

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Informative Beginner's Guide

By Sam

I'm becoming more aware of my energy field and how to take care of my psychic self, so to speak. This is exactly as described: a brief, fundamental introduction to balancing your chakras. It is 69 pages long and touches base on all 7 chakras and their function. Each chapter has a description of how you will feel balanced and how you will feel when imbalanced; balancing exercises for each individual chakra; questions to ask yourself what factors connect with chakra function/malfunction; and a brief list of physical and emotional symptoms connected to each. Also short guides at the end for crystal healing and aromatherapy.

I was recently assessed for free at a holistic expo and told I have a Solar Plexus blockage. I felt that I could trust the woman who told me, and I cross-referenced physical & emotional symptoms. The description fit my issues to a T. I got this book and was recently able to take a moment and do a crystal exercise; I felt much better for the rest of the day. A Beginner's Guide to the Chakras is a fantastic starter book for those who are new to awareness of energy, even those skeptics. It's informative and to the point, without confusing spiritual lingo. I'm learning quite a bit and I highly recommend it.

6 of 6 people found the following review helpful.

Great!

By Burrell

Great book, easy to read and understand. Flows easily. Good quality and good information! A great choice of yours on the journey to self healing.

4 of 4 people found the following review helpful.

Excellent beginner's guide purchase

By Polli

This is an excellent Beginner's guide to the Chakra's, easy to understand and gives a description of each chakra and the health affects of each one if blocked. I'm new to learning about the chakra's and I've found it extremely helpful. It's a small but very helpful starter book. Very happy with purchase, received very quickly, would order again thank you :) x

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