



A Handbook Of Chakra Healing: Spiritual Practice For Health, Harmony, And Inner Peace.

By Govinda, Kalashatra.

Konecky & Konecky Sayb, Old Saybrook. Hardcover. Condition: New. 304 pages. Hardcover, no dustjacket. New book. HEALTH. A practical guide that applies ancient wisdom to the problems and stresses of modern life. It tells you all you need to know about the seven chakras, the vital energy centers in the human body. It teaches you what the chakras are and how they function; it provides personality tests so you can determine where your strengths lie and what you need to work on; and it offers effective programs for harmonizing the energy of the chakras that will change your entire outlook on life. Learn more about yourself. (Key Words: Chakra Healing, Self Knowledge, Psychic Energy, Chakras, Kalashatra Govinda, Therapy, Spirituality, Health, Relaxation, Yoga, Exercise). book.

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