

THE
ultimate
guide TO
chakras

The Beginner's Guide to
Balancing, Healing, and
Unblocking Your Chakras for
Health and Positive Energy

athena perrakis

FOUNDER OF SAGE GODDESS

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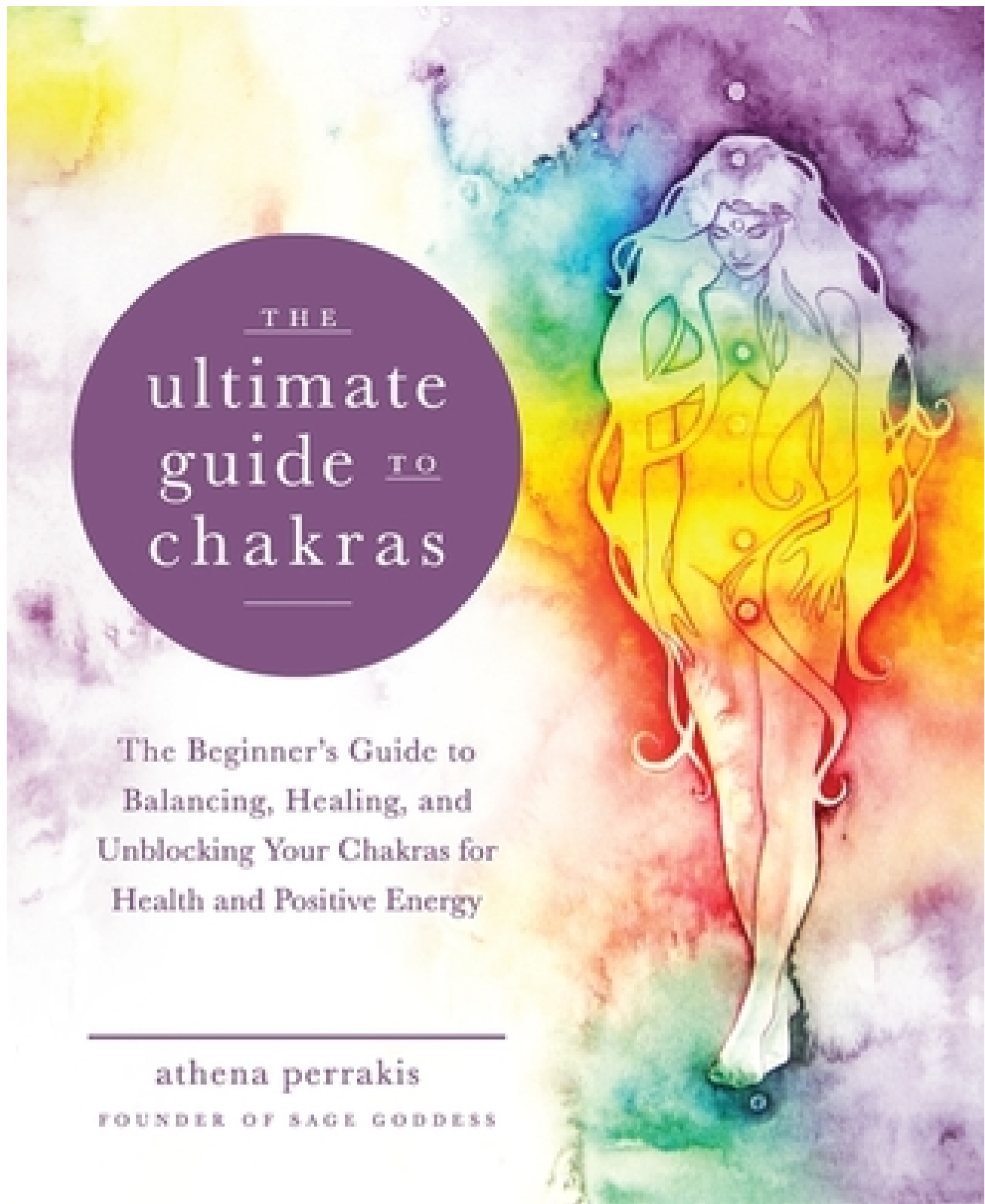
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Synopsis book

The Ultimate Guide to Chakras teaches you how to commune with your chakras, the power centers between your physical body and the world of energy. Your chakras are the power centers that translate between the seen world of the physical body and the unseen world of energy. First documented by the Hindu's and studied for thousands of years in numerous spiritual traditions, including acupuncture, meditation, and yoga, chakras hold the key to our well-being. By tapping into the power of our chakras, we can live healthier, balanced, and more abundant lives. Leading metaphysical teacher and creator of the world's largest online metaphysical resource website, SageGoddess.com, Athena Perrakis addresses the nine major chakras we can tap into to balance, heal, and manifest, and explains how and why different crystals, essential oils, and sacred plants will help support each chakra. Each chapter of The Ultimate Guide to Chakras also includes magical exercises for accessing the energy of each

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The Ultimate Guide to Chakras?teaches you how to commune with your chakras, the power centers between your physical body and the world of energy. Your chakras are the power centers that translate between the seen world of the physical body and the unseen world of energy. First documented by the Hindu's and studied for thousands of years in numerous spiritual traditions, including acupuncture, meditation, and yoga, chakras hold the key to our well-being. By tapping into the power of our chakras, we can live healthier, balanced, and more abundant lives. Leading metaphysical teacher and creator of the world's largest online metaphysical resource website, SageGoddess.com, Athena Perrakis?addresses the nine major chakras we can tap into to balance, heal, and manifest, and explains how and why?different?crystals, essential oils, and sacred plants will help support each chakra. Each chapter of?The Ultimate Guide to Chakras?also includes magical exercises for accessing the energy of each

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Description

The Ultimate Guide to Chakras?teaches you how to commune with your chakras, the power centers between your physical body and the world of energy. Your chakras are the power centers that translate between the seen world of the physical body and the unseen world of energy. First documented by the Hindu's and studied for thousands of years in numerous spiritual traditions, including acupuncture, meditation, and yoga, chakras hold the key to our well-being. By tapping into the power of our chakras, we can live healthier, balanced, and more abundant lives. Leading metaphysical teacher and creator of the world's largest online metaphysical resource website, SageGoddess.com, Athena Perrakis?addresses the nine major chakras we can tap into to balance, heal, and manifest, and explains how and why?different?crystals, essential oils, and sacred plants will help support each chakra. Each chapter of?The Ultimate Guide to Chakras?also includes magical exercises for accessing the energy of each

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