



## Heal Yourself: Unlock Your Healing Energies and Transform Your Life (Paperback)

By John Lake

Velocity House LLC, United States, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Within you, there are multiple energy reserves known as the chakras. If you've never worked with your chakras before, it's possible that they're off-balance or closed off, causing problems throughout your life. Problems with money, relationships, your career, your health, spirituality, public speaking, intuition, love—all of these and more can arise from improperly balanced chakras. Heal Yourself is a great resource whether you're a newcomer to the chakras or whether you're steeped in these philosophies already. John Lake has worked with the chakras for over a decade, and has an incredible breadth of knowledge to share. In Heal Yourself, he demonstrates how to get in touch with each of your chakras, helping you take control of your life and connect to your body on a deeper level. Within Heal Yourself, you'll learn: - The colors, elements, and animal totems traditionally associated with each chakra - Methods to recognize whether your chakras are open or closed - How to harness the power of your seven main chakras, and chakra zero (the...



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