



## A Beginner's Guide to the Chakras

*Marion McGeough*

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As the title describes, this short book is for those who are just starting out on their journey of self-discovery. A Beginner's Guide to the Chakras takes you through each of the seven major chakras in turn, describing their individual qualities and their importance in your life. To aid you in the learning process, there are set exercises for you to follow and self-awareness questions to answer. You will find guided meditations to support you on your journey. There are also chapters on dealing with pain, along with working with the chakras using crystal healing and aromatherapy.

## A Beginner's Guide to the Chakras Details

Date : Published November 8th 2013 by Createspace Independent Publishing Platform (first published October 15th 2013)  
ISBN : 9781493711062  
Author : Marion McGeough  
Format : Paperback 74 pages  
Genre :

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## **From Reader Review A Beginner's Guide to the Chakras for online ebook**

**Claudia says**

**Plain and simple , short and sweet.**

Plain and simple , short and sweet. I like the direct nature of the writing of this book and the approach to the information. I would have liked more examples of self practice for healing the chakras as well as the use of tone or vibration for balancing the chakras.

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**Lauren Angeletta says**

**Interesting read**

Lately I have been doing more spiritual exploration of my mind and body through meditation. Through guided meditations on YouTube, I discovered the chakras, and decided to dig a little deeper. This book, though informative, was too short for me. I will be seeking further reads from another therapist.

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**Trish says**

As I was reading this, I realised that I'd read it before. Its a quick read if you don't do the exercises - longer if you do.

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**Stephanie Dunford says**

**Great simple read for beginners.**

Simple easy to follow instructions. A great place to start with suggestions on where to go next. I definitely recommend it.

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**Challa Fletcher says**

**Its A Good Start**

This is a good introduction to chakra, oils, Crystal, and meditation. It doesn't overwhelm but gives a good starting point to get a few crystals and start a deeper journey. I would rec to others.

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## **Christine says**

### **Interesting Read**

Gave me more insight into what chakras are and how I can begin balancing them. Quick read, but worth it.

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## **L Bongiorno says**

### **Short and Sweet**

I would have liked to see drawings of each area of the body as it was described with the color and chakra name also listed. It helps me learn. It was interesting... I am going to read more before starting.

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## **Alison Offerdal says**

### **Great introduction to chakras**

Short introduction to chakras and how to treat them. Informative and practical, would recommend to anyone looking to begin any form of self healing.

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## **Jada Jolley says**

Good for beginners, I do wish that there was more detailed background information.

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## **Jeanie says**

This was a fast read, as it is only 69 pages. It is a VERY basic look at Chakras and it touched a bit on gems and oils toward the end, that too was VERY basic. I did NOT complete the exercises because I am waiting until I am a bit more comfortable with each Chakra. There were a few spelling errors that kept me from giving it 5 stars. If you're looking for, again, a VERY basic looking at Chakras, this is fine but if you want to explore them a bit more in depth, I'd say skip it and find one a little more comprehensive. I appreciated this more than it sounds, just a little bit disappointed it wasn't more in depth.

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## **Nicole Benjamin says**

### **A good read**

Gives a good insight of how the mind and body works. I like doing the questions in each section I've learned a lot about myself.

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