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Chakra Insights (Book 6) - Our Roots

Viv Rosser

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On my recent travels through Asia, I was shocked to discover how many Base Chakra issues emerged. On Christmas day one fellow traveller told us that his friends girlfriend had packed up and gone home, through homesickness.
The loss of roots and challenges to being grounded are accentuated when travelling. But this book isn't just for pilgrims and adventurers who physically walk this Earth, it is also for psychological travellers who view life as a journey. People who want to understand their roots, so that they can feel grounded and safe wherever they are.
This book explores these Base Chakra issues and offers mandala meditations to help heal any blockages.
I hope you benefit from a deeper appreciation of the energy of the Root Chakra.
Made for kindle-fire with colourful illustration and things to consider along your way.

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