

## The Chakra Bible Definitive Guide To Energy Patricia Mercier

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The Chakra Bible: The Definitive Guide to Working with Chakras (Paperback) I use this book for summary reports following a tuning session: particularly the Main Characteristics At A Glance tables for each of the seven main chakra's. Information in the book is written in easily understandable language for the novice in energy healing, such as I am.

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'The Chakra Bible' is a guide to understanding every aspect of chakras, the centres of energy in our body that have a profound effect on energy, health and well-being. The book features a detailed guide to each of the chakras, their associated colour, Indian deity, healing stone and emotional and physical actions

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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 asso

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