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Chakras (that is 'Wheels' on Sanskrit) came from ancient Hinduism and Buddhism teachings. They are closely related with meditation, mantras, yoga, crystal healing and other Indian spiritual practices. Many people nowadays, even in Western countries, use them to heal and balance themselves. Beginners can learn a lot from this book.

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Chakra translates to "wheel" in Sanskrit, and you can imagine them like wheels of free-flowing positive energy. In this beginner's guide, we'll introduce how to identify when any of your seven main chakras are out of balance. We'll also summarize the defining characteristics, elements, and colors of each chakra, from root to crown.

The 7 Chakras For Beginners - mindbodygreen

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