



New Chakra Healing: Activate Your 32 Energy Centers (Llewellyn's Whole Life)

Cyndi Dale

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New Chakra Healing begins where the traditional seven-chakra system leaves off. Cyndi Dale explains how to work with the energy of the back sides of the chakras, as well as 20 other spiritual energy points. This innovative book also reveals a unique blend of psychological and spiritual healing techniques the author has used to treat thousands of clients—often with dramatic results. Included are step-by-step methods to remove internal energy blocks which manifest stress, addictions, low self-esteem, money and relationship problems, depression, and chronic pain or illness. By working with chakras and spiritual energy fields, readers can heal all resistance to living a successful life.

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Spent a free time and energy to be fun activity to try and do! A lot of people spent their spare time with their family, or their friends. Usually they carrying out activity like watching television, gonna beach, or picnic from the park. They actually doing same thing every week. Do you feel it? Do you wish to something different to fill your personal free time/ holiday? May be reading a book may be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of book that you should read. If you want to try out look for book, may be the e-book untitled New Chakra Healing: Activate Your 32 Energy Centers (Llewellyn's Whole Life) can be good book to read. May be it might be best activity to you.

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