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## Chakras for Beginners: How to Balance Chakras, Strengthen Aura, and Radiate Energy

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By J D Rockefeller

Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 279 x 216 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Are chronic diseases such as diabetes, cardiovascular problems, and joint pains troubling you? Are anxiety, depression, and anger and other such emotions bringing you and your performance down? Are you constantly on medications for digestion and respiratory issues? If you answer yes to any of the above questions, you are probably suffering from an imbalance of energy in your subtle, non-physical body. So, what is the subtle body? In many spiritual traditions, the subtle body is the sacred or the immortal body. It never dies and when the physical body dies, your subtle body merges into the universe. It comprises of the intelligence, mind and ego, aspects that control the human physical body. The terms aura and chakras refer to parts of your subtle plane of existence. These are usually seen by the mind's eye and not your physical eyes. Disturbances in your auric field or imbalances in the flow of energy through the chakras manifests as physical, mental, and emotional disorders in the physical world. Mostly, when people fail to heal their physical...



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