



## Healing Chakras: Awaken Your Body's Energy System for Complete Health, Happiness and Peace (Paperback)

By Ilchi Lee

Best Life Media, United States, 2010. Paperback. Book Condition: New. 2nd ed.. 239 x 180 mm. Language: English . Brand New Book. The chakras are the seven key energy centres of our body. When all seven chakras are active and functioning optimally, we live a life of physical, mental, and spiritual health. HEALING CHAKRAS combines a deep underlying spiritual philosophy with a systemic chakra therapy method designed to activate, cleanse, balance and integrate the individual Chakras in order to create a harmonious and holistic chakra system. One of several factors that separate this book from other chakra healing books is that the principles behind it are derived from the Chun Bu Kyung, or Heavenly Code, the 9,000-year-old sacred scripture of Korean-Asian tradition. Within its short 81-letter text, the Chun Bu Kyung summarizes the eternal, universal truths about life, death, evolution and completion. Also unique to HEALING CHAKRAS is the 45-minute companion CD of chakra meditations, some involving chakra colours, as well as other energy sensitizing and activating exercises. It includes live guided meditation music performed by the author himself using only instruments with natural sounds such as the wooden flute, rain stick, Indian drums and vibraphone, among others. HEALING CHAKRAS will...



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