



# **New Chakra Healing: Activate Your 32 Energy Centers (Llewellyn's Whole Life)**

*Cyndi Dale*

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*New Chakra Healing* begins where the traditional seven-chakra system leaves off. Cyndi Dale explains how to work with the energy of the back sides of the chakras, as well as 20 other spiritual energy points. This innovative book also reveals a unique blend of psychological and spiritual healing techniques the author has used to treat thousands of clients—often with dramatic results. Included are step-by-step methods to remove internal energy blocks which manifest stress, addictions, low self-esteem, money and relationship problems, depression, and chronic pain or illness. By working with chakras and spiritual energy fields, readers can heal all resistance to living a successful life.

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