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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 centers of energy to enhance all aspects of your life.

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She is president of Life Systems Services, through which she has conducted over 65,000 client sessions and presented

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training classes throughout Europe, Asia, and the Americas. Cyndi is the author of more than a dozen books, including Llewellyn's Little Book of Chakras, The Spiritual Power of Empathy, and Awaken Clairvoyant Energy.

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Product Information The chakras are vibrant, colored energy wheels or centers 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.

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The Book of Chakra Healing by Liz Simpson and Teresa Hale
Review: The Book of Chakra Healing is an excellent beginner's guide to understanding, experiencing, and healing the chakra system for your self and for others. This is a

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Little Bit of Chakras Book Description : Chakras began as part of the mystical Vedic tradition of Tantric and Kundalini Yoga, but have evolved into pathways for healing and exploring consciousness. If you ve ever wondered how to work with these amazing energy centers, here s the book for

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