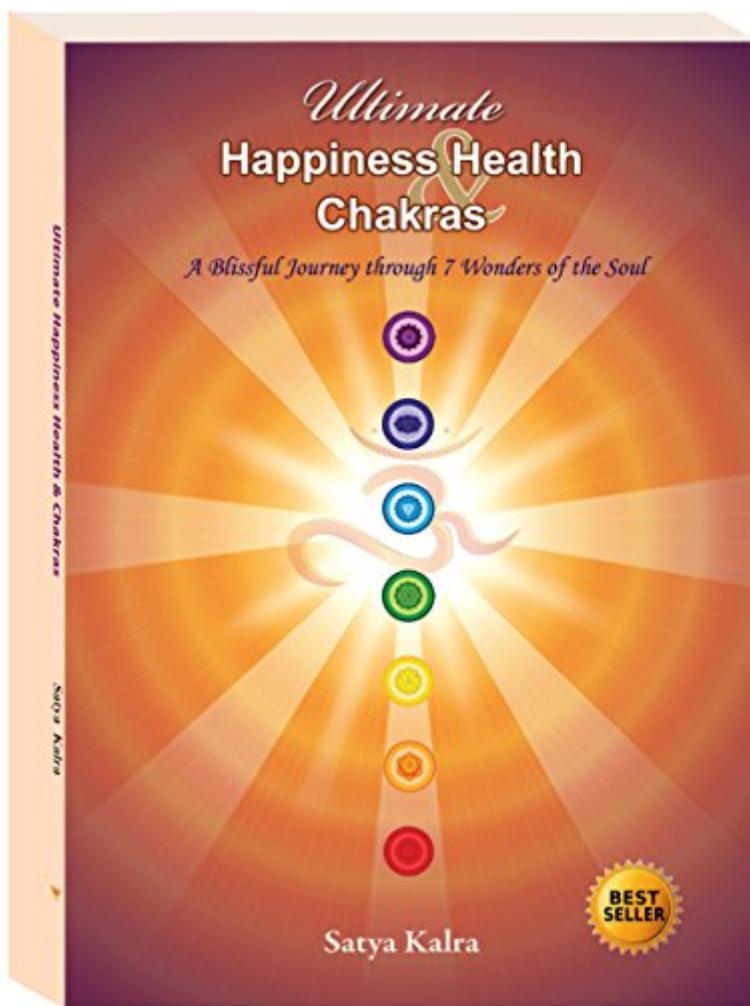


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Ultimate Happiness Health & Chakras: A Blissful Journey Through 7 Wonders Of The Soul



Synopsis

Today, everyone is seeking True Happiness and Health. Is it possible to achieve these in our modern day-to-day life filled with physical and mental diseases, stress, confusion, anxiety, fear and worry? Do you wish to improve the quality of your life and achieve happiness and health? Then this Anandam pocket book, Ultimate Happiness Health & Chakras is for you! This visually stunning book is a bridge between spirituality and science that will lead you on the path of the ultimate happiness and health. The ancient science of Chakras and modern medical science are united to help you understand and practice their unbelievable power and influence upon our lives. Chakras are the invisible spinning spiritual energy centers in our body which are located from base of the spine to the top of the head. They govern our happiness, health and spiritual well-being. Chakras act in balance. When they are imbalanced, one could develop physical, emotional disorders that causes disharmony in our body, mind and soul. The purpose of this book, Ultimate Happiness Health & Chakras, is to empower you to balance your Chakras, heal your body, mind and spirit, and tap into your inner selves and happiness. A proven authority, eleven times bestseller author, self-healer coach and spiritual guide, Satya Kalra has over 35 years' experience in this field. By following her techniques you not only awaken your spiritually, but also become the ultimate healer of your body, mind and soul. This book contains an introduction to Chakras, their locations, spiritual qualities, causes and symptoms of imbalances, as well as how to activate, balance and heal your Chakras. It also includes:

- Color graphics illustrating each step to make the process easy to understand.
- A daily planner to help track your progress as you practice.
- Step-by-step guide of techniques:

