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## The Chakra Experience, w. CD

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By Mercier, Patricia

Book Condition: New. Publisher/Verlag: Octopus Publishing Group | Your complete chakra workshop in a book | Designed as a complementary volume to The Chakra Bible, part of the world's bestselling MBS series Includes practical exercises that you can work on at home, complete with an exclusive CD to create a truly interactive experience Journaling sections allow you to write your own experiences directly into the book The step-by-step learning programme guides you to revision work and more advanced exercises An exclusive CD featuring exercises and inspirational music will bring you into a receptive state for deeper work | The seven chakras allow life energy to flow into our aura and are associated with our physical, mental and emotional interactions. Healers observe that the majority of dis-ease is caused by an energy imbalance in our bodies, usually a reduced flow of pranic life-force throughout the chakras. This fascinating book and CD provide you with a personalized, practical and direct experience of chakras and their powerful healing properties. Going far beyond a reference guide, The Chakra Experience is more like a personal tutor, explaining how to work with your chakras and access benefits such as improved health, stress reduction and spiritual development....



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