



## Working With Your Chakras (Paperback)

By Ruth White

Little, Brown Book Group, United Kingdom, 2010. Paperback. Condition: New. UK ed.. Language: English . Brand New Book. WORKING WITH YOUR CHAKRAS is a clearly written and easy-to-use book which brings esoteric chakra knowledge into a Western perspective. You will discover how connecting with your chakras enables growth, healing and balance to take place in all areas of your being - physical, mental, emotional and spiritual. Ruth White explains that much chakra work is of self-help nature. Through exercises and colourful visualisations and meditations you will unlock a wealth of information about yourself. Unsuspected strengths or gifts will emerge and information essential to full physical and emotional healing will be revealed. Above all, the self-understanding you will gain through contact with your chakras will help you to live more fully and make more dynamic and exciting life choices.



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