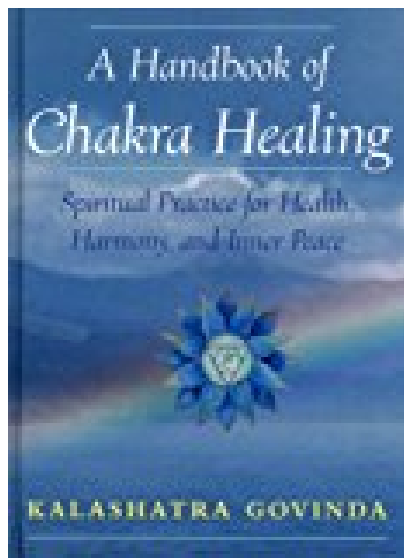


# A Handbook of Chakra Healing Spiritual Practice for Health Harmony and Inner Peace

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## BOOK DETAILS

- Author : Kalashatra Govinda
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## **BOOK SYNOPSIS**

Chakra work benefits body, mind and spirit and leads to a greater sense of harmony and inner balance. 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 in the human body. It teaches you what the chakras are and how they function, and it offers effective programs for harmonizing the energy of the chakras that will change your entire outlook on life.

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