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esta obra ofrece formas prácticas y eficaces de trabajar con los chakras y muestra cómo desbloquear y armonizar su