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By Kathryn Kaye

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Muladhara The Root Chakra is a complete guide to balancing the first of the seven main chakra points. This is an excellent resource for those who are new to chakra balancing or anyone is seeking natural healing through chakra therapy. It is also a great book for those who are seeking a deeper connection with their root. The book covers everything from color and light therapy to using healing crystals, essential oils, sounds and vibration, meditation and more. This book will truly help you to balance and enhance your chakras and improve your health and well being.



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