



Chakras: The Complete Chakra Guide, Including Chakra Healing, Chakra Meditation, Chakra Clearing and Much More!

Peter Longley

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Knowledge of the Chakras has been around for thousands of years, and in ancient cultures they were believed to have a great impact on a person's physical and emotional health.

You will soon discover what the 7 Chakras are, how they work, the history of Chakras, and how to clear and cleanse them for improved health and well-being.

You will learn about what each Chakra is responsible for, and be able to determine if you have any issues or imbalances with a particular Chakra in your own body.

You'll also be provided with the knowledge necessary to clear your Chakras, so that you can improve your health and vitality.

Here Is A Preview Of What You'll Learn...

- What are Chakras
- The 7 Chakras and What They Affect
- Opening and Clearing the Chakras
- How to Detect a Chakra Imbalance
- Chakra Healing and Cleaning
- Chakra Meditation
- Much, much more!

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