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A Handbook of Chakra Healing is 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 of the human body, so that you can learn more about yourself and experience how the free flow of energy can resolve blockages and impediments in every aspect of your life.

Chakra Healing by Kalashtra Govinda

A Handbook of Chakra Healing : Spiritual Practice for Health, Harmony and Inner Peace.

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The Chakra Handbook goes into great detail on the basics of chakra energy centers and explains the practical application of how treatments with gemstones, color and aroma therapies can cleanse and un-block each chakra in order to get the best possible flow of energy throughout the body.

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Description: Understanding chakras is an effective first step in harnessing every human being's hidden life-changing energies and employing inner powers for spiritual and physical healing. The word chakra originated with the Vedic teachings of ancient India. It comes from the Sanskrit word for "wheel of light," and denotes the energy centers that exist in every man and woman.

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