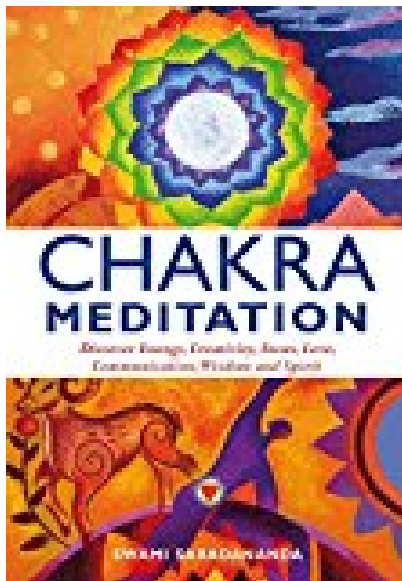


# Chakra Meditation Discovery Energy Creativity Focus Love Communication Wisdom and Spirit

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## BOOK DETAILS

- Author : Swami Saradananda
- Pages : 160 Pages
- Publisher : Watkins Publishing
- Language : English
- ISBN : 1907486909

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## BOOK SYNOPSIS

Reveals how chakras and energy pathways work and offers a variety of meditations and visualizations to calm or stimulate energy centers.

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