



## Chakra Balancing

By Davina Desilver

Createspace, United States, 2013. Paperback. Book Condition: New. 194 x 126 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.A quick and easy read, packed with down to earth tips and ideas you can use to start balancing your chakras and working with your energy system right away. This particular book is to help those relatively new to the chakras get a better understanding of them. It gives practical ways to start balancing and without too much effort you ll be talking the language of energy. You ll discover the signs of a healthy functioning chakra, as well as signs of imbalance and ways to bring balance back to each chakra. It s perfect for you if you like the straight forward, no nonsense approach. Working with the energy of the body is a great way of improving and harnessing your own psychic ability and your spiritual awareness. About the Author Davina DeSilver is a Reiki Master and hypnotherapist, she specialised in past life regression therapy. She has worked with some of the latest aura technology and has spent a lot of time working with the human spirit. She has facilitated development groups with other psychics and...



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