

Entdecke Deine Chakra Persönlichkeit Finde Heraus

Llewellyn's Complete Book of Chakras
 Indestructible You
 Chakras: Unlocking the Secrets of Chakra Healing, Kundalini Meditation, Third Eye Awakening, Astral Projection, and Psychic Dev
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 The Yoga of the Three Energies
 A Journey Into the Genius Mind
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 Life, Love, Laughter
 Anodea Judith's Chakra Yoga
 The 8th Chakra
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 The Complete Guide to Chakras: Activating the 12-Chakra Energy System for Balance and Healing
 The 13th Chakra System of Ancient Egypt: Healing Your Body Naturally
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 Unlocking the 7 Secret Powers of the Heart

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Llewellyn's Complete Book of Chakras John Hunt Publishing
 In this groundbreaking book about Human Design Peter Schoeber provides a comprehensive exposition of the most fundamental subjects in HD: How came it to the world? What are the different foundations of the system? How is the bodygraph calculated? In its main part the book contains a systematic presentation of all centers in general and their potential and challenge in the state of definition and of openness. Many concrete everyday examples add to the practical value of this volume. You will enjoy reading it and you will know yourself much better afterwards! Visit us at: www.humandesignservices.de
Indestructible You Charlie Creative Lab
 If you've always wanted to find balance in your body but struggle with physical ailments you can't overcome, then keep reading... Four manuscripts in one book: Chakras: Unlocking the Secrets of Healing Through Chakra Meditation, Mantras, Kundalini Yoga Exercises, and Reiki, Including Tips for Third Eye Awakening for Beginners and Balancing the Energy Body Kundalini: The Ultimate Guide to Awakening Your Chakras Through Kundalini Yoga and Meditation and to Experiencing Higher Consciousness, Clairvoyance, Astral Travel, Chakra Energy, and Psychic Visions Third Eye Awakening: Secrets of Third Eye Chakra Activation for Higher Consciousness, Spiritual Enlightenment, Clairvoyance, Astral Projection, Psychic Development, and Observing Auras and Chakras Astral Projection: Unlocking the Secrets of Astral Travel and Having a Willful Out-of-Body Experience, Including Tips for Entering the Astral Plane and Shifting into Higher Consciousness Are you sick and tired of not being able to improve your physical and emotional wellbeing? Have you tried endless other solutions, but nothing seems to work for more than a few weeks? Do you finally want to say goodbye to feeling lousy and discover something which works for you? If so, then you've come to the right place. You see, balancing your energy doesn't have to be difficult. Even if you've tried controlling your stress, exercising more, giving up caffeine, or any other myriad of solutions. In fact, it could be easier than you think. A report in the Journal of Consciousness Exploration & Research demonstrated that a person's chakras affect their emotional well being. And another study stated that the heart releases a magnetic field at room temperature. Which means you can get an emotional and physical balance without giving up everything you enjoy. Some of the topics covered in part 1 of this book include: The truth about chakras 7 warnings signs that your chakras are out of balance 10 benefits of healing your chakras 14 myths about chakras 50

powerful chakra healing techniques 7 things that can help your chakra healing process And much, much more Some of the topics covered in part 2 of this book include: What the kundalini is & where it comes from What kundalini & shakti energy can do How the chakras are related to kundalini How to troubleshoot your awakening Common myths about kundalini dispelled And much, much more! Some of the topics covered in part 3 of this book include: The concept of the third eye and the role it can play in your life The mystery of the pineal gland and the reasons for its calcification Top 21 foods and supplements that can help you in decalcification of the pineal gland Other ways to decalcify your pineal gland 4 powerful techniques for awakening your third eye Ways to prepare yourself for third eye activation and ways to protect yourself 7 things holding you back from awakening your third eye And much, much more! Some of the topics covered in part 4 of this book include: Background information on astral projection, what is the attraction, and why do people want to have out-of-body experiences Best methods and techniques, how to perform them, how to jump-start your experience, real-world information that you can do in your daily life to enhance the experience, and what to expect during your preparation and journey And much, much more! And if you have a burning desire to be more energetically balanced and naturally happier, then scroll up and click "add to cart!"
Chakras: Unlocking the Secrets of Chakra Healing, Kundalini Meditation, Third Eye Awakening, Astral Projection, and Psychic Dev John Hunt Publishing
 Unsere Persönlichkeit ist vielschichtig und nicht immer einfach zu verstehen. Die Chakren - unsichtbare Energiezentren in unseren Körpern, durch die wir das Leben erfahren - können helfen, unser Verhalten und unsere individuellen Bedürfnisse besser zu begreifen. Je nachdem, wie stark sie ausgeprägt sind, entscheiden sie darüber, ob wir eher der geerdete Wurzel-Chakra-Typ, ein fürsorgender Herz-Chakra-Typ oder doch ein abenteuerlicher Sakral-Chakra-Typ sind. Shai Tubali, spiritueller Lehrer und Coach, präsentiert dafür ein einzigartiges System der sieben Chakra-Persönlichkeitstypen. Wenn wir erkennen, von welchen Chakren wir geleitet werden, können wir für unsere Karriere, unseren Lebensstil und unsere Beziehungen die richtigen Entscheidungen treffen und unser wahres Potenzial entfalten.
Stage of Higher Knowledge Hay House, Inc
 As portals between the physical and spiritual planes, the chakras offer unparalleled opportunities for growth, healing, and transformation. Anodea Judith's classic introduction to the chakra system, which has sold over 200,000 copies, has been completely updated and expanded. It includes revised chapters on relationships, evolution, and healing, and a new section on raising children with healthy chakras. Wheels of Life takes you on a

