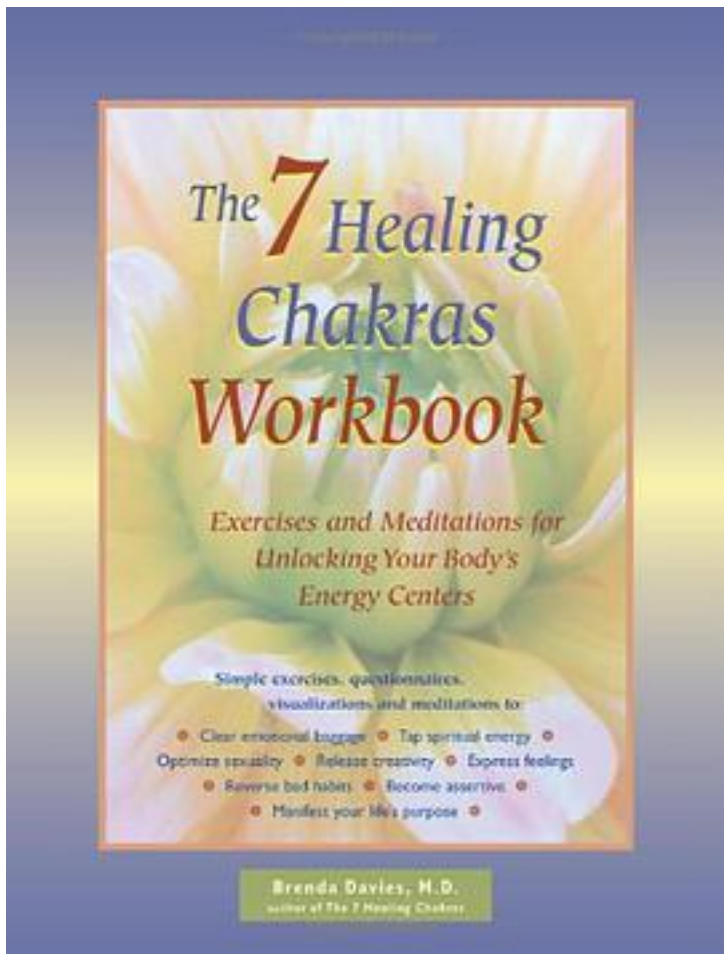


# The 7 Healing Chakras Workbook



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"This fascinating book explores a whole new dimension of our being. It brings us to the best of who we are." --Susan Jeffers, Author of *Feel the Fear and Do It Anyway* Both practical and inspirational, *The 7 Healing Chakras* is a voyage of self-discovery and

healing based on an ancient spiritual tradition. Dr. Brenda Davies leads you in a step-by-step progression through the seven chakras--our energy centers. At each stage she shows how to unlock the physical and spiritual energy that can heal you and lead to a more fulfilling life. Through exercises and guided meditations, Dr. Davies demonstrates how to remove blockages and clear the psychological, emotional and spiritual debris that otherwise traps us in habits that have worn out their usefulness. Here are the tools to take charge of your own mental and physical well-being and more fully manifest your life's purpose. About the Author Dr. Brenda Davies, author of The 7 Healing Chakras Workbook, Unlocking the Heart Chakras and Chakra Power Beads , is a British psychiatrist and spiritual healer who combines her traditional medical training with ancient healing gifts.

作者介绍:

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