 - How to practice and heal physical, mental, and emotional ills through the energies of each Chakra
 - Self-awakening and divine state of existence
 - your True-Self
 - Divine Power, Self-Expression, and
 - Psychic-Intuitive Power
 - Divine Love, Peace and Infinite Bliss, "Sat Chit Ananda"
 - Oneness of Body-Mind-Soul
 - The Ultimate Happiness & Health
 - your Total Well-being/Pure Infinite Bliss
 - Sharing the Pure Bliss with others

All the principles, your True-Being, Chakras and Kundalini Energy/Anandamayi Shakti, are explained in a reader-friendly format, to ensure you will enjoy this trip inside yourself as you realize the ultimate purpose of your life, by knowing yourself and finally answering the famous question "Who am I?". Yes, this pocket book, Ultimate Happiness Health & Chakras, provides great answers and guidance. As you awaken your Chakras by practicing the recommended techniques, you will unleash the power of your mind, expand your consciousness, and touch the divine inside you, living in harmony, happiness and prosperity as never before. No more negativity. No more

stress. No more pain in your life. This book most definitively deserves the title as Blissful Journey through the 7 Wonders of the Soul. Now, it is up to you. Will you experience the possibilities it offers to you? Note: The proceeds generated by the sale of this book are donated to charitable and social activities. To know more about our activities and other books please visit our website pathtoanandam.org.

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Customer Reviews

Satya has evolved herself as a Saint in modern times. From a CEO of corporate world of Bio-Sciences, she has emerged as a human welfare worker. I have had many of her works and studied this latest work on Chakra. I have studied Chakras from other sources, but her work makes it so simple to understand and practice. Knowledge of Chakra is an ancient one and to put that in modern mind is really commendable. I join other reader of this book and very much agree with them. A real good work for modern students as well as adults. Love this book

This is a complete, thorough, and fascinating journey through the Chakras. You can tell by her work

that she has been developing her understanding through decades of studying and practicing the ancient techniques to awaken the Chakras and therefore, able to convey it in a clear, concise manner. If you read her bio, you can see how her many years in the biotech field builds a connection between science and spirituality and brings the ancient knowledge of India to modern man/woman. The techniques in this book are profound and very useful. She emphasizes the AUM (or OM) mantra to bring healing and harmony to the chakras (body, mind, and spirit). If used properly this mantra is POWERFUL and can truly connect us with the divine. She also talks about asanas, pranayama, foods, DNA, and gives you invaluable tools for transformation. This book is for everyone! I keep it with me as a guide book for a Chakra pick-me-up or just as a reminder for raising my consciousness. This handbook for the Chakras is a must-have for anyone's library. I LOVE THIS BOOK!

Few books have given me an energy buzz before I've begun to read it. Kalra has succeeded! The Ultimate Happiness Health & Chakras is not only a work of art, it contains all the necessary information for Chakras initiates, offers the perfect thought-provoking quote just at the right time, and, best of all, it is packaged as an easy-peasy 30-day reading project with a Daily Planner to put the wisdom and science into action. If you are amongst those who may be saying to yourself that you're "happy enough" and "healthy enough," this little gem of a book will entice you and treat you to a higher level of well-being than you can imagine!

Satya Kalra's messages come from deep within to better the lives of individuals worldwide. Her very essence allows people to learn more about ultimate happiness and chakras. This book will allow you to gain a greater sense of your personal consciousness, and will allow you to awaken your mind to many possibilities. I would definitely pick up a copy of this book. Allow yourself to explore your inner consciousness, and allow Satya Kalra to raise up your soul to a wonderful place.

I LOVE Satya Kalra's work. It's profoundly simple and easy to integrate into your life. Ease, flow, freedom and joy are all there inside of this work. This book is a gift.

This is a five-star book, written by a five-star woman. Satya Kalra not only teaches life-changing principles in her book, she lives them in her personal life. Run, don't walk, to purchase this wonderful book!

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