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The centres of 'spinning energy' in your body are known as the chakras. They help you to maintain your physical, emotional and spiritual balance, and this beautiful Healing Handbook allows you to fully understand their rhythms and use their power to centre and take control of your life. The book contains step-by-step procedures to help you to harness the chakras, in depth descriptions of ancient myths and helpful meditations and affirmations to allow you to incorporate your knowledge into daily life.

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