



# **Chakras For Beginners: A Practical Guide to Radiate Energy, to Heal and Balance Yourself Through the Power of Chakras**

*Alexander Yamashita*

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**Would you love to learn more about Chakra balancing, healing, and meditation?**

This book contains proven steps and strategies on how to heal and balance yourself through fourteen powerful chakras recommended by experts. You'll discover also some powerful techniques on balancing yourself and 21 proven benefits of balancing your own chakras.

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Much, much more!

**Take Action Right Away and Start to Heal Yourself with the Power of Chakras!!**

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