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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.

#### Little Book of Chakras: Balance your energy centers for ...

The chakras are vibrant, coloured energy wheels or centres of spiritual power, located within the subtle book will help you to awaken your chakras to improve your physical health, balance energies and resolve physical, emotional and spiritual issues.

## The Little Book of Chakras: Balance your subtle energy for ...

The chakras are vibrant, colored energy wheels or centers of spiritual power, located within the subtle body, through which our life energy flows. 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.

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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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With over 30,000 copies sold, this chakra book has been described as the most significant and influential book on the chakras ever written. A yoga teacher 's companion, through this guide, the author offers the ability to connect with the chakras and: Gain more wisdom; Improve your health; Boost your energy; Grasp creativity; Manifest your dreams

### 9 Best Chakra Books to Deepen your Chakra Skills in 2021

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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# Little Book of Chakras: Balance Your Subtle Energy for ...

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

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