



## The Book of Chakra Healing

By Liz Simpson



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Restore your optimal physical, emotional, and spiritual self with chakra healing, an ancient Indian system that focuses on energies originating in seven centers of the body. Dip into this vital, easy-to-use, and lushly illustrated guide to learn about the archetypes associated with each chakra, find a feast of techniques and visualizations, and get information on every conceivable aspect of healing. Supplementary material provides basics on crystals, essential oils, and altars for your home, along with numerous charts and references.

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