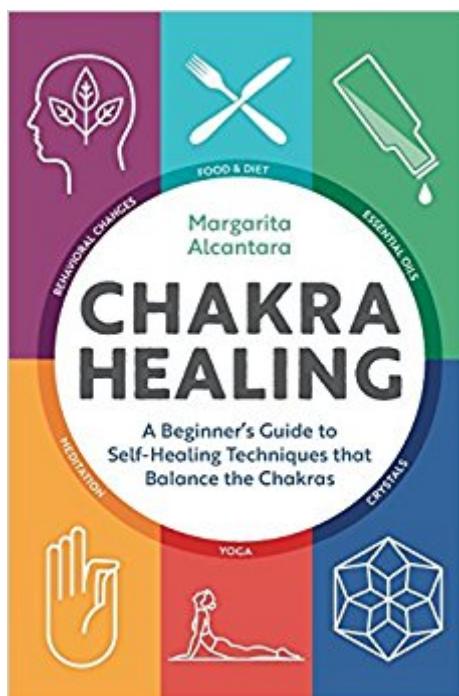


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# Chakra Healing: A Beginner's Guide To Self-Healing Techniques That Balance The Chakras



## Synopsis

Discover the ancient knowledge of chakra healing and restore balance to your mind, body, and spirit. Within all living beings are powerful centers of energy called chakras. Each chakra holds the potential for immense healing and restoration. However, learning how to harness the chakra system's amazing power can be challenging when so much of the information available is dense and academic or subjective and hard to trust. In her successful New York practice, energy healer, acupuncturist, and Reiki master Margarita Alcantara addresses the most common ailments people experience today. She's successfully taught her clients a wide range of different healing techniques for removing energy blockages and balancing their chakras. Through practical instruction and compassionate guidance, Margarita shows each client how to find the self-healing chakra technique that resonates best for their own unique needs. In *Chakra Healing* Margarita brings these powerful techniques for chakra healing to anyone who wants to better their emotional, physical, and spiritual health through:

**A THREE-PART CHAKRA HEALING APPROACH** to identify your ailment, discover the affected chakra, and select from an array of effective chakra healing techniques

**A VARIETY OF THERAPEUTIC METHODS TO CHOOSE FROM** including Meditations & Visualizations, Crystals, Essential Oils, Yoga, Food & Diet, Behavioral Changes, and more

**HELPFUL ILLUSTRATIONS AND PHOTOS** of chakra locations, yoga poses, and crystals for easier than ever application of these self-healing techniques

The chakra techniques offered in *Chakra Healing* address a wide array of ailments and concerns, such as: Asthma and Allergies, Back Pain, Fatigue, Guilt, Anger, Digestive Issues, Neuropathy, Disconnection from Self and Others, Skin Issues, Headache, Loneliness, and more.

## Book Information

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## Customer Reviews

“Chakra Healing is filled with combined information for the body, mind, and spirit. A great book to begin working on the many layers of the body – focusing on health, yoga, and the use of crystals as it interestingly combines them to create a better lifestyle infused with wellness.” Irma StarSpirit Woman, Shamanic teacher, Reiki Master, and Certified Crystal Healer “Chakra Healing is a perfect guidebook for the toolbox of any healing practitioner, or for self-healing and self-care. Margarita covers this vast area of the chakras in concise and easy-to-follow information with practical applications of the knowledge and many alternative-healing systems to accompany the work. This book will lead you to understand and love the Chakra system!” Anjahlia Kate Loya, Celestial Angelic Shaman, Master Seerer, Master Healer “If you’re looking for one book to start your healing journey, Chakra Healing: A Beginner’s Guide is THE book you require. This beginner’s guide is super comprehensive on the chakras and yet not overwhelming. I highly recommend this book for anyone looking to overcome physical and emotional patterns that are blocking you from living a healthy life.” Corrina Steward, Soul Wealth Coach and Energy Re-Alignment Healer “This is a lovely book – well written, easy to understand, and comprehensive for anyone wanting to understand the chakras and how they relate to our physical, psychological, emotional, and spiritual health. The ideas on how to heal each chakra using meditations, crystals, essential oils, or yoga provide worthwhile advice, and the illustrations of yoga poses and crystals are extremely useful. An enjoyable and informative read!” Penelope Quest, MSc, BA, Cert. Ed., Reiki Master and Teacher, and award-winning author of Reiki for Life

MARGARITA ALCANTARA is a Licensed Acupuncturist, a Reiki Master and Teacher, and a natural empath. In her New York based private practice, Alcantara Acupuncture & Healing Arts, Margarita helps others reconnect to their inner light and Higher Selves, with knowledge, compassion, and fierce love, by sharing her own brand of powerful healing with them. In addition to Acupuncture and Reiki, Margarita has a rich knowledge base of multiple adjunctive Acupuncture therapies and wellness disciplines, which she integrates into her patients treatment as needed. She believes that physical healing is connected to spiritual and emotional healing, and provides guidance as her treatments activate the release of physical, spiritual, emotional, and other blockages.

I have already learned so much from this book in just the few days that I have read it. Came in perfect condition.

User friendly, great information!

I have only now just begun to read the book, but in browsing through it, I was impressed! A lot of helpful information!

This book is full of information and allows learning of the chakra's very easy.

Absolutely love this book, very informative and accurate!!

Easy to read while explaining

Very helpful. It explains what to do with your crystals and oils

Very Interesting

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