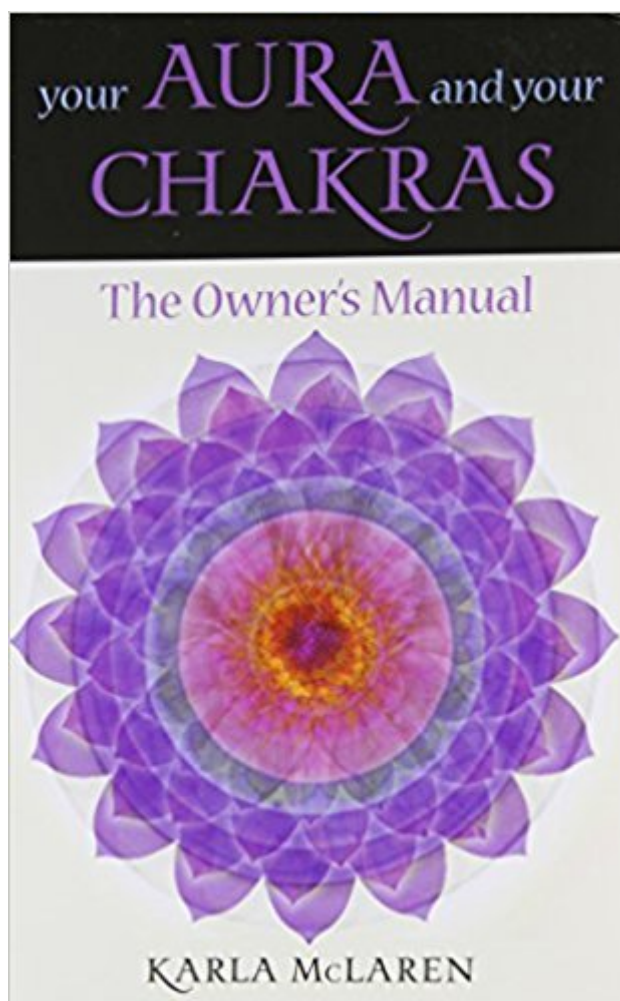


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Your Aura & Your Chakras: The Owner's Manual



Synopsis

A clear and comprehensive text for the restoration and maintenance of your subtle energy system. McLaren, who has worked with survivors of abuse and trauma, shows how to clear the chakras of old hurts and to cleanse and strengthen the aura for protection against invasive energy.

Bibliography. Index.

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Energy Healing

Customer Reviews

Great book!!!

This is a great book that everyone should read, the world would be a better place it does not go into lengthy detail about typical new age stuff it is written by a grounded person with her feet on the ground who learned about the chakras from direct experience, and chakras and aura are not the only things presented in this book

Very informative book and it helps w/learning about the metaphysical and spiritual aspects of the Chakras. It is food for thought. I highly recommend this book. Also a good study tool. It is one of these books where you read a few pages and you will need to "think and absorb" what you just read. :-) Very in-depth.Enjoy!

Great book, however you will need to have and intermediate level of background knowledge in

chakras, and basic energetic medicine. This book is great at explaining the basics of the energy body, and explains some basic meditations practices for grounding and aura work which can be done by anyone, no matter what your level or ability. However, don't expect for it to be easy, the practices in this book require some time to master. Cheers.

I have been able to use so many of the techniques in this book and they have helped! I continue to go back to the book for a booster of ideas, ideologies, and recommendations. Anyone who is new to healing work or an expert but wants some new tools, this is a great option.

Your Aura & Your Chakras: The Owner's Manual is an informative read. The author clearly states in the beginning if you aren't studying your aura and chakras as a daily practice then you are just taking in the information from the book. The sections/chapters are broken down wonderfully, easy to understand and read. Excellent for beginning novices. I do recommend sticking with the studying and using this as a reference guide. Well written.

I bought this book years ago, and it saved my life. I was going through a tough teenage spell, and this book gave me the tools and knowledge i need, it's so well written, easy to understand and relate. I loved it so much i gave my copy to a friend, and bought a new copy for myself!

This is a comprehensive book on the function and importance of the chakras. It is clear and concise and shows you exactly how to maintain and care for them in order to live a happy, healthy and balanced life.

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