



Advanced Chakra Healing

Cyndi Dale

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Chakras-the energy centers within each of us-are the secret to our ability to act spiritually. By working with spiritual energy fields, you can find and express your free, unblocked, inner self, and discover health and happiness in the process. **ADVANCED CHAKRA HEALING** is a hands-on guidebook with step-by-step methods for removing internal energy blocks that manifest as confusion, stress, addictions, low self-esteem, money and relationship problems, depression, and chronic pain or illness. Building on her work in the best-selling *New Chakra Healing*, Cyndi Dale introduces her revolutionary "energy mapping" system, an accessible approach to determining and diagramming the causes of an energy problem and using energetic means to solve or shift it. With **ADVANCED CHAKRA HEALING** you can achieve your true purpose by healing the whole you-body, mind, and soul.

An indispensable advanced manual for applying the chakra philosophy in diagnosing and healing energy issues and problems.

A leading resource for energy experts, energy healers, and self-care aficionados.

The follow-up book from the internationally-known author of *New Chakra Healing*.

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