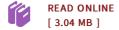


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The Complete Guide to Chakras: Unleash the Positive Power Within

By Ambika Wauters

Barron's Educational Series. Hardback. Book Condition: new. BRAND NEW, The Complete Guide to Chakras: Unleash the Positive Power Within, Ambika Wauters, This longtime Barronas best seller has now been updated and reformatted as an attractive new hardcover edition. The ancient Indian word, chakra, comes from the Sanskrit word for "wheel of light," and describes energy centers believed to exist in every man and woman. The Book of Chakras explores the nature of those energy sources, and instructs on how to use them. The author identifies seven energy centers, starting with the Root Chakra, located in the lower torso, which anchors us in life. She also describes the Sacral Chakra, the Solar Plexus Chakra, the Heart Chakra, the Throat Chakra, the Brow or Third Eye Chakra, and the Crown Chakra. Traditional Chakra teachings describe seven bodies that make up every person's aura, and claim that each of these bodies vibrates in ways allied to the colors of the universe. However, only one of these bodies atthe Physicalais visible. When we understand these bodies, we become able to correct our Chakra imbalances and harness our powers for peaceful and productive living. The author tells how to restore balances, heal through the power...



Reviews

Merely no words and phrases to explain. I was able to comprehended almost everything out of this created e publication. I am quickly will get a satisfaction of studying a created ebook.

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This type of ebook is every little thing and made me looking ahead of time and more. It is among the most amazing book i actually have read through. Its been designed in an exceptionally simple way in fact it is simply soon after i finished reading through this pdf in which actually transformed me, change the way i believe. -- Dr. Ron Kovacek