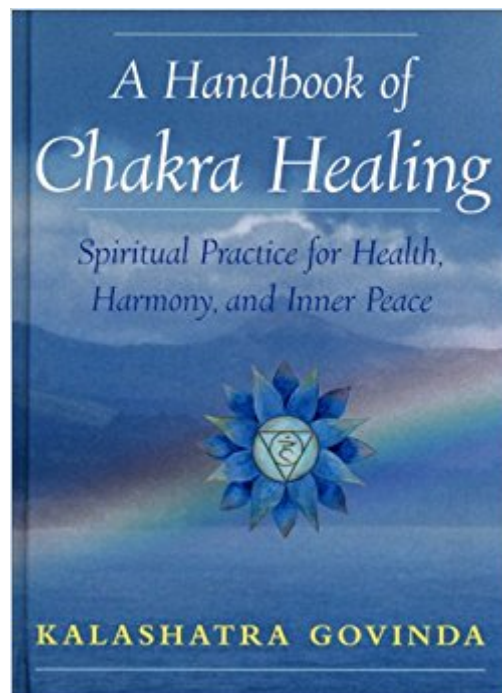




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# A Handbook Of Chakra Healing: Spiritual Practice For Health, Harmony And Inner Peace



## Synopsis

Chakra work benefits body, mind and spirit and leads to a greater sense of harmony and inner balance. A Handbook of Chakra Healing is a practical guide that applies ancient wisdom to the problems and stresses of modern life. It tells you all you need to know about the seven chakras, the vital energy centers in the human body. It teaches you what the chakras are and how they function; it provides personality tests so you can determine where your strengths lie and what you need to work on; and it offers effective programs for harmonizing the energy of the chakras that will change your entire outlook on life.

## Book Information

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## Customer Reviews

The literature in the book is exactly what the title says it is & a little more. I gathered a lot from it already & am not finished with it. I was able to gain insight on where & what my in-balances were & it made sense as to why. I do recommend this book for anyone getting into the art of Chakra healing. Very informative & laid out in a sensible way.

I have bought this not only for myself but for friends as well. It is jammed with so much information. It touches on the stones/crystals associated with the different chakras. Also, it covers herbs, scents and also yoga positions with the chakras.

I was drawn to this book in an esoteric shop near my house. As a Reiki Master-Teacher

I've always been always interested in learning about healing the human body and the Chakras play an important role in this healing. I've read books like The Complete Guide to Chakras and they left a lot out. Here you can find it, I just wish it was in digital format.

great book for people on all paths of self enlightenment about chakras. I come back to this book again any again. It is very very detailed n the way its structured makes it easy to navigate for people with learning disabilities, such as myself. I carry this with me everywhere.

I live according to this book, i first borrowed it from a local store and after only a few pages i knew i needed to have a copy of my very own. it has so much good info in it and is set up very well, it has really helped me with my chakra work! i absolutely love this book and cannot say enough good things about it! everyone should have a copy!

I love this book! It is really good for chakra healing.

great book for beginners

Good product as described and quick delivery

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