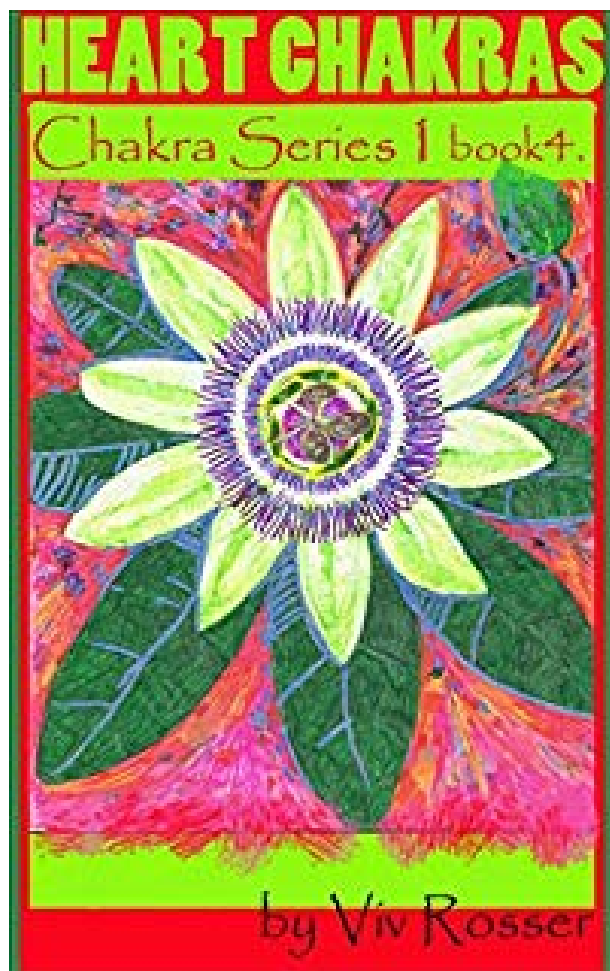


Heart Chakras (The Chakra Series, #4)



Genre:	Uncategorized
Published:	August 1st 2014 by Essential Art
Language	English
Author:	Viv Rosser
Goodreads Rating:	3.33
ASIN	B00MCH5JAA

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This book is a simple introduction to the Heart Chakra, the fourth major chakra after the Base, Sacral and Solar Chakras. Chakras are wheels of energy which connect through the organs of the body to travel up the spine and down via the Crown Chakra. The Heart Chakra forms a mid point between the higher more spiritual chakras and the lower more earthly chakras and is the seat of balance for all the chakra energy. Its loving quality deals with acceptance, compassion, giving and receiving, and unconditional love. Handled spiritually this energetic connection, the heart's wisdom can motivate our lives for the greater good. When this chakra is open and the heart is strong we can give effortly to others and have a permanent store of loving kindness. Due to the subtle nature of chakra energy one of the best ways to appreciate their vibrations is through experiencing their colours and frequencies. This is one of the few fully illustrated books on this beautiful chakra, full of mandalas and rich colours, it provides a taste of the Heart chakra without too much thinking and factual details, based on the adage...'a picture's worth a thousand words.' Designed for kindle fire, it incorporates a simple meditation at the end to allow this chakra to do its magic. I hope you enjoy it.