

A Handbook Of Chakra Healing Spiritual Practice For Health Harmony And Inner Peace

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A Handbook of Chakra Healing is a practical guide that applies ancient wisdom to the problems and stresses of modern life. It tells you all you need to know about the seven chakras, the vital energy centers of the human body, so that you can learn more about yourself and experience how the free flow of energy can resolve blockages and impediments in every aspect of your life.

Chakra Healing by Kalashtra Govinda

Unlike most other guides, which only address the seven body chakras, The Chakra Handbook addresses the nine major chakras you can tap into to balance, heal, and manifest. This guide explains how and why different crystals, aromatherapy, essential oils, and sacred plants help to support each chakra.

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