



Chakra Alchemy Coloring Activity Workbook: The Paradigm Shift to Original Medicine (Paperback)

By Cathryn Barkulis-Smith

Createspace Independent Publishing Platform, 2017. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.This workbook is designed to be used as a personal Journal or Diary through the chakras for Personal Transformation, Motivation to reach Personal Goals and a Reference Guide to Holistic, Homeopathic, Naturopathic and Flower Essence in Healing and Maintaining Good Health. It categorizes and utilizes all the gifts of Mother Earth. Such as gems, aromatherapy, flower essence, herbs and foods, that support and enhance our lives; strengthen our bodies; balance our emotions; and soothe our souls. Through many light-hearted activities including coloring, journaling and positive affirmations. This book will help you become aware of the total involvement necessary for self-healing by healthfully and naturally making your food your medicine, creating new daily habits, learning ancient rituals and traditions, making tools for self-healing, and taking back responsibility for your own healthcare. The result is a new way to walk through life: walking AS IF. Simply Cathryn, takes you on a journey with her 40 years of experience through the energy centers of the body, that weave every atom of our being naturally into the tapestry of all life on Earth. Awakening us to...



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