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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, and it offers effective programs for harmonizing the energy of the chakras that will change your entire outlook on life.

Complete practical guide to the chakras, including color, activity, sounds, background information, and techniques for opening them and utilizing their force. A longtime bestselling title in Europe, this is the definitive text in the field.

This ancient Indian system of healing focuses on vortices of energy that originate in seven centers of the body. When they become blocked, a variety of ailments can manifest themselves. This book discusses

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various practical ways to work on chakras, using archetypal and animal associations, crystals, meditation, visualization, affirmations, and physical exercise. It starts by familiarizing the reader with how this mystical, ancient art works as a holistic and spiritual system that promotes harmony and health, and then proceeds to the root chakra. A chart of correspondences includes everything from color and key element to physical and mental functions, and compatible fragrances. It includes a detailed list of suggested activities to stimulate the chakra, such as dining on healing foods, listening to restorative music, and learning from inspirational case histories. Equally exhaustive information is given for the other six chakras: Sacral, Solar Plexus, Heart, Throat, Brow (Third Eye), and Crown. A final section focuses on how other healing disciplines, such as yoga and

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reiki, incorporate the chakra therapies to restore the optimal physical, emotional, and spiritual self.

****55% OFF for Bookstores!! LAST DAYS***** Whiting all living beings are seven powerful centers of energy called chakras. Every chakra holds the potential for immense healing and restoration, and Chakra Healing can show you how to harness that power with a wide range of simple, beginner-friendly exercises that anyone can do. This book will put you on the path to healing pain, allergies, indigestion, headaches, fatigue, and even emotional turbulence like loneliness. With practical instruction and guidance, you'll learn how to identify what's ailing you and which chakra is causing it. Chakra Healing features: A variety of techniques Connect with your chakras using everything from meditation to

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crystals, essential oils, yoga, focused breathing, and even diet. Helpful illustrations Detailed photos and drawings make the tools and exercises even easier to understand. Beginner-friendly approach Find accessible, bite-size advice that requires no previous knowledge. Discover the power of balancing your chakras to help you heal and feel your best.

Tap into the nine major chakras that affect your power, health, and well-being. A condensed version of the best-selling *The Ultimate Guide to Chakras*, *The Chakra Handbook* is the essential portable reference for the experienced energy worker, as well as the perfect introduction for anyone just starting out. First discussed in ancient Hindu texts and studied for thousands of years in numerous spiritual traditions, including acupuncture,

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meditation, and yoga, chakras are the power centers connecting your physical body and the world of energy. By tapping into the power of your chakras, you can live a healthier, balanced, and more abundant life. Athena Perrakis, leading metaphysical teacher and creator of the world's largest online metaphysical resource website, SageGoddess.com, has created a modern guide to the ancient practice of working with the chakras. Unlike most other guides, which only address the seven body chakras, The Chakra Handbook addresses the nine major chakras you can tap into to balance, heal, and manifest. This guide explains how and why different crystals, aromatherapy, essential oils, and sacred plants help to support each chakra. Each chapter of The Chakra Handbook also includes magical exercises for accessing the energy of each chakra, including

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meditations, journal exercises, and working with goddesses and spirit guides. Readers will even learn how to create a dedicated chakra altar, a mandala, chakra-specific incense blends, as well as other inspired projects. Lavishly photographed and illustrated, this guide promises to be an essential volume for beginners and experienced energy workers alike.

"This book is for seekers. With writing that is both friendly to the layperson yet true to a deeper mystery, this is the book to which I refer my students who are interested in the esoteric wisdom and practices of the ancients." —Anodea Judith, author of *Eastern Body, Western Mind* Although they are often misunderstood, the chakras are important facets of health and spirituality and when properly attuned can lead to happier and healthier lives. In *The Big Book of Chakras and Chakra Healing*,

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Dr. Susan Shumsky delves into the ancient Tantric and Vedic literature to uncover the veiled mysteries of the ages, where the most authentic information about the 7 chakras, 7 subchakras, and the subtle energy system can be found. By reading this valuable book, you will: Discover your subtle body and energy field and how to heal blockages. Gain understanding of kundalini energy and the chakra system. Understand how to use visualization to access your chakras. Learn to maintain the health of your energy field. The Big Book of Chakras and Chakra Healing is perfect for novices and experienced practitioners alike and will lead you on a journey of discovery, balance, and enlightenment.

You may think that difficult situations and emotions you experience are caused by other people or random events. This book will convince you that inner imbalance is

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not caused by situations in the outer world—instead, your imbalances create the situations that interfere with your sense of well-being and peace. Chakras for Beginners explains how to align your energy on many levels to achieve balance and health from the inside out. In everyday terms, you will learn the function of the seven body-spirit energy vortexes called chakras. Practical exercises, meditations, and powerful techniques for working with your energy flow will help you overcome imbalances that block your spiritual progress. Discover colors and crystals that activate each chakra Explore the balanced and unbalanced expressions of each chakra's energies: survival, sexuality, power, love, creativity, intuition, and spirituality Practice spiritual exercises, visualizations, and meditations that bring your energies into balance

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With The Ultimate Guide to Chakras, tune in to your chakras, the power centers connecting your physical body and the world of energy. Your chakras are the power centers that translate between the seen world of the physical body and the unseen world of energy. First discussed in ancient Hindu texts and studied for thousands of years in numerous spiritual traditions, including acupuncture, meditation, and yoga, chakras hold the key to our well-being. By tapping into the power of our chakras, we can live healthier, balanced, and more abundant lives. Athena Perrakis, leading metaphysical teacher and creator of the world's largest online metaphysical resource website, SageGoddess.com, addresses the nine major chakras we can tap into to balance, heal, and manifest. This guide explains how and why different crystals, essential oils, and sacred plants

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help to support each chakra. Each chapter of *The Ultimate Guide to Chakras* includes magical exercises for accessing the energy of each chakra, including meditations, journal exercises, and working with goddesses and spirit guides. Readers will even learn how to create a dedicated chakra altar. Lavishly photographed and illustrated, this guide promises to be an essential volume for beginners and experienced energy workers alike. The *Ultimate Guide to...* series offers comprehensive beginner 's guides to discovering a range of mind, body, spirit topics, including tarot, divination, crystal grids, numerology, witchcraft, aromatherapy, and more. Filled with beautiful illustrations and designed to give easy access to the information you 're looking for, each of these references provides simple-to-follow expert guidance as you learn and master your practice.

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The Zenned Out Guide to Understanding Chakras is your essential introduction to restoring healing and balance. Part of the Zenned Out series, this book includes easy-to-digest actionable steps to enable readers to get started right away.

Balance your mind and body--unlock the power of Reiki Whether you're looking to relieve stress, practice more gratitude, or boost general well-being, the Reiki Healing Handbook can help. Reiki is a Japanese healing practice that restores the flow of energy between your body, mind, and spirit. This Reiki reference book will show you how to align your chakras (energy centers) and incorporate symbols and hand positions into a balanced routine. You'll learn how to clear your mind and focus your energy where it's needed so you can reduce negative

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thoughts and feelings, and start healing. Reiki Healing Handbook includes: The 5 precepts--Learn about the five core principles of Reiki: Just for today: do not anger, do not worry, be grateful, practice diligently, and show compassion. Guided techniques--Beautiful illustrations show you the proper way to perform the hand positions and engage different chakras. Mix and match--Find tips for adding crystals, yoga, essential oils, and other tools to your practice for stronger energy flow. Improve your energy flow and start healing with Reiki.

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