powerful journey through progressively transcendent levels of consciousness. View this ancient metaphysical system through the light of new metaphors, ranging from quantum physics to child development. Learn how to explore and balance your own chakras using poetic meditations and simple yoga movements—along with gaining spiritual wisdom, you'll experience better health, more energy, enhanced creativity, and the ability to manifest your dreams. Praise: "Wheels of Life is the most significant and influential book on the chakras ever written."— John Friend, founder of Anusara Yoga
Human Design System - The Centres Althea Press
 A book filled with personal transformation stories, proven tools and problem solving methods that work for every person. It teaches how to balance the seven chakras and find your true powers.
The Ultimate Guide to Chakras Lotus Press
 The 7 chakras of the human personality are familiar to anyone working with healing or spiritual awareness. But that consciousness is essentially incomplete. It is the universal heart of the 8th chakra that can offer us the missing key to remember who we truly are. In this astounding book, scientist, healer, and mystic Jude Currivan, Ph.D., reveals a revolutionary new perception of the cosmos, reconciling leading-edge science with Spirit and the perennial wisdom of all ages into a universal model of consciousness. She also explains how the energies of the 8th chakra offer us a path to spiritual mastery. Both accessible and profound, this groundbreaking work is a practical and empowering guide to our personal and collective spiritual wholeness and shows us how we can:• Understand and integrate the principles of cosmic consciousness• Reconcile science and Spirit to show not only how the physical world is as it is, but why• Directly access and embody newly available cosmic energies and higher levels of transpersonal awareness• Manifest our soul purpose on Earth
The Chakra Energy Cards Deep Awakening
 Use knowledge of the chakras to better understand yourself, your happiness, and your purpose in this book by the author of The Seven Wisdoms of Life. While the power of chakra healing is well known, chakras can also be utilized to discover your life's purpose and direction. The seven chakras are energy centers in our bodies that shape our experience of life. By understanding their different qualities and how they influence us, we can better understand our perceptions, values, needs, and desires. Yogi Shai Tubali is one of Europe's leading experts in the ancient chakra system, and in The Seven Chakra Personality Types, he shares his insights into how knowing our chakras can help us know ourselves. Each one of us has a chakra that is more dominant for us than for others. This book helps readers discover which chakra is dominant for them

and what that reveals about their personality. In addition, each person possesses a second and third chakra that influence the way they experience life. By learning your combination of chakra personality types, you become better equipped to make decisions that are right for you in all aspects of life, from careers and relationships to fulfilling your greatest potential and purpose.

