

The 7 chakras are energy centers that are fundamental for our well-being. When the 7 chakras are open and properly balanced, they produce frequencies and vibrations that travel outside our body creating a layer of color around us, also known as aura. By understanding the main 7 chakras, we can improve our lives and connect our physical body to our spiritual body. This will in turn, enable us to lead longer and healthier lives. In this book you will learn: What are Chakras? An Overview of the 7 Main Chakras As Well as the Important Minor Chakras Chakra # 1: The Root Chakra Chakra # 2: The Sacral Chakra Chakra # 3: The Solar Plexus Chakra Chakra # 4: The Heart Chakra Chakra # 5: The Throat Chakra Chakra # 6: The Brow Chakra Chakra # 7: The Crown Chakra What is Chakra Healing and Balancing? How to Balance Your Chakras – Part I – Foods and Exercises How to Balance Your Chakras – Part I – Techniques How to Feel and Understand Auras Chakras and Your Relationships ABOUT THE AUTHOR M. A. Hills is a world renowned author and writer of “The 7 Chakras: Balancing, Colors and Meaning.” She currently resides in the beautiful Atlantic coast of Florida near Miami, the “sunshine capital”. Her goal is to write books on subjects related to Nature, Self-development, Spirituality, Enigmas, and Mysteries that she is passionate about. M. A. Hills is also an animal lover and animal-rights advocate. She also loves to connect with her readers via her blog and other social media channels. Her love for nature has led her to remote regions such as the Amazonian forests, the Antarctica and tropical wonderlands such as the jungles of Brazil, Africa and even the Sahara deserts. She is also an avid cook and loves to share her passion for good food and wine with her friends and family.

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