



The Chakra Workbook: A Step-by Step Guide to Realigning Your Body's Vital Energies (Divination and Energy Workbooks)

By Voigt, Anna

Thunder Bay Press, 2004. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: Chakras are psychic centers of subtle energy in the human body, and doorways to a powerful process of transformation. Knowledge of the chakra system comes from the ancient Indian practice of Tantra Yoga. Until modern times, this knowledge was largely transmitted orally from teacher to student. The Chakra Workbook offers a practical and fascinating overview of this ancient spiritual science of physical rejuvenation and spiritual awakening for beginners as well as for devotees wishing to expand their understanding of this subject. With a primary focus on learning by experience, this fully illustrated book features interactive exercises and suggested meditations that help create a more personal approach. The abundance of traditionally based practices will help to strengthen the body, calm the mind, and cleanse the chakra system to promote vitality and well-being.



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