

Athena Perrakis

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



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With THE BEST Guide to Chakras, tune in to your chakras, the energy centers connecting your physical body and the world of energy. Lavishly photographed and illustrated, this information promises to end up being an essential volume for newbies and experienced energy workers alike. This guide clarifies how and why Athena Perrakis, leading metaphysical instructor and creator of the world' By experiencing the power of our chakras, we can live healthier, balanced, and even more abundant lives.s largest online metaphysical reference internet site, SageGoddess.com, addresses the nine major chakras we can tap into to balance, heal, and manifest. Initial discussed in historic Hindu texts and studied for thousands of years in numerous spiritual traditions, including acupuncture, meditation, and yoga exercises, chakras contain the key to your well-being.different Readers will learn how to develop a devoted chakra altar. Each chapter of The Ultimate Guide to Chakras contains magical exercises for accessing the energy of each chakra, including meditations, journal exercises, and working with goddesses and spirit manuals.crystals, essential oils, and sacred plants help support each chakra. Your chakras will be the power centers that translate between the seen world of the physical body and the unseen world of energy.



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Extremely informative and love the color scheme to go along with the phrases. Some have already been informative but dried out, others have already been more fluff than info. Love everything concerning this book Fantastic book! Perrakis combines both spiritual and historical info. Seeped deep with information, the book is usually reader friendly without dropping even the most educated reader's interest. It's an ideal addition for anyone who works with chakra energy. Each chakra is usually exquisitely explained and info on which crystals, natural oils, planets, runes, tarot & even recipes correspond with each chakra.. Useful Information! Perrakis. If you participate in any of the group followings its is merely regurgitated information. Total Disclosure: I have already been an associate of Dr. Perrakis' metaphysical classes for almost two years. It's a sensible way to break the binding quickly looking to get the book open to read.Dr. Perrakis offers poured a wealth of knowledge and analysis into this guide. Excellent Publication! The guide is easy to navigate, chocked filled with correspondences, recipes, and background. At the moment in our history, love, peace, and healing are significantly needed. It's a brilliant piece of writing with amazing art. Here's your starting place! I feel like it gives the reader a very strong understanding of chakra work but in a concise yet all-inclusive way...pre-ordered it as soon as it was obtainable. I'm still reading it and you will be for a long period. There is an amazing amount of info within all organized in a straightforward, sensible way. Whether ur a newbie or experienced working with chakras, this is a complete guide. Each chakra has its own meditation, gemstones, rituals, actually runes! You don't have to crossreference additional books or seek out info, everything is laid out plainly and in clear to see ways. The pictures are lovely and the artwork is completely amazing! The artwork is certainly exceptional. Dr. Aside from the chakra function, there's a lot more. The information is detailed. The artwork is beautiful. There is a section for every chakra packed with information, embodiment exercises, correspondences to goddesses, gemstones, tarot card, tunes, essential oils and herbs, archetypes and planets along with reflection questions, herbal quality recipes and mantras to maintain all your chakras flowing freely... The design of the sort was horrible. Everything You've Ever Wanted to Understand About Chakras--And A LOT MORE Just first got it yesterday. As is often said, a Healer cannot heal others until they themselves are healed. I def recommend this book to anyone looking to learn about chakra function or the fundamentals of metaphysics and energy. Easy read, it's sectioned perfectly, beautiful illustrations Everything you want to know about Chakras Lives up to its name. Perrakis provides included more information on chakras in one book than any various other I have read. By bringing historic and relevent information jointly in one publication it us an must go through! Chakras, herbs, oils, meditation... Well written without having to be stuffy or boring! I anticipate reading all future books by Dr. Perrakis! Font is impossibly little in nearly all text I pre-ordered this reserve and was so excited to receive it. I possibly could not believe that the font on the main text was so small! No way even with glasses could I read it. Not merely does it have info on chakras and what exactly that is but tells you how exactly to balance, activate energy flow and more. I was bummed, editing a miss It's a beautiful book. It is ideal for someone not used to chakra work since it includes the basics. It's a gold mine of exercises, reflection queries, correspondences for goddesses, runes, stones, tarot oils, herbs and planets, archetypes and mantras for someone who has currently started chakra function. It's as an encyclopedia and a how-to all in one.. Beautifully created and illustrated, this book is crucial have for all those who want to have more stability in their lives. Honest review for all those debating about purchase This would be a great book to anyone completely new to the theory or concept of chakras. Truly the ULTIMATE guide! If you already use the chakras it is likely you will not find anything new here. It was sold-out on the sage goddess site so I didn't get a signed duplicate but I understood I could order it from Amazon. I look forward to reading even more books by Dr. The guide is for ideal for EVERYONE, from the beginner to the seasoned practitioner of energy function. First i wish to say.. An ideal gift for all who wish to know more or who already are working on aligning their chakras. this reserve is filled with details. I have a variety of books that I go through with no problem. The dishes are excellent. You won't see other things like this reserve. I didn't even desire to try reading the reserve, gemstones, oils, herbal products etc. and yes it is the ultimate guide! Additionally, there are some great quality recipes in it. I recommend this book!! Great book to have if you are looking to boost your understanding of various things of existence. The Perfect Book to understand and use chakras I have read many books on chakras. Looking towards reading more into the book. Happy to have it. Some of the sanskrit translations are off and also the mantras, but the illustrations are beautiful and the publication is beautifully created. Dr. Thoughtful

and beautiful Dr. Covers 9 chakras, the basic seven plus earth superstar and soul star.working with deities, offerings, rituals. You won't be disappointed.it's amazing the quantity of knowledge Athena was able to condense into one book, without losing the history. Immense fonts blended with extra small fonts.. Well written; Wonderful book for beginners and skilled practitioners as well This book is filled with so much information! But I've an identical complaint to other readers. A few of the font is quite large and other areas like just like the are 9 point. Which is really too small in most fonts to be comfortably readable. The other issue I have may be the fonts run method over into the backbone are of the book. Absolutely well worth every minute and every penny!. It lets you know what correspondences for every chakra.. Athena understands her information. I really think the editors dropped the ball. Life changing? I've always loved Sage Goddess and the task Athena does. Was so pleased to see this book come out. I recommend it to everyone, whether you're just beginning or have knowledge with energy. Font size was way too small to read The font size is too little too read. I really like this WHOLE book! The Ultimate Guide to Chakras: The Beginner's Guide to Balancing, Healing, and Unblocking Your Chakras for Health insurance and Positive Energy is truly a miracle in 206 pages. The art and colors of each section correspond with that one chakra. Athena Perrakis not only has a prose that flows effortlessly, her extensive study and knowledge is immaculate. I am incredibly blessed to have already been presented to Athena through her online classes at sagegoodess.com, almost 4 years ago now. It's a classic privilege to learn that the information that's in this book isn't just transformative, but delivered as beautifully as she actually is. Many thanks for reading my review. Chakras Must read



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