The Seven Chakra Personality Types Deep Awakening Recover, recharge, renew--your essential yoga guide to balancing chakras. Achieving physical and mental balance is beautiful and healing. But the journey to harmony can be challenging. Essential Chakra Yoga is an easy way for beginners, trained teachers, and everyone in between, to unblock and align their chakras, find balance, and heal both body and mind--one pose and one pranayama ("controlled breath") at a time. From simple Siddhasana ("accomplished pose") to the more advanced Salamba Sirsasana ("supported headstand"), Essential Chakra Yoga is a masterclass in breathing techniques, stretching, and sequencing various poses that can enhance your quality of life every day while boosting strength and flexibility. Take a deep, cleansing breath. It's time to body-bend your way toward bliss. This complete chakra yoga guide includes: Packed with poses--Master 56 essential chakra yoga positions and 8 stretching sequences for cleansing the 7 major chakras. Perfect for all levels--This educational chakra yoga book is a must-have for beginners and home practices, but it's also ideal for skilled teachers and practitioners too. Modern mat companion--Practice along with clear, color illustrations that demonstrate each pose and get you on the path to chakra yoga mastery. Bring balance to your mind, body, and spirit with this healing chakra yoga guide.

7 Day Chakras Llewellyn Worldwide

Wer bist du wirklich? Was ist deine Lebensaufgabe? Wie schaffst du es, Frieden, Erfüllung und innere Heilung zu finden? Geht es um die Harmonie mit sich selbst und dem ganzen Universum, stoßen sowohl zeitgenössische Selbstoptimierungsprogramme als auch therapeutische Verfahren an ihre Grenzen: Unzufriedenheit, die an der Seele nagt, setzt viele Menschen unter emotionalen Dauerstress. Diese Belastung paart sich häufig mit einer diffusen Zukunftsangst. Die Folge sind Selbstzweifel, die das persönliche Vorwärtkommen verhindern. Solche Blockaden können in eine Depression hineinführen. Das Gefühl von Leere und Ziellosigkeit kann sich in körperlichen Beschwerden wie Schlafstörungen, Verdauungsproblemen oder Bluthochdruck manifestieren. Ärzte stehen vor einem Rätsel, Medikamente, die teils hohe Nebenwirkungen haben, bringen nicht den gewünschten Effekt. Ist es möglich, wieder in die ursprüngliche Kraft zu kommen und mit sich und der Umwelt in einer echten Verbindung zu stehen? Ja, denn Heilrituale, Trance und Seelenarbeit der Schamanen sind traditionelle Mittel, die es erlauben, in die Ganzheit zu kommen. Für die Weltgesundheitsorganisation (WHO) hat der Schamanismus bei psychischen und psychosomatischen Erkrankungen die gleiche Bedeutung wie die westliche Schulmedizin. Das Konzept der Heiler und Seher der Naturvölker ist im dritten Jahrtausend gefragt denn je, wenn es darum geht, Heilung in mehreren Dimensionen zu erreichen. Schamanen wenden ganz unterschiedliche Methoden an, um Wachstumsprozesse zu unterstützen und alten Ballast endlich abzuwerfen. Um in Verbindung zu kommen, muss niemand in die sibirische Steppe oder an den Amazonas reisen. Schamanische Techniken lassen sich auch wunderbar von Großstädtern erlernen und anwenden, um das eigene Wohlbefinden zu stärken. Wer dafür eine ebenso kompetente wie achtsame Anleitung sucht, hat sie mit Diana Freitag gefunden. Als schamanische Transformationstherapeutin und Yoga-Lehrerin vermittelt in ihrem Buch einen kompakten und gleichzeitig fundierten Einstieg in den Schamanismus, wie er von Menschen im 21. Jahrhundert verstanden und gelebt werden kann: Dein Krafttier finden: Lerne, wie du auf deiner schamanischen Reise deinem Krafttier begegnest und wobei es dich unterstützen kann. Extra: Nehme Kontakt zu deiner Seele auf und lerne, deren Sprache zu entschlüsseln. Einführung in den Schamanismus und seine Weltsicht: Die Wurzeln dieser uralten Lebensweise und der Transfer in die moderne Welt - geheimes Wissen wird so endlich praktisch erlebbar! Schamanische Aufstellung: Lerne, effektiv mit dem Medizinrad zu arbeiten. Folge den Anleitungen und beginne direkt mit der schamanischen Arbeit! Von der Theorie in die Praxis: So werden schamanische Rituale in den Alltag integriert - damit bist du jederzeit energetisch geschützt und fördest dein spirituelles Wachstum! Eine echte Schamanenschule: Zu jedem Kapitel gibt es zahlreiche große und kleine Übungen, mit denen das eigene schamanische Arbeiten Schritt für Schritt aufgebaut werden kann! Exakte Anleitung zur Durchführung deiner schamanischen Reise - komme endlich in deine Kraft und lerne entspannt das Reisen in die Anderswelt! Erfahre in dem Buch, wie du deine schamanische Erlebnisse tatsächlich in dein Leben integrierst und dir damit mehr Glück, Erfolg, Wohlbefinden aufbaust und endlich alte Wunden heilen lassen kannst. Willst du endlich in diese faszinierende Welt einsteigen? Jetzt ist es Zeit, sich auf die spannende Reise zu dir selbst zu machen. Schamanismus ist eine Technik, die sich dabei seit Beginn der Menschheit bewährt hat.

