



Welcome to Chakra Wisdom for Beginners!

In this mini course you'll learn all about the chakras: what they are, where they are and how they can be utilized to make vast improvements in your physical and emotional wellbeing.

To help you absorb the information in whatever form you prefer, the lessons will be presented in Audio and written formats.

**Recordings are read by a voice-over professional to give you a more pleasant and enjoyable experience.*

You can listen to and read each lesson on this website, or you can download each lesson to your own computer or device.

This is a self-paced course, so please complete each lesson at pace that is comfortable for you. You're not in competition with anyone.

Some people like to go through the entire course first, then go back and re-do each lesson slowly. Others prefer to take the lessons in "bite-size chunks".

Do whatever works best for you ... just be sure to complete all lessons and related material.

This self-paced mini-course includes:

- * 5 Audio Lessons with Transcripts
- * 3 Full eBooks: "*Chakra Wisdom for Stress Relief, Healing and Energy*", "*Aromatherapy & Essential Oils for Chakra Balancing*" and "*Chakra Energy 101*"
- * Chakra Healing Stones (Crystals) Printable Chart
- * Chakras & Essential Oils Printable Chart
- * The 7 Chakras at a Glance Printable Poster
- * Your own printable Chakra Healing Journal
- * 2 Amazon Best-Sellers Chakra Book Reviews

I'm so glad to have you in this course! I know that you'll see measurable results in record time ... *if you use the information presented here!* So let's get started ...