



## Chakras: Exploring Chakras and Discovering Holistic Wellness-The Practical Approach to Chakras for Personal Development

By Marta Tuchowska

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Are You Seeking Balance? Would You Like To Learn More About Yourself? Are You Interested In Holistic Therapies? Have you ever noticed that when you feel good, you attract wonderful relationships, circumstances, and your body is full of energy? Do you feel like changing something in your life or giving it more meaning? If my book attracted your attention and you are reading this description, it means that you are also wondering: -What is this current chakra craze all about? Is it just a recitation of colors and symbols, or is it about developing true spirituality? What is spirituality? How do I apply this chakra knowledge into a real, modern, 21st century fast-paced life? Spirituality is about understanding your true nature, developing empathy, and helping others. It's about realizing how one imbalance can lead to another and the actions you can take to develop a new, happier and healthier version of yourself. I have written this book to help you brainstorm on a totally holistic level. This is not another chakra recitation book. It..



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