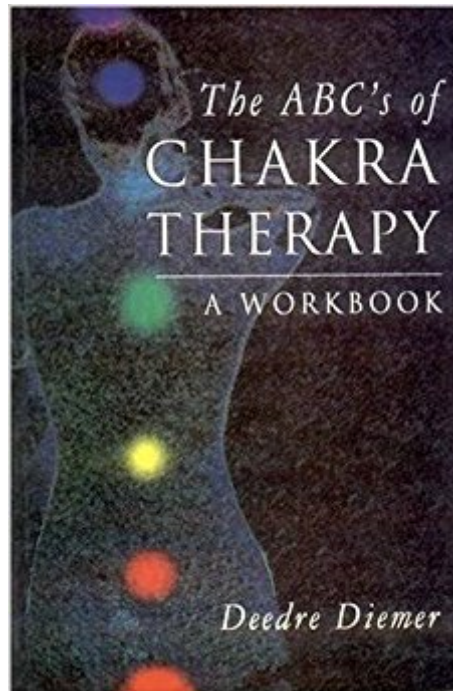




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# The ABC's Of Chakra Therapy: A Workbook



## Synopsis

The ABC's of Chakra Therapy is a practical, user-friendly workbook that leads readers on a journey of self-healing and transformation through the exploration of the human energy field, specifically the seven main energy centers, or chakras. The unique approach of this book focuses not just on one method of energy clearing, but incorporates a variety of therapies to choose from. The forms of therapy in this healing 'bag of tools' include: visualization, sound, color, aromatherapy, reflexology, crystals and gemstones, yoga and other physical exercise. Learn to combine powerful healing techniques to enable healing on physical, mental, emotional, and spiritual levels. You'll become more aware of your own energy, compared to energy that belongs to someone or something else. You'll be better able to take control of your life -- no longer being at the mercy of the unconscious effects of others. Where traditional psychotherapy leaves off, The ABC's of Chakra Therapy comes in -- expediting healing by providing a means of de-energizing and neutralizing negative patterns, beliefs, and behavior at the core level. --This text refers to an alternate Paperback edition.

## Book Information

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## Customer Reviews

I teach yoga/chakra workshops and I find this book to be a very good companion to the mother of all chakra books, The Wheels of Life by Anodea Judith. Diemer's perspectives on the chakras are different but well explained and researched. This is a book, like Judith's, that you can go to multiple times and glean new tidbits every time.

Easy read and very useful.

I AM STILL READING THIS BOOK.BUT SO FAR I THINK THIS IS A GREAT BOOK FOR PEOPLE WHO ARE BEGINNERS WITH CHAKRA THERAPY.THE BOOK REALLY WALKS YOU THROUGH ALL THE CHAKRA AND HELPS YOU BETTER UNDERSTAND HOW CHAKRA'S EFFECT YOUR EVERYDAY LIFE AND THNGS TO DO TO CLEAR YOUR CHAKRAS

Balancing the body is imperative and this book takes you through balancing the entire body. The world would be a better place if we were all balanced.

Not bad! :)

Great book! Well written and easy to understand and follow. Good for self healing or Holistic practitioner. Would definitely recommend.

Deedre Diemer has a wonderfully clear and concise knowledge of the mysteries and applications of the Chakra energy centers and the healing applications found within all of us. My life has become enriched using her techniques for balance, clarity and healing. I now feel confident and at peace with the mind, body, spirit connection that seemed to be missing in my life prior to unlocking Ms. Diemer's insightful Chakra Therapy techniques. Apparently, I had energy blocks which limited my ability to realize my fullest potential. Kudos to Deedre Diemer and her work " The ABC's of Chakra Therapy"! This book is insightful, informative and easy to follow and use in everyday circumstances. A jump start for anyone needing a fresh perspective on the healing qualities of unlocking energy blocks.

I purchased this book at a bookstore and I have tried to soak up every word. The author explains things very simply. She opened up another door for me. I had always believed that I needed someone or something to help me to open up my chakras, never knew or even thought about the ability of being able to do this for myself.

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(Chakra Alignment ,Chakra Healing, Chakra Balancing Book 1) Chakras: Pleasure Guide: Couples Healing; For Lovers (Chakra Balancing, Energy Healing, Couples Therapy, Tantric, Kama Sutra, Couples Therapy, Chakra) The ABC's of Chakra Therapy: A Workbook Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2 Chakra Meditation: A User-Friendly Guide to Opening, Balancing, and Cleansing through Chakra Meditation Techniques Speech Therapy for Kids : Techniques and Parents Guide for Speech Therapy (speech therapy, speech therapy materials) ABC for Me: ABC Yoga: Join us and the animals out in nature and learn some yoga! ABC Oceans (AMNH ABC Board Books) Chica Chica Bum Bum ABC (Chicka Chicka ABC) (Spanish Edition) Minnesota Vikings ABC: My First Alphabet Book (NFL ABC Board Books) (My First Alphabet Books (Michaelson Entertainment)) ABC Universe (AMNH ABC Board Books) ABC Rainforest (AMNH ABC Board Books) ABC of Dermatology (ABC Series) Futbol / Soccer: Tecnica Del Futbol. El Abc Del Entrenamiento Juvenil / Soccer Techniques, The ABC of the Juvenile Entertainment (Spanish Edition) Treating Psychosis: A Clinician's Guide to Integrating Acceptance and Commitment Therapy, Compassion-Focused Therapy, and Mindfulness Approaches within the Cognitive Behavioral Therapy Tradition Light Therapy: Teach Me Everything I Need To Know About Light Therapy In 30 Minutes (Light Therapy - Season Affective Disorder - SAD - Vitamin D) The Trigger Point Therapy Workbook: Your Self-Treatment Guide for Pain Relief (A New Harbinger Self-Help Workbook) Trigger Point Therapy for Low Back Pain: A Self-Treatment Workbook (New Harbinger Self-Help Workbook) Trigger Point Therapy for Repetitive Strain Injury: Your Self-Treatment Workbook for Elbow, Lower Arm, Wrist, & Hand Pain (New Harbinger Self-Help Workbook)

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