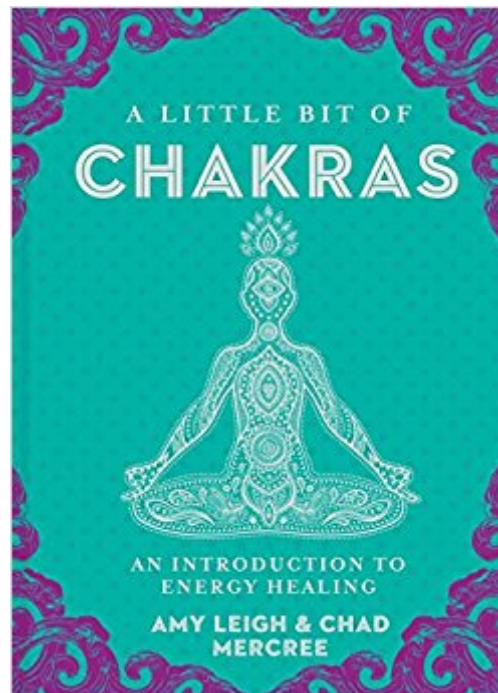




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A Little Bit Of Chakras: An Introduction To Energy Healing



Synopsis

Chakras began as part of the mystical Vedic tradition of Tantric and Kundalini Yoga, but they have evolved into pathways for healing and exploring the nature of consciousness. If you've ever wondered how to work with these amazing energy centers and optimize their benefits, this is the book for you. With gorgeous diagrams and visuals, and an accessible text by two renowned authors, it takes us into the heart of the chakra system, exploring its history and revealing how to use each one for transformation, well-being, increased vitality, and more.

Book Information

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Customer Reviews

Chad Mercree is the author of "The Way of the Psychic Heart" (Llewellyn) and "A Little Bit of Buddha" (Sterling), and has written and lectured on botanical and metaphysical subjects for most of his adult life. He has studied Hatha and Kundalini Yoga for many years, and he is also a student of Dzogchen Buddhism, an offshoot of Tantric Buddhism. Chad leads workshops throughout the US on meditation, spiritual awakening, and connecting spiritually and scientifically to the natural world around us. Amy Leigh Mercree has over 15 years of experience working with thousands of clients worldwide as a healer and teacher. She is the author of "The Spiritual Girl's Guide to Dating: Your Enlightened Path to Love, Sex, and Soul Mates" (Adams) and an upcoming book with Llewellyn Worldwide on bliss and happiness set to release in 2016. Mercree speaks internationally at conferences and teaches workshops focusing on kindness, joy, and wellness. She has written articles for many magazines and websites, including "Glamour" UK, "Huffington Post," Care2.com,

YourTango.com, AOL Latina, and "Women s Health."

I love how this book details the main chakras and even talks about a few chakras practiced by others. Definitely recommend this book...it's a great starter to dip into amazingness!

Perfect little book! Excellent intro to chakras and energy healing. Filled with exercises and affirmations, this wonderfully healing book is great for any age. I highly recommend it!

Succinct and straightforward, a great intro. Strange, though, my copy arrived without a label...

This is a wonderful book, easy to read, with great exercises and information! This book is for everyone looking to understand and work with their Chakras.

Really nice, informative, pretty little hard cover book. Nice excercises to open your chakras, good backround info through out. A very nice short quiz at end to help seal any too open chakras. Would make a nice little gift.

Good

This absolutely adorable little book is filled with fascinating information on all of the chakras located in your body in easy to understand and remember sound bites. You'll learn where the chakras are located and what they do. There are meditations to help you increase the vitality of each chakra, I found it to be incredibly helpful and fun. I will cherish this beautiful book.

Delightful little book for someone beginning their journey into the world of energy via the Chakras. Nothing new is contained within. The information is clear and concise and opens the door for anyone who reads this little book to investigate the chakras more deeply. The book was written expressly for beginners and it accomplished that task. Listen to my interview with Chad and Amy at [...] More about me at [...]

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Energy And Heal Yourself (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga)

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