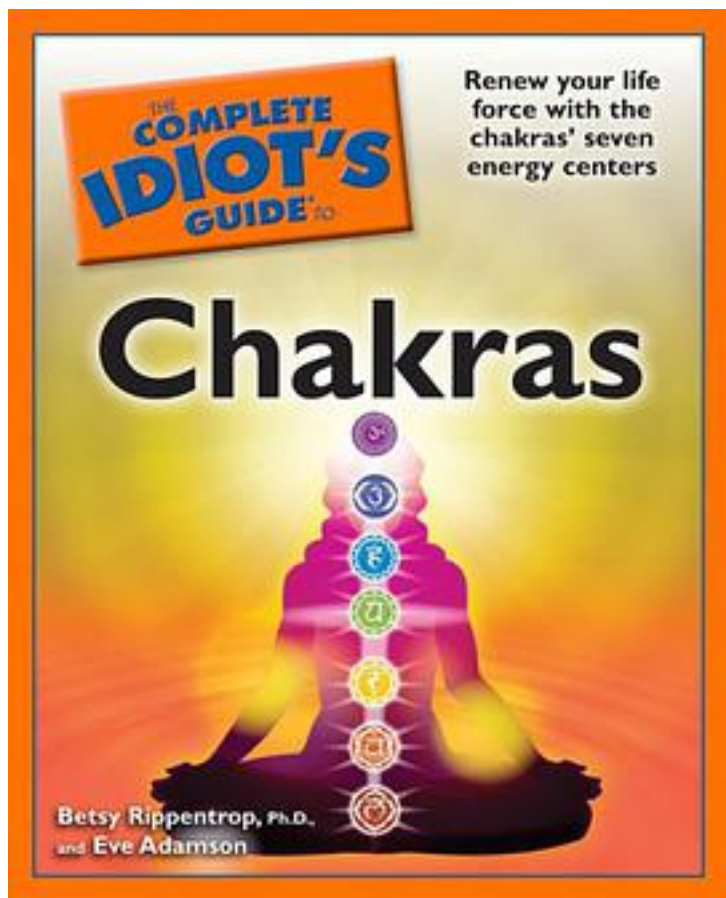


Complete Idiot's Guide to Chakras



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Get into the spirit of chakras.

In the last decade, as Westerners have become more familiar with Eastern medicine, the term "chakra" has entered the mainstream lexicon. The Complete Idiot's Guide(r)

to Chakras introduces both the major and minor chakras-energy centers along the nervous system that are said to revitalize both the body and the spirit-and explains their qualities, the signs of balance and imbalance, and the healing techniques for each, teaching readers how to enjoy healthier lives.

*The most comprehensive and up-to-date guide on the subject

*"Realigning your chakras" is popular in spas, yoga, massage, Reiki

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