



## The Chakra Handbook: From Basic Understanding to Practical Application (Paperback)

By Shalila Sharamon

LOTUS PRESS, United States, 1998. Paperback. Condition: New. Language: English . Brand New Book. Complete practical guide to the chakras, including color, activity, sounds, background information, and techniques for opening them and utilizing their force. A longtime bestselling title in Europe, this is the definitive text in the field.



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