PRAKTISCHE MAGIE FÜR MODERNE HEXEN Lotus Press (WI) Revised edition of the groundbreaking New Age book that

seamlessly merges Western psychology and science with spirituality, creating a compelling interpretation of the Eastern chakra system and its relevance for Westerners today. In Eastern Body, Western Mind, chakra authority Anodea Judith brought a fresh approach to the yoga-based Eastern chakra system, adapting it to the Western framework of Jungian psychology, somatic therapy, childhood developmental theory, and metaphysics and applying the chakra system to important modern social realities and issues such as addiction, codependence, family dynamics, sexuality, and personal empowerment. Arranged schematically, the book uses the inherent structure of the chakra system as a map upon which to chart our Western understanding of individual development. Each chapter focuses on a single chakra, starting with a description of its characteristics and then exploring its particular childhood developmental patterns, traumas and abuses, and how to heal and maintain balance.

Chakras New Age Books

Are you looking for a powerful guide to awake your Inner Energies and Improve your Spiritual Practices? Do you feel the need to meditate and to be spiritually reborn? This travel will take you to discover hidden powers locked inside you and teach you techniques to release them! You will have at your disposal a complete and powerful guide to spiritual self-healing. Spiritual Awakening box set Includes following 4 Books: Chakra Awakening Guided Meditation To Awaken Your 7 Chakras, Third Eye Chakra, Attain Psychic Awareness & Clairvoyance. Enhance Intuition, Mind Power & Heal Your Body To Achieve Spiritual Healing. Third Eye Awakening How To Awaken Your Third Eye Chakra, Increase Mind Power, Empath, Psychic Abilities, Intuition & Awareness Using Chakra Meditation & Self Healing. Kundalini Awakening: Awaken Kundalini Energy, Improve Psychic Abilities, Intuition, Higher Consciousness, Third Eye. Expand Mind Power, Heal Your Body Through Kundalini Yoga & Chakra Meditation. Kundalini Awakening Guided Meditation To Develop Emotional Intelligence, Psychic Abilities, Awareness, Intuition, Awaken Third Eye Chakra & Chakra For Beginners. Activate Breathing & Healing Body. In this bundle you will learn what Chakras are, how we discovered their existence and who has them and can heal them. You will find everything you need to know about secret way to perform mind and body balancing practices. You'll know how to awaken the Third Eye which is associated with Spirituality and understanding of Spiritual Things. Many people mistake this for being religious, although one can be religious without being Spiritual. When the Third Eye is opened, it changes your life and your perspective of things and you have this feeling of inner wellbeing that you may never have otherwise experienced. It's almost akin to the opening of a door to understanding. You will get all the tools you need to practice Kundalini Yoga and awaken Kundalini energy. Kundalini yoga, which works not only to awaken the dormant serpent energy but also to retain the balance of these energy systems, is a synthesis of several yoga practices and focus on breath, postures, and guided meditations to engage the primal life-force within. The topics of this box set are treated in depth, the change in your spiritual life is contained in this meditation path that only this book can give you. Are you ready to discover this exciting spiritual world? You will discover things about yourself that you have never known... Begin today this journey to discover your spirituality and make your life better and more balanced with the Spiritual Awakening.

Heilsteine Komplett-Anleitung SteinerBooks

More and more of us are suffering from the stresses and strains of modern life. Mindfulness is an increasingly popular discipline that can not only help alleviate the symptoms of stress, anxiety and depression brought on by the pressures of our daily existence but can actually bring calm, joy and happiness into our lives. In The Little Book of Mindfulness Tiddy Rowan, herself a practitioner for over 30 years, has gathered together a seminal collection of over 150 techniques, tips, exercises, advice and guided meditations that will enable people at every level to follow the breath, still the mind and relax the body, whilst generating and boosting a feeling of well-being and contentment that will permeate every aspect of everyday life. The perfect little gift to bring lasting happiness and peace for friends and family.

