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Chakra Workbook: Rebalance Your Body's Vital Energies

Pauline Wills

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The chakra system originates in ancient Hindu tradition and is linked with the science and practice of yoga. In the Tantric tradition, the chakra system is responsible for weaving together our polarity and our mind, body and spirit.

If we were to see our chakras, we would see wheels of spinning energy. Each one rotates at a different speed, and in harmony with the others. If chakras fall out of alignment, then people fall ill, either physically or mentally, or both. Working to balance your chakras is a holistic way to maintain health and well-being. Written for both the complete beginner and for those who have some knowledge of this ancient system, *Chakra Workbook* is packed with practical exercises that the reader can do easily at home.

You'll learn to

- Harmonize your seven major chakras
- Work with practical exercises
- Awaken and revitalize your own natural energy

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Anita Pfeifer:

As people who live in the particular modest era should be upgrade about what going on or details even knowledge to make them keep up with the era that is always change and progress. Some of you maybe will certainly update themselves by reading books. It is a good choice for yourself but the problems coming to you is you don't know which one you should start with. This Chakra Workbook: Rebalance Your Body's Vital Energies is our recommendation to cause you to keep up with the world. Why, because this book serves what you want and want in this era.

Kerry Diaz:

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Kathryn Glover:

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