



The Chakra Bible: The Definitive Guide to Working with Chakras (Paperback)

By Patricia Mercier

Sterling Publishing Co Inc, United States, 2007. Paperback. Condition: New. Language: English . Brand New Book. Chakras are the centers of energy in our body that profoundly affect our well-being. Through this exquisitely designed volume, newcomers to this alternative form of spirituality can understand every aspect of chakra power. In addition to an illuminating introduction, a detailed guide covers each chakra, with their associated colors, Indian deity, healing stone, and emotional and physical actions. One by one, go through the base, sacral, solar plexus, heart, throat, brow, and crown chakras, as well as some newly discovered ones and chakras from different traditions. There's also invaluable information on connecting chakras with aura reading and healing, and yoga exercises and meditations to strengthen each chakra.

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Reviews

Extremely helpful to all category of individuals. I have got go through and that i am confident that i will likely to read through once again again later on. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Nikita Herzog**

Simply no terms to explain. I am quite late in start reading this one, but better then never. Its been written in an remarkably easy way and is particularly merely soon after i finished reading this book where basically changed me, affect the way i really believe.

-- **Prof. Jedediah Kuhic DVM**