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This beautifully illustrated little book will help you to awaken your chakras to improve your physical health, balance energies and resolve physical, emotional and spiritual issues. With detailed descriptions of the chakras and their associations and easy-to follow exercises and activities, you will learn how to work with each of these powerful centers of energy to enhance all aspects of your life.

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The chakras are vibrant, coloured energy wheels or centres of spiritual power, located within the subtle body, through which our life energy flows. This beautifully illustrated little book will help

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She is president of Life Systems Services, through which she has conducted over 65,000 client sessions and presented training classes throughout Europe, Asia, and the Americas. Cyndi is the author of more than a dozen books, including Llewellyn's Little Book of Chakras, The Spiritual Power of Empathy, and Awaken Clairvoyant Energy.

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Improve your health; Boost your energy; Grasp creativity; Manifest your dreams

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This beautifully illustrated little book will help you to awaken your chakras to improve your physical health, balance energies and resolve physical, emotional and spiritual issues. With detailed descriptions of the chakras and their associations and easy-to follow exercises and activities, you will learn how to work with each of these powerful centres of energy to enhance all aspects of your life.

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The Book of Chakra Healing by Liz Simpson and Teresa Hale Review: The Book of Chakra Healing is an excellent beginner's guide to understanding, experiencing, and healing the chakra system for your self and for others. This is a beautifully illustrated, 144 page guidebook features easy-to-read and understand information, history, and resources on the chakra system, each individual chakra, and how other integrative healing methods can work with chakra.

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~~The Little Book of Chakras : Patricia Mercier : 9781856753708~~

With over 100 crystals, along with symptom charts, exercises, and case studies, The Little Pocket Book of Crystal Chakra Healing will guide you toward better health and, ultimately, a calmer, happier life.

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Little Bit of Chakras Book Description : Chakras began as part of the mystical Vedic tradition of Tantric and Kundalini Yoga, but have evolved into pathways for healing and exploring consciousness. If you ve ever wondered how to work with these amazing energy centers, here s the book for you. With gorgeous diagrams and visuals, and an ...

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