The Yoga of the Three Energies St. Martin's Griffin

Unlock your healing power with chakra meditation. Your chakras are your body's vital energy centers, and their health can impact your physical and mental wellbeing. Drawing on rich traditions and hundreds of years of knowledge, Essential Chakra Meditation shows you that practicing intention and purpose can transform your mind, body, and spirit. Discover how to unblock your energy through a series of guided meditations--each tailored to treat a specific chakra. Whether you're new to meditation or have some experience, this book offers you everything you need to create internal balance and start healing today. Essential Chakra Meditation includes: Awaken your healing power--Learn how guided meditations can keep your energy flowing--reducing stress, easing fatigue, and bringing balance back to your busy life. Understanding your chakras--Detailed descriptions of the Root, Sacral, Solar Plexus, Heart, Throat, Third Eye, and Crown chakras provide you with the information needed to diagnose and treat blockages. Essential mantra and mudras--Enhance your

meditation and mind-body healing with mantras (short chants) and mudras (hand postures) for each chakra. Master the art of chakra healing and help free yourself from worry and exhaustion. **A Journey Into the Genius Mind** Simon and Schuster In Life, Love, Laughter: Celebrating Your Existence, one of the twentieth century's greatest spiritual teachers shares how humor and wisdom strengthens our lives. In this collection of reflections, Osho's encouraging and loving stories go far beyond the usual chicken-soup fare. Life, Love, Laughter establishes a new genre of introspective text stripped of all platitudes and clichés, and absolutely in tune with the realities of the twenty-first century. In this artful work, Osho mixes entertainment and inspiration, ancient Zen stories and contemporary jokes to help us to find love, laughter, and ultimately, happiness. Featuring an original talk by Osho on DVD, you'll experience his direct insight and wit straight from the source. Osho challenges readers to examine and break free of the conditioned belief systems and prejudices that limit their capacity to enjoy life in all its richness. He has been described by the Sunday Times of London as one of the "1000 Makers of the 20th Century" and by Sunday Mid-Day (India) as one of the ten people--along with Gandhi, Nehru, and Buddha--who have changed the destiny of India. Since his death in 1990, the influence of his teachings continues to expand, reaching seekers of all ages in virtually every country of the world.

The Little Book of Mindfulness Human Design Services

Life is an unbroken stream of daily situations dictated by our karma, and the three energies create the states of mind with which we try to manage them. did you ever wonder why you are either 1-tired, fuzzy-minded, lazy, depressed and confused, 2-stressed, frustrated, disturbed, scattered, restless and unfocused or 3-happy for no reason, blissful, still, focused, dynamic and creative? This book shows you the answer and provides the means to match the energies to your goals.

Essential Chakra Yoga Mango Media Inc.

• Revised and expanded edition of the classic work on chakras by the renowned Indian scholar and tantra practitioner. • Over 35,000 copies of the original edition sold. • Includes full-color illustrations of the chakras to be used with the meditation exercises in the book and provides the tools necessary to activate these centers of transformative energy. In the ancient science of tantra, the human body is viewed as the most perfect instrument for the expression of consciousness, a perfection realized through the development of psychic centers known as chakras. Located within the cerebrospinal system, the chakras are the stage upon which the interaction between higher consciousness and desire is played out. Consequently, it is through understanding and utilizing the energies of the chakras that we ultimately reach an enlightened state of being. In Chakras, Indian scholar and tantra practitioner Harish Johari introduces the classical principles of the chakras as well as their practical application for today. In this expanded edition, complete with new art and text, he unfolds the mysteries of these subtle centers of transformation with visualization techniques essential to a fully realized tantric practice. Unlike other books in its field, Chakras provides the tools to activate these centers of transformative energy and elevate one's intellectual knowledge to an experience of spiritual growth. Meditating on the beautiful, full-color illustrations of each chakra vitalizes the cerebrospinal centers and harmonizes the entire system both physically and psychically. Explanations of each chakra elaborate on the chakra's connection to elements, colors, sounds, sense and work organs, desires, planets and deities, as well as on behavioral characteristics and particular effects of meditation. For scholars and spiritual aspirants of every level, Chakras is an invaluable, practical source of information and techniques.

