



Little Book Of Chakras: A Beginner's Guide To Energy Healing

Donna Wolff

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Most of us in the western world have by now heard of chakras. Whether you follow that line of thinking or not, simply focusing on these unseen energy centres somehow does make a person feel better. We have at least 12 chakras that exist both in our physical bodies and in the energetic space above and below us. For the purpose of simplicity, in this book we will only focus on the 7 main chakras that exist within our physical body. For almost any distress, there is a chakra that is experiencing an imbalance of energy, and for every imbalance, there is a plethora of simple exercises to balance your energy so you can begin to focus on solutions instead of the problems you may be experiencing. This Little Book of Chakras includes an index of symptoms that correspond with the chakras, along with some quick and easy exercises that you can do on your own to get your energy in line and healthy!

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