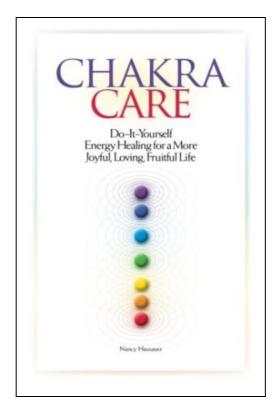
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Createspace, United States, 2013. Paperback. Condition: New. Language: English. Brand New Book ***** Print on Demand *****. A Handbook for the Sacred Energy Centers That Shape Your Life Just like our bodies, our chakras thrive when we nurture them. In Chakra Care: Do-It-Yourself Energy Healing for a More Joyful, Loving, Fruitful Life, energy healer Nancy Hausauer gives us the tools for care and feeding of our own chakras. With this eminently practical guidebook, we can enter the traditionally esoteric world of energy healing with confidence and a sense of creativity and fun. Followers of Hausauer's internationally popular website, The Energy Healing Site, have grown to love her friendly, accessible approach. In Chakra Care, she continues her mission to make simple self-energy-healing accessible to the average person. You won't find complicated, arcane techniques or procedures here. The book's 500-plus activities to help your chakras flourish and bloom are down-to-earth, practical and enjoyable. With Hausauer's cheerful, positive coaching and the tools and perspectives she shares, truly anyone can access the wisdom and power of the chakra system. The results can be transformative: wholeness restored at deep levels, unrealized potentials discovered and tapped, a richer and more radiant life.



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