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The ABC ' s of Chakra Therapy is one of the most useable books on chakras that I ' ve found. This workbook guides the reader through self analysis of his or her own chakra issues. The author then provides a variety of ways to bring those problem areas into balance: Nature Therapy, Sound Therapy, Color Therapy, Aromatherapy, Reflexology, and Gems and Crystals.

The ABC's of Chakra Therapy: A Workbook by Deedre Diemer

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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.

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The ABC's of Chakra Therapy is a practical, user-friendly guidebook that leads you on a journey of self-healing and transformation by exploring your energy field - specifically the seven main energy centers, or chakras, Deedre Diemer's unique approach draws on a variety of therapies - visualization, sound, color, aromatherapy, reflexology, crystals and gemstones, along with yoga and other physical exercise.

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The workbook approach of this text should prove useful as an introduction for readers who have some knowledge but need guidance in the area of chakra therapy. This book focuses not just on one method of energy clearing, but incorporates a variety of therapies to choose from. Learn to combine powerful healing techniques to enable healing on all levels - physical, mental and spiritual.

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. This book focuses not just on one method of energy clearing, but on offering a variety of therapies to choose from.

""Reiki, Crystals and Chakras"" is a complete instruction manual for the energy healer. Here

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you will find information on the three levels of Usui Reiki, working with crystals and stones and using Chakra therapy to facilitate effective healing sessions and Reiki Circles and Shares. This book contains all the information from years of experience teaching classes and working as a healer both in groups and with individuals. Georgia Vlahos has been a Reiki Master Teacher in the Usui Method since 1997 and has attuned hundreds of students over the years. She is also a Certified Crystal and Chakra Therapist, and uses all three modalities in her work. Please note that is a completely new edition of "Reiki Healing Manual for Masters and Students"

We are a part of the vast sea of humanity that is searching the ultimate utopia, misled by the thought that successful careers and wads of currency will buy us a place here. so in a bid to accumulate those wads and reach the pinnacle of successful careers , we have surrendered our peace of mind, unblemished souls and physical health the 24x7x365 culture has invaded this planet companies proudly flaunt the nonstop work culture , slave driving their employees with promises of more greenbacks to compensate for the mental peace and happiness they have lost the taunt muscles, the rigid jaws and the overstrained nerves are a few pointers to our unrelenting torture of the self .So man today is sick because he thinks he is sick .sickness and disease have no place in the life of person who does not accept and tolerate the self-limiting thoughts which are real seeds of our myriad ailments , we stand hypnotized by the belief that disease and illness are our fate and destiny , rather than health and bliss , which are truly our birth right and heritage .in order to emerge from our mass hypnosis and collective hysteria and to experience health , joy and creative fulfilment , we

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must make a systematic application of holistic living through alternate therapies in our daily life. The success of efficacy of alternate therapies he experienced provided the impetus, inspiration to him to come with compendium of his documented collection over a decade in this book . In effect, this book makes a humble effort in finding a genuine and truly helpful lifeline for many people, giving important popular alternate therapies in SINGLE WINDOW for ready reference, self-study and self-treatment as it primary objective .it is to help you live life to the hilt that his book has been written .Life is not about toil and ambition alone; it is about enjoying each moment .it is learning to relax and take things in stride .It is about the blissful enjoyment of the years granted to us on this planet. Believe me , you will be more successful, happier and contended if you pursue your career, relationships and ambitions in a relaxed manner outlined in this book .

Noted health information expert Alan Rees organizes the best of complementary and alternative medicine (CAM) information resources in this new guide for librarians and patients. The book is divided into twelve sections beginning with an overview of CAM terminology, safety concerns, ongoing research and education, and the movement towards integrative medicine. "Best of" lists of books, magazines, newsletters, CD-ROMs, and professional publications are augmented with contact information for several hundred CAM associations and professional groups, an extensive section on the Internet as a source of CAM-related information, and reviews of 355 popular books on CAM.

