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unlock the secrets of the chakra system and energy healing with this comprehensive guide to holistic wellness whether you're a beginner or an advanced practitioner this book offers practical techniques to balance and align your chakras for greater health vitality and spiritual well being if you re looking to deepen your spiritual practice harness the power of energy medicine or integrate chakra healing into your daily life complete chakra energy healing library is your ultimate resource includes 1 what are chakras brief explanation about chakras their purpose how they function and importance of keeping them clear balanced and healthy what free will has to do with your chakras guided chakra attunement 2 what are chakra energy blocks how to tell if you have blocked or excessively open chakras what happens when a chakra is chronically blocked and imbalanced symptoms of imbalance for your 7 major and 8th 9th chakras three ways to clear a blocked chakra and how to make your own healing gemstone and crystal water 3 chakra meditations pranic rainbow light breathing meditations for your 7 major chakras 4 chakra aromatherapy practical guide to aromatherapy for balancing your 7 major and 8th 9th chakras learn more than 40 essential oils to balance your chakras you ll also be be given the aroma qualities and properties of essential oils that have a balancing effect on each chakra learn how you can make your own chakra anointing oils 5 chakra astrology you don t have to know anything about astrology for this method of balancing your chakras to be effective be guided to

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