



The 7 Healing Chakras Workbook: Exercises and Meditations for Unlocking Your Body's Energy Centers

M.D. Brenda Davies

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Filled with step-by-step guided activities — including meditations, questionnaires, self-tests, creativity exercises, journal writing, charts, tables, and spiritual explorations — this workbook offers a voyage of self-discovery. Progressing one by one through the seven chakras, the easy-to-follow exercises show readers how to unblock each energy channel and clear the psychological, emotional, and spiritual debris of the past. The lay-flat binding enables readers to easily write, draw, and make notes directly in the book. Practical, comprehensive, and inspirational, this workbook provides the tools needed to address long-avoided issues, take charge of your mental and physical well-being, and develop the skills necessary to move forward and fully manifest your life's purpose.

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