



# The Book of Chakra Healing

*Liz Simpson*

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## **The Book of Chakra Healing** Liz Simpson

Restore your optimal physical, emotional, and spiritual self! This ancient Indian system of healing focuses on energies originating in seven centers of the body. Dip into this colorful feast of ways to work on your chakras, using associations, crystals, meditation, visualization, foods, music, and exercise. Each chakra has its chart of correspondences, with color, key element, fragrances, and physical and mental functions. See how other healing disciplines incorporate chakra therapies.

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