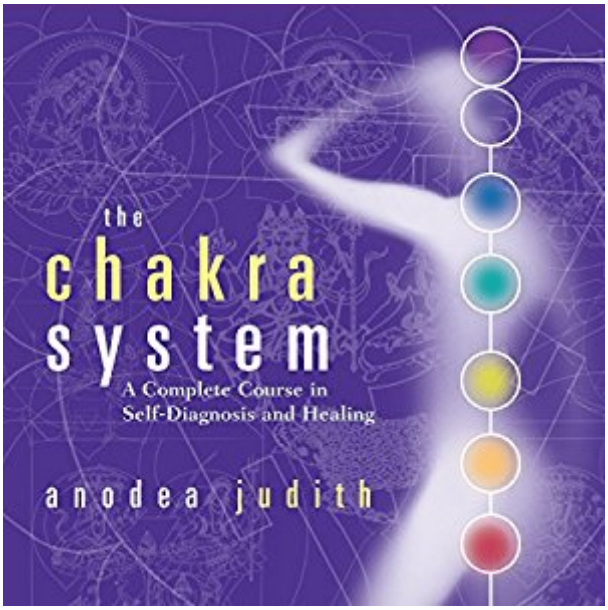
Ebook Directory
the best source of ebook

The book was found

The Chakra System: A Complete Course In Self-Diagnosis And Healing



PDF
Adobe
DOWNLOAD EBOOK

Synopsis

Through her pioneering work with the chakra system, Anodea Judith has mapped the striking connections between the yogic healing arts and modern psychology as well as demonstrated how a combination of both can be dramatically more effective than using either one alone. In The Chakra System, listeners join Judith in 12 sessions of personal one-on-one guidance to learn how to use the seven chakras, or energy centers, to strengthen and focus their personal power, improve intimate relationships, enhance intuition, and enter into their highest spiritual wisdom. What, exactly, does it feel like when a chakra is deficient, excessive, or blocked? Can our early life experiences affect the energetic patterns that shape our physical and emotional well-being as adults? If so, how do we clear these blockages? Anodea Judith addresses these and many other issues using the same proven meditations, visualizations, and moving postures taught in her acclaimed chakra seminars. Even for people who have studied the chakra system for years, one question often remains: How do I actually work with the chakras to assist in healing? With The Chakra System, Anodea Judith responds with the first guided audio learning course about chakra work - the ultimate curriculum for tapping the hidden energy matrix of the body.

Book Information

Audible Audio Edition
Listening Length: 7 hoursÃ Â andÃ Â 56 minutes
Program Type: Audiobook
Version: Original recording
Publisher: Sounds True
Audible.com Release Date: October 2, 2015
Language: English
ASIN: B0162TWEKG
Best Sellers Rank: #12 inÃ Â Books > Religion & Spirituality > Hinduism > Chakras #19 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #67 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Healing

Download to continue reading...

Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Chakras: Chakras :Learning To Balance Your Chakras Made

Simple (Chakra Alignment ,Chakra Healing, Chakra Balancing Book 1) The Chakra System: A Complete Course in Self-Diagnosis and Healing Chakras: Pleasure Guide: Couples Healing; For Lovers (Chakra Balancing, Energy Healing, Couples Therapy, Tantric, Kama Sutra, Couples Therapy, Chakra) Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Chakra Healing: A Beginner's Guide to Self-Healing Techniques that Balance the Chakras Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2 Chakra Meditation: A User-Friendly Guide to Opening, Balancing, and Cleansing through Chakra Meditation Techniques Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion,Love Yourself,Affirmations Book 3) Energy Healing, Chakra Healing, Crystal Protection Grids, Channeling, and Reiki: A Quick Guide for Beginners Eastern Body, Western Mind: Psychology and the Chakra System as a Path to the Self Reiki: The Healing Energy of Reiki - BeginnerÃ¢â ¬â„¢s Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) Crystal Healing: Simple Guide To Understanding The Benefits Of Crystals (Healing Stones ,Energy Healing,Crystal Healing Book 2) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras Book 1) Crystal Healing: The Ultimate Reference Guide To Understanding The Benefits of Crystals (Healing Stones, Energy Healing, Crystal Healing, Chakras) HEALING AFFIRMATIONS & HARP: Soothing and Scientifically Sound Positive Affirmations for Self-Healing (AWARD-WINNING CD/Booklet) (Relax Into Healing Series) NAVY SEAL: Self Discipline: How to Become the Toughest Warrior: Self Confidence, Self Awareness, Self Control, Mental Toughness (Navy Seals Mental Toughness)

Contact Us

DMCA

Privacy

FAQ & Help