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The Energy of You: Your Chakras is the culmination of years of study, travel ... author of the internationally acclaimed book, New Chakra Healing, this booklet adds to the cutting edge material found in her book by covering: • The location, function and basics of the 12 major chakras ... these energy bodies, you can receive energy directly ...

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Page 1 of 54 1 THE SEVEN HINDU CHAKRAS According to Hindu philosophy, the chakras are subtle energy bodies located within the spinal cord and housed within the innermost core of the Sushumna nadi. This core is called the ... the healing power of the sacred truth "All is One".

### **Page 1 of 54 - My Third Eye**

CHAKRA EXERCISES FOR ADULTS ... Then try this easy, one-minute exercise to release stagnant energy from the pelvis and free up your creativity. Standing with your feet shoulder-width apart, begin rotating your hips first clockwise, then counterclockwise for one minute. When you rotate your hips to the right you are activating masculine energy.

### **CHAKRA EXERCISES FOR ADULTS - Energy Intuitive**

Energy Healing for Beginners provides simple and potent practices to improve your vitality, strengthen your immune system, and take charge of your health. Note: These practices are also included in the Energy Healing training course.

### **Sounds True - Energy Healing for Beginners**

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### **Reiki The Complete Beginners Guide To Natural Energy**

A lot of crystal healing uses the chakras, and there is a chapter in this book devoted to explaining what the chakras are and what crystals are needed to open, activate and close each chakra.

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