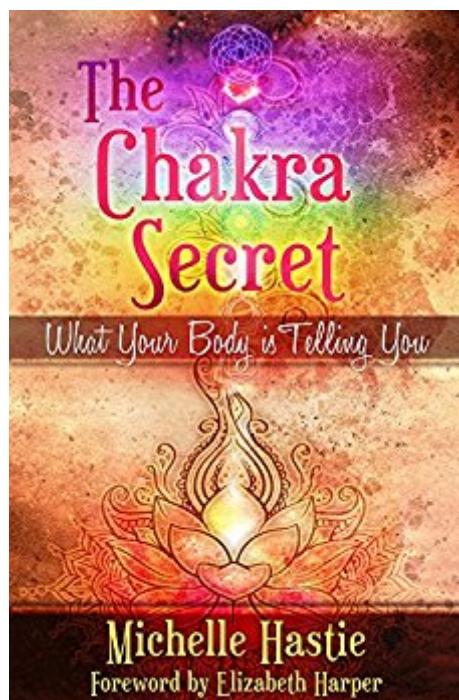


The book was found

The Chakra Secret: What Your Body Is Telling You, A Min-e-book



Synopsis

Have you wondered why you run into the same physical issues over and over again? Maybe you are dealing with diseases or ailments and are ready to treat more than just the symptoms. Or perhaps you've simply wondered why you gain weight in your midsection while your friend gains weight in her hips. Get ready to understand how powerful energy centers in your body communicate messages from beyond the physical. Discover the root, energetic problems that are causing imbalances, and harness a universal power to create drastic changes in your happiness, your wellbeing, and your body with "The Chakra Secret: What Your Body Is Telling You" • a min-e-book. FOREWORD by Sealed with Love Founder Elizabeth Harper CHAKRA RECIPES by Chef Maria Schonder

Book Information

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Customer Reviews

Knowledge about our chakras can give us information on where we're out of balance and where we need to focus more attention to improve our health and lives. In "The Chakra Secret: What Your Body is Telling You", Michelle Hastie helps you understand the chakras in very

easy-to-understand terms so you can use them to understand why you may be experiencing physical problems. Throughout her mini-e-book, Michelle Hastie teaches how each energy center shares wisdom that correlates with your mental and emotional states and how that wisdom manifests in the physical body. And she explains how to tune into the chakras to find paths back to living naturally, freely and peacefully. Michelle recommends small daily changes that can lead to dramatic results. As she moves through the seven major chakras, she discusses the physical, emotional, mental and spiritual components of each, guiding the reader to understand how to get back into alignment. Talking about diet and weight, Michelle zeros in on the body's wisdom, e.g., she says weight gain isn't happening to you, but for you. She explains how weight issues can be associated with different chakras and recommends shifting your focus off of weight loss or changing your body, and instead looking at the ways you can increase self-care and self-esteem (associated with the Sacral Chakra) by choosing healthy foods and connecting to your unique abilities. The Chakra Secret provides exercises and yoga poses, affirmations, meditations and a chakra recipe from Chef Maria Schoneder for each chakra. Plus, Michelle shares her own life lessons, such as "You control nothing so stop trying." This is especially important in balancing the Crown Chakra, surrendering to faith and trust and starting a spiritual practice. The Chakra Secret provides wonderful insight on how we can take responsibility for our lives, living in choice instead of in reaction. And how we can live in balance and flow, trusting that all will be well. Namaste! Becca Chopra, author of The Chakra Diaries, Chakra Secrets, Balance Your Chakras-Balance Your Life, and The Chakra Energy Diet

"The Chakra Secret: What Your Body Is Telling You" is a small powerful read that easily and clearly explains how your seven primary chakras relate to a particular part of your body. Michelle Hastie is an enthusiastic and welcoming voice that makes you feel like her words were written just for you. Michelle gives readers specific yoga positions and the knowledge to get in touch with their chakras and begin healing their chakras thus beginning a better body well-being. Recipes to nourish every chakra are provided by Satiated Soul Coach, Maria Schoneder, that are fresh and easy to make. Elizabeth Harper, Sealed With Love founder, wrote the Foreword that includes a chakra connecting exercise that will appeal to everyone. I highly recommend this book!!

If you care about your health: mind, body and soul, read this book. It's a must. Loved it and will definitely read it again and again.

delivered on time, brand new as promised. would use this seller again :-)

Good

Good read

I got lost in all the info..

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