



# **Chakras Crash Course for Beginners!: Awaken Your Internal Energy, Balance Chakras, Radiate Energy and Spiritual Healing Through Chakra Meditation**

*Solemon Rune*

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Here is a preview of what *Chakras for Beginners* contains....

- An Introduction to the Power of Chakras
- Understanding What Chakras Actually Are
- The Seven Major Chakras Explained
- How and Why You Need to Balance Your Chakras
- Meditation Poses for Your Chakra Healing
- How to Perform Basic Chakras
- And much, much more!

It's time to harness the power of chakras to improve your health, wealth and happiness today!

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