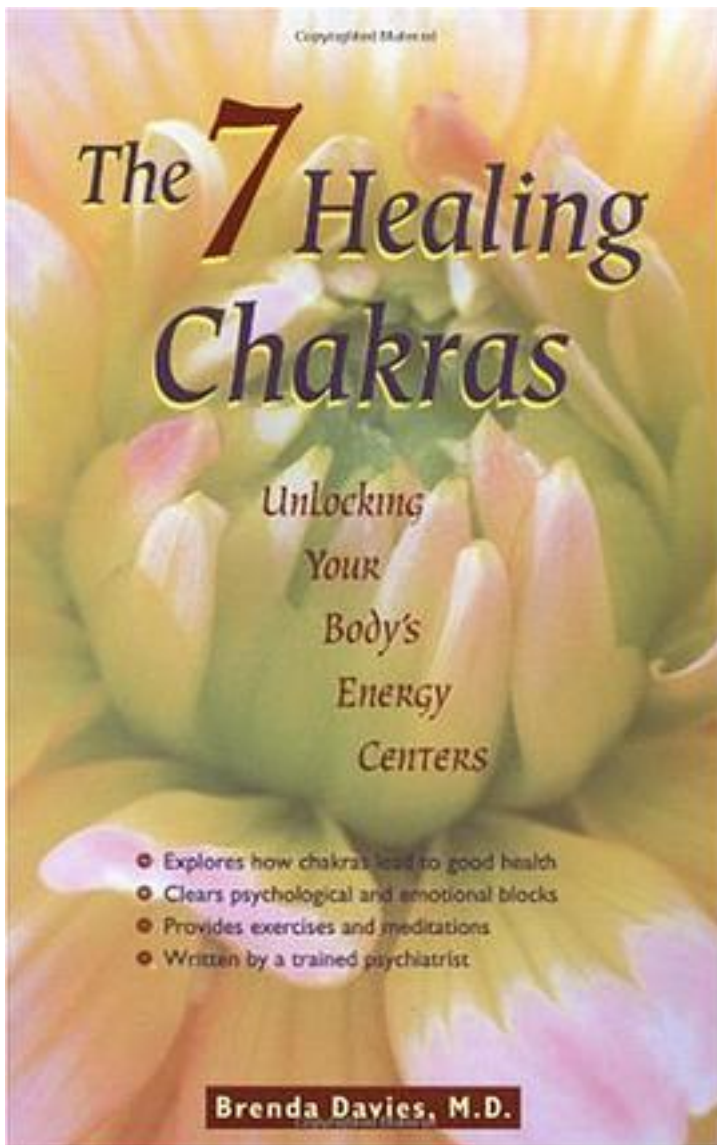


# The 7 Healing Chakras



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Both practical and inspirational, The 7 Healing Chakras is a voyage of self-discovery that shows people how to achieve their full potential. Introducing the chakras, vortices of energy that connect the physical body with the spiritual, Dr. Brenda Davies follows a clear path through the seven power centers - each characterized by a different color - from the red-colored root chakra near the base of the spine to the white crown chakra at the top of the head. Exploring the significance of each chakra, the author offers personal guidance and leads the reader in a series of exercises and meditations to unblock each energy channel and clear the psychological, emotional, and spiritual debris of the past. She combines her training as a psychiatrist with ancient methods of healing to provide the tools needed to take charge of mental and physical well-being.

作者介绍:

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