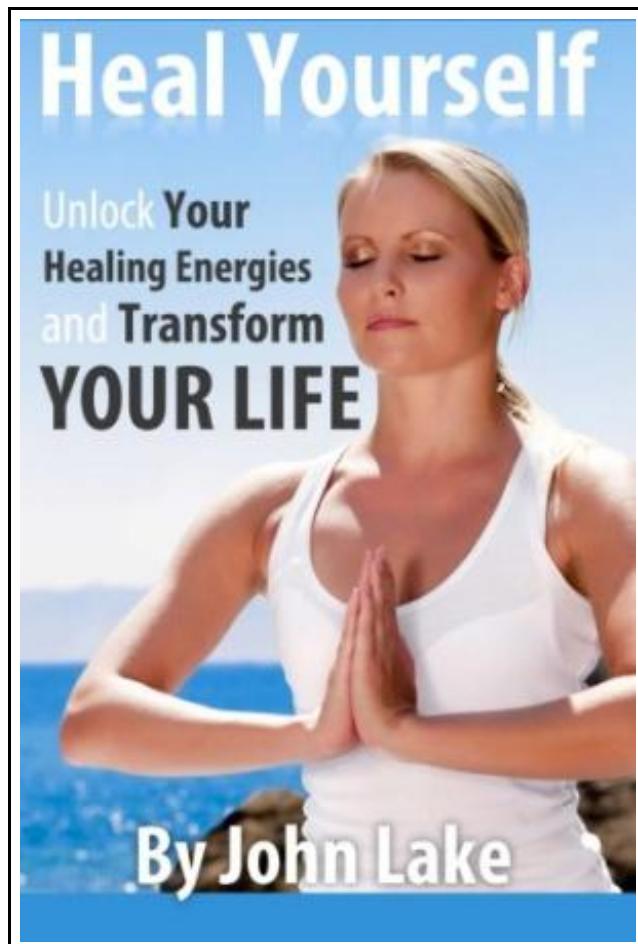


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(Rebecca Bechtelar)

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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 foot chakra) - Visualizations and other exercises to help you connect to and open each chakra - Techniques demonstrating proper use of affirmations and tapping therapies All this, combined with John Lake s engaging anecdotes gained over years of working with others to open their chakras. Heal Yourself, whether you re an absolute beginner or have been working with your chakras for years, is an essential read and a definitive text on this ancient philosophy. Balance your chakras with Heal Yourself and unlock your hidden potential. Your life will thank you.

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