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A Handbook of Chakra Healing : Spiritual Practice for Health, Harmony and Inner Peace by Kalashatra Govinda (2005, Hardcover) The lowest-priced brand-new, unused, unopened, undamaged item in its original packaging (where packaging is applicable).

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Promote balance and healing for your First Chakra by inhaling a pure essential oil or blend that is sweet, earthy and grounding. You can also dilute your oil or blend in your favorite carrier oil and apply as an anointing oil at the area of your chakra. I recommend using light fractionated coconut oil as it is full metabolized by the body.

THE FIRST CHAKRA HEALING BOOK - KG Stiles

"A Handbook of Chakra Healing: Spiritual Practice for Health, Harmony, and Inner Peace" is a practical guide which offers effective programs for harmonizing the energy of the chakras which will change your entire outlook on life.

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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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