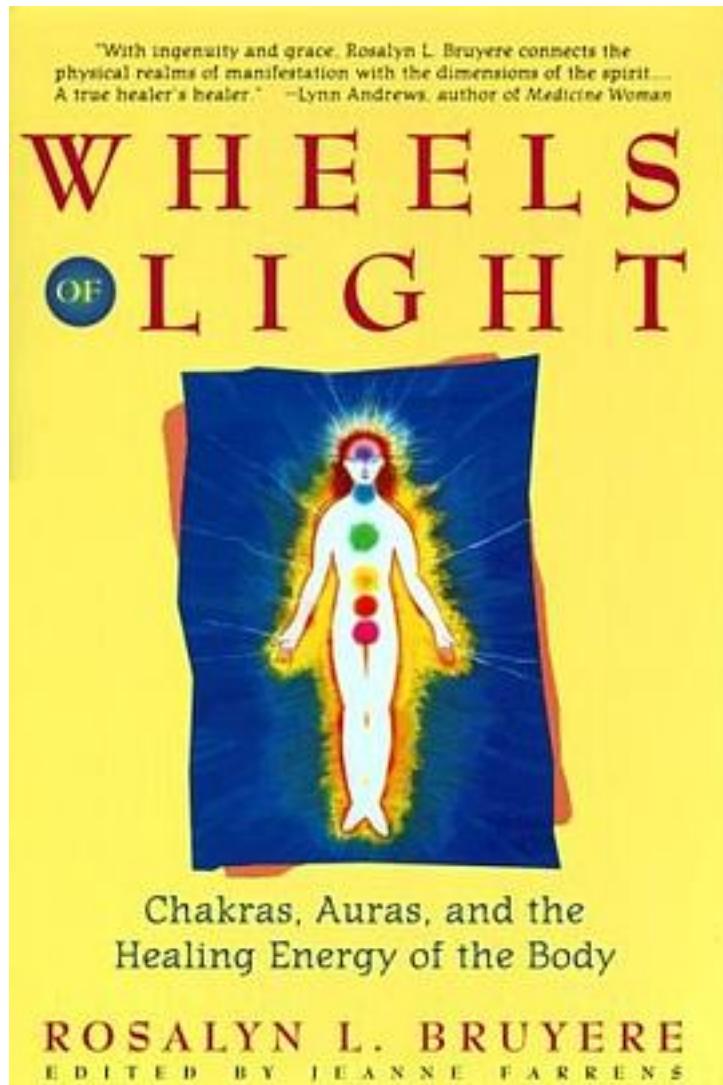


Wheels of Light



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This is a guide to the human energy field which provides a detailed explanation of the seven major energy centres of the body, known as chakras. In detail, the author explores the basic nature of these forces within us, including what they do and how to work with them. A major portion of the book is devoted to the first chakra, which is associated with our basic life force, our physical bodies, and sexuality. This section includes: breathing techniques and other exercises for achieving and maintaining balance, a discussion of diseases, association with dysfunctions and suggestions for treatment, and a scientific explanation of how the first chakra energy works.

作者介绍:

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