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With more and more people making their own health care decisions, renowned cancer specialist Dr. John Inzerillo tackles the mind-body relationship and unlocks the secrets of how each affects the other. As populations age, there is a hunger for pathways to health and healing. It is just now that we are beginning to understand how to awaken that calm center within ourselves where we can enjoy physical and mental health, even when illness intrudes. Award-winning oncologist Inzerillo reveals how chronic pain, frailty and depression can be understood and healed both by the individual and the medical community. In *Passion Beyond Pain* he gently guides the reader towards the ever-moving goal of balance so that no matter what the ailment, contentment on a daily basis is truly possible. No hare-brained magical discourse, Inzerillo offers a powerful – and peaceful – journey on which to discover the capacity to heal that is within all of us. With an important new foreword by New Age yoga instructor Rodney Yee, *Passion Beyond Pain* reveals how you can be master of your own health and . . .

- # Heal the chronic pain that won ' t go away.
- # Meditate into a state that lowers your heart rate and blood pressure.
- # Teach yourself mindfulness to beat anxiety and depression.
- # Regain your sense of well-being and contentment.
- # Get in touch with that calm center within yourself.

With *Passion Beyond Pain* setting the guideposts, you can plan on a life of longevity that is based on good health, an absence of pain, and well-deserved peace of mind.

Try to picture always needing to go to the doctor to take care of some kind of ailment. Depending on your circumstances, it may not be very hard to do. After a while, you might

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want to know how these doctors think. To learn more about medical diagnoses and to improve his own personal health, Hock Chye Yeoh went to extremes—he became a doctor himself. But the answers he learned as a medical doctor left him wanting more. He still had questions, so he began focusing on spirituality, including feng shui, Taoism, and Hindu and Buddhist teachings. Now, Dr. Yeoh reveals how his understanding of the metaphysical world enables him to help his patients. They suffer from cancer, diabetes, obesity, and other problems, but with his help, they are getting better. You can, too, using his holistic approach to well-being. The reclusive doctor's solutions defy traditional science, but you can't argue with results. Learn how you can improve your own health by blending science and spirituality as you discover Esoteric Views on Health.

This book is not only for color therapy but it offers Chakra healing self-help too. You can use this book for relaxation, meditation and fun but if you want to heal your chakra we recommended you copy each Chakra symbol and do them continually for 21 days, and you will see your life change. Chakra is not an advanced thing. It's a simple thing that's inside you and effects your life directly. Chakra 1: Root Chakra connects with your feeling of "Security." If you do not feel secure that means your Root Chakra is not working well. Coloring the Root Chakra ancient symbol will help you to connect directly with your Chakra and make it better. Chakra 2: The Sacral Chakra is connected with your Sex and Abundance. If this chakra is not well you will have problems related to Sex and Abundance. Coloring the Sacral ancient Symbol will help. Chakra 3. The Solar Plexus Chakra is connected with your Management Skill. Chakra 4. The Heart Chakra is connected with your Love, Care and Giving. Chakra 5. The

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Throat Chakra is connected with your Communication. Chakra 6. Third Eye Chakra is connected with your Spiritual ability. Chakra 7. The Crown Chakra is connected with your ability to Connect to the Source. This book provides the ancient symbols that, when colored in, will help you meditate when looking at them. This helps you concentrate with your Chakra and can activate that part of your life. Buy Now to start healing yourself and to give as gifts for your family and friends.

The origin of world civilization can be traced to the Indus Valley cradle, where brilliant and original thinkers made groundbreaking discoveries. The history of these discoveries is recorded in the vast Sanskrit literature. In this study, author M. K. Agarwal explores the cultural and historical significance of the region. He explores Indus Valley culture, which encouraged creative thought as opposed to the Abrahamic faiths, which herded followers into dogmatic thinking. He holds that these religions prospered because of their unfettered hatred of the Vedic-Hindu-Buddhist peoples, who were demonized as pagans to be murdered, tortured, raped, enslaved, and robbed. He also considers the achievements of that culture, such as the creation of the most affluent, most scientifically advanced, and most spiritual of all societies, with archeological moorings that can be traced back to 8000 BC. No other region can even come close to transforming people and culture like the Indus Valley, but the world's Vedic roots have been ignored, shunned, and covered up. Uncover the history that has been lost and develop a deeper appreciation for the true cradle of human civilization with The Vedic Core of Human History.

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