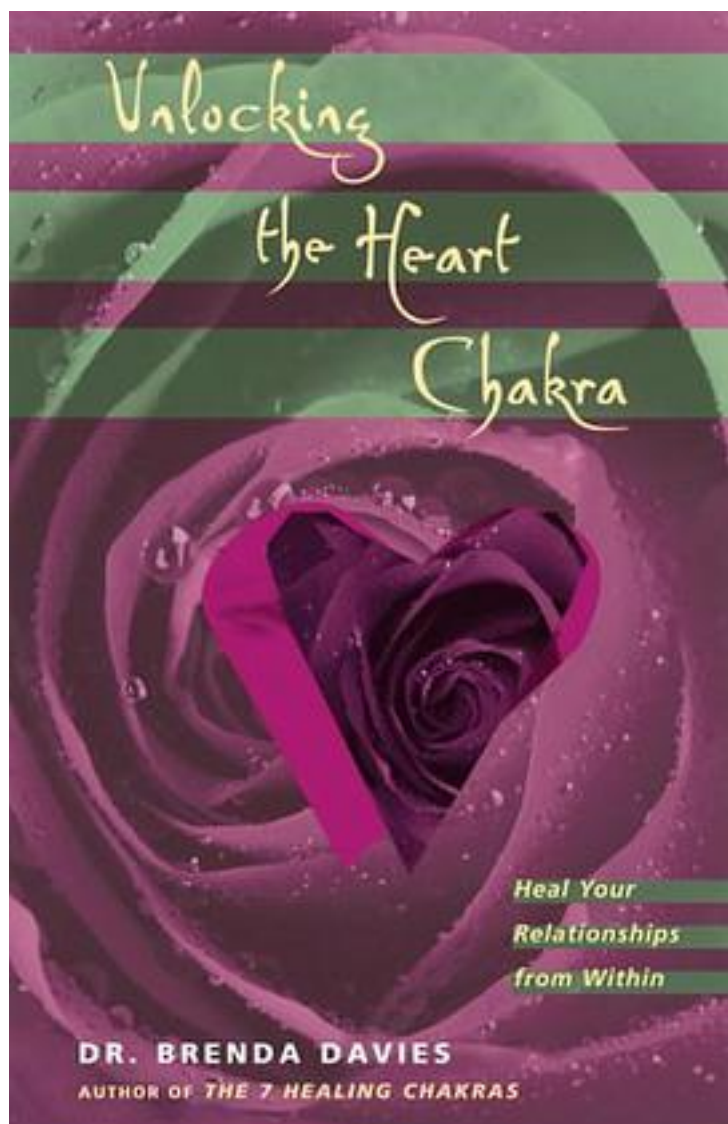


Unlocking the Heart Chakra



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Powerfully written and deeply relevant, Unlocking the Heart Chakra examines the central relationships in people's lives and offers a plan for understanding them. The emphasis is on healing every step of the way, from one's first relationships with parents and caregivers, through sibling bonds, to connections with friends and lovers. By applying the principles of the chakra system and learning to use the energy of the heart center, people can become aware of the power of love in all of their interactions. Dr. Brenda Davies recommends special meditation exercises, visualizations, and affirmations to remove blocks and open the capacity to love without limits. With access to a sense of compassion for themselves and others, people can move gracefully into a happier, healthier future.

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