



CHAKRAS: Awakening Your Chakras: The True Teaching of Balancing, Energizing and Healing though Meditation. (Chakra, Meditation, Buddhism, Enlightenment)

Kiera Goodwin

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The word "chakra" comes from Sanskrit word means wheel or disk, root from the Hindus millenniums ago. The Hindus look at chakra as an energy center or a wheel of spinning energy, where the consciousness lives, controlling different qualities of a person's spiritual and physical aspects. The chakras aren't physical but part of the energetic point of consciousness inside our body where the physical and spiritual worlds meet or what we known as the subtle anatomy.

This book contains information about chakras and how it affects our everyday life.

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- Seven Chakras in the body?
- The 8th Chakra
- The Purpose of Chakras
- How Chakras Affect Your Everyday Life
- Balancing Chakra
- Chakra Meditation as a Way of Healing Body, Mind, and Soul
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