The Original Reiki Handbook Of Dr. Mikao Usui Llewellyn Worldwide

Wenn Sie neugierig auf die Wicca-Religion sind? Möchten Sie die Rituale und Techniken der modernen Hexen kennenlernen? Fühlst du dich bereit für deine spirituelle und magische Einweihung? Dieses Buch wird Ihnen helfen, Ihre Fragen zu beantworten und Sie in unvorstellbare Aspekte einzuführen.... Wicca ist eine moderne Religion mit Wurzeln in alten Traditionen, die die regenerative Energie der Natur und das Engagement für ein Leben im Gleichgewicht mit der Erde ehren. Sie müssen wissen, wann Sie bestimmte Pflanzen ernten und wie Sie sie trocknen müssen. Kristalle werden wirksam sein, wenn sie richtig behandelt werden. Kerzenmagie ist in fast allen Wiccan-Zaubersprüchen und -Ritualen enthalten, und es ist unglaublich wichtig, dass Sie genau wissen, was Sie tun, wenn es darum geht, mit Feuer zu spielen ... Jeder Zauber und jedes Ritual, das du lernst, trägt zu deinem persönlichen Wachstum bei und hilft dir, deinen Lebensstil zu ändern. Pamela Wilford studiert seit vielen Jahren leidenschaftlich die Wicca-Religion, lernt die Geheimnisse und magischen Techniken und wie man die Energie der Natur verwaltet und nutzt, um sich sowohl im Geist als auch im Geist gut zu fühlen. Jetzt können auch Sie profitieren! In diesem Buch werden Sie entdecken: · Die Ursprünge und Überzeugungen von Wicca · Wie man die Energie der Erde, die in Kristallen eingeschlossen ist, ihre Eigenschaften und verborgenen Bedeutungen nutzt · Die Unterschiede zwischen Ritualen und

Zaubersprüchen, die Ihnen helfen, Ihre Spiritualität zu entwickeln und Vorteile für Ihren Körper und Geist zu erzielen · Wie Sie mit der Vorbereitung Ihres Altars beginnen und ätherische Öle, Pflanzen und Kräuter verwenden Und vieles mehr... Entdecke alles, was du brauchst, um Wicca, Zaubersprüche und Magie zu üben. Beginnen Sie Ihre magische Reise ... Warten Sie nicht, klicken Sie auf "JETZT KAUFEN" !

The Chakra Journey Celestial Arts

Indestructible You is a practical guidebook for making yourself so strong inside that life's relentless ups and downs cannot shake you and cannot break you. It will help you uncover the powerful, driving force of your true self, and let go of everything that holds you back. The book is based exercises and practices developed by Shai Tubali through his research and work guiding several hundred individuals through psycho-transformational processes. In essence: Life is like an eternal seesaw. At every given moment you're either up - getting what you want and feeling powerful, or down - finding yourself rejected, weakened and frustrated. We are

forever hoping to bend the laws of this 'unfair game' so that we stay on the up-side of life. But this unrealistic insistence is why we suffer. Indestructible You reveals the way to step down from the eternal seesaw and build an unbreakable self, a self that remains fearless and strong no matter what life throws at you.

Zitty MVG Verlag

The Ultimate Chakra Practice to Center Your Life This innovative book presents an easy-to-use, step-by-step chakra method that helps you integrate energy work into your daily lifestyle.

Assigning one chakra to each day of the week, 7 Day Chakras makes it simple to focus your intentions, awaken your energy centers, and reach your goals. Join Shai Tubali on a rich, multicolored journey into the wisdom of the chakras. He shares meditations, affirmations, exercises, journal prompts, and visualizations, all of them specially designed to help you fully awaken your body and mind. Explore the chakras individually as well as how they work together. Discover what your chakra personality type is and what practices empower your days. This enlightening book teaches how to heal yourself and pay better

attention to neglected areas every week, guiding you to a sacred and fulfilling life.

[Lewellyn's Little Book of Chakras](#) Createspace Independent Publishing Platform

If we could take the most intense and penetrating look into our psyche and strip away the layers, what would we find at our very core? Could we find the key to psychic health that unlocks our full creativity and potential? Working with hundreds of people around the world, therapist and author Shai Tubali came to realize that it was power that drove the human psyche: the primal urge for power, the loss of power, and the entangled and confused desires to regain power in our lives. Tubali created 'psycho-transformational processes' to enable the men and women he worked with to uncover these hardest, hidden and most denied parts of the self, and then guided them to transform these parts into a source of true, revitalizing inner power. The Journey to Inner Power sets the reader on this challenging new path to self-knowledge and self-liberation.