



## The Little Book of Chakras : Balance your subtle energy for health, vitality, and harmony

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By Patricia Mercier

Gaia Octopus Publishing Group Aug 2017, 2017. Taschenbuch. Condition: Neu. Neuware - The chakras are vibrant, coloured energy wheels or centres 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. 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. 96 pp. Englisch.



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