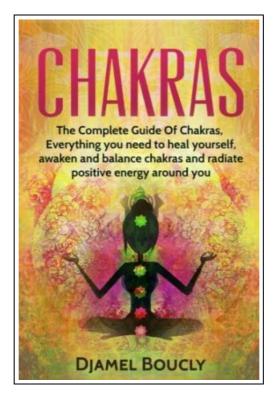
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Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English. Brand New Book ****** Print on Demand ******. Take the first step to living a healthier and more balanced life, by opening the door into the intriguing world of the human energy system! Have you ever considered that the way you may be feeling, pain you may be experiencing or an ailment which you have contracted may in actual fact not be due to external factors, but rather a blocked or damaged energy center within the physical body? Use this comprehensive Chakra Guide to gain valuable knowledge of the seven main Chakras within the human body; this guide may well change your life forever! This Guide will teach you where each of the seven main Chakras are located in the human body, as well as the warning signs of blocked or damage Chakras. You will further learn how to cleanse, balance and heal them. Ultimately restoring your health, inner peace and balance in your life! Learn about the exciting world of crystals, their origin, their healing properties and how you can use crystals to help cleanse and balance the Chakras. In addition you will learn how to make gem elixirs, how to care for your crystals and gain knowledge of toxic crystals, which should be approached and handled with care. This Chakra Guide also includes additional Chakra balancing techniques and you will learn about food and the Chakras, herbs and spices, essential oils, nature and the Chakras and sound and the Chakras. Last but not least, you will also learn various techniques which may be used to heal the Chakras, such as effective Chakra Affirmations, visualization and Reiki and the Chakras. So, which Chakras will you learn about? The Root Chakra The Solar Plexus...

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