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The ABC's of Chakra Therapy: A Workbook

Deedre Diemer

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The ABC's of Chakra Therapy: A Workbook Deedre Diemer
The ABC's of Chakra Therapy is a practical, user-friendly workbook that leads readers on a journey of self-healing and transformation through the exploration of the human energy field, specifically the seven main energy centers, or chakras. The unique approach of this book focuses not just on one method of energy clearing, but incorporates a variety of therapies to choose from. The forms of therapy in this healing 'bag of tools' include: visualization, sound, color, aromatherapy, reflexology, crystals and gemstones, yoga and other physical exercise. Learn to combine powerful healing techniques to enable healing on physical, mental, emotional, and spiritual levels. You'll become more aware of your own energy, compared to energy that belongs to someone or something else. You'll be better able to take control of your life -- no longer being at the mercy of the unconscious effects of others. Where traditional psychotherapy leaves off, The ABC's of Chakra Therapy comes in -- expediting healing by providing a means of de-energizing and neutralizing negative patterns, beliefs, and behavior at the core level.

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