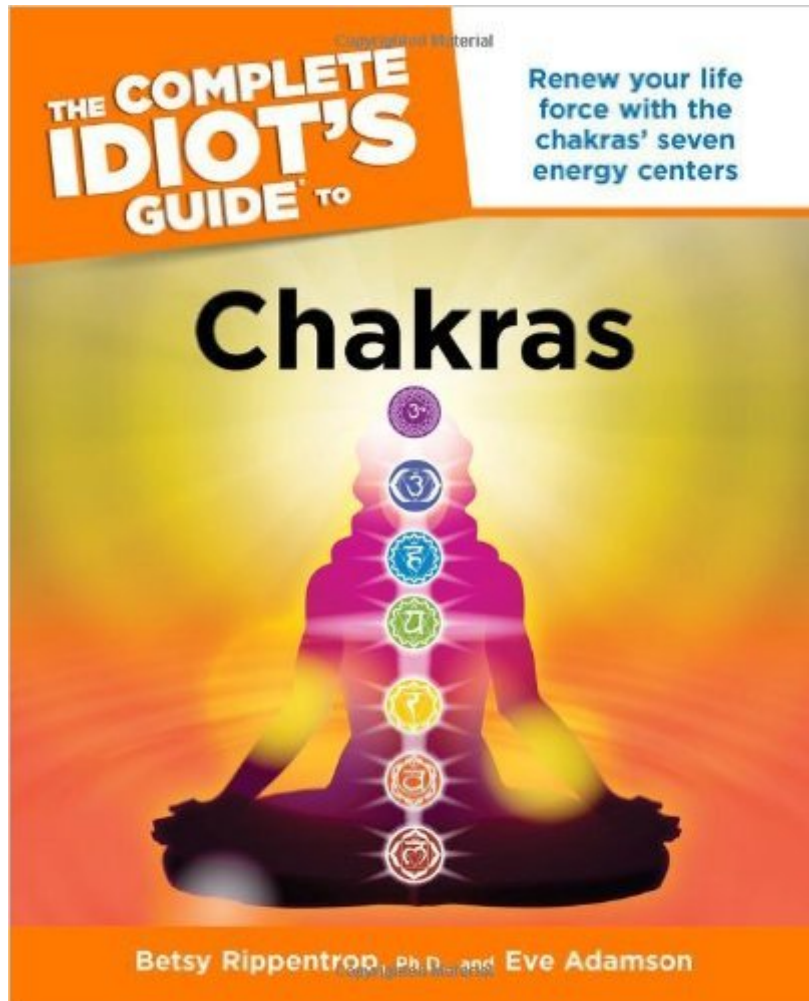


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# The Complete Idiot's Guide To Chakras (Idiot's Guides)



## Synopsis

Get into the spirit of chakras. In the last decade, as Westerners have become more familiar with Eastern medicine, the term "chakra" has entered the mainstream lexicon. The Complete Idiot's Guide(r) to Chakras introduces both the major and minor chakras-energy centers along the nervous system that are said to revitalize both the body and the spirit-and explains their qualities, the signs of balance and imbalance, and the healing techniques for each, teaching readers how to enjoy healthier lives. \*The most comprehensive and up-to-date guide on the subject \*"Realigning your chakras" is popular in spas, yoga, massage, Reiki

## Book Information

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Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (46 customer reviews)

Best Sellers Rank: #104,283 in Books (See Top 100 in Books) #68 inÂ Books > Religion & Spirituality > Hinduism > Chakras #159 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #612 inÂ Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

## Customer Reviews

I love this book because it is the only book that I have found where everything is explained in basic ways so you can understand it before you move on to the advanced books that deal with the Chakras. It even tells about the history of the Chakras. I have never found a book that explained so much about the Chakras. I would recommend this book to those who are just learning the Chakras and those who are advanced in the subject.

I am not always a believer in the "Idiots" or "Dummies" guides on serious subjects such as this, ultimately it seems contradictory to even publish a guide with a title like this...but....regardless...the authors are genuine people with interest in this subject matter, willing to enlighten the rest of us,

trying their best to put transcendental/spiritual matters into simplistic, easy to read terms. I guarantee even a skeptic or nonbeliever can come away with an understanding of all (most) of the concepts regarding chakras, in relation to yoga, or prana/chi. Most make sense in psychological terms regardless of whether you subscribe to the spiritual beliefs as well. Either way -- it is interesting, well-written, and you will learn something regardless of your previous beliefs.

I highly recommend this book to anyone that is just learning about our internal energy system as well as vets. It's an easy read, easy to understand, and has lots of great exercises to open those energy points that may be weak or blocked. It's a great insight as to how we become ill and into our own behavior that indicates our energy distortions and what we can do to fix it.

This a friendly book for people that wanted to know more of Chakras topic from the beginning. It is written in a very explanatory way so it is easy to understand. It also includes yoga exercises to complement the healing of the Chakras. I recommend this book as a first step in the topic.

This is lots of good information explained SIMPLY so that even people who are totally new to this can understand. This is also good for those who have been practicing and studying for a while because it contains lots of info. Highly recommended.

This is a wonder book for people to better understand Chakras and themselves.... Great book to keep on the Kindle or bookshelf for future reference...

I love the idiots guide books. They are comprehensive and user friendly, laid out well and fun to read. This one is no exception. I, however, did not learn much of anything new. I already had a good grasp on the subject, better than I realized apparently. If you are new to the chakra system this is a good start for beginners. If you've been working with your chakras for years then it's a waste of your time and money (usually I learn a few new worthwhile things from these books even when I know the subject well because they are sooo comprehensive - this was an exception to the rule). So I recommend this for beginners only. You'll love it!!

Good introductory book to the Chakras. I had heard of them, but was unsure of what they were. This book is good at explaining what they are, and even includes some yoga poses that are meant to open each chakra. There is details about each chakra, yet not so much that you feel lost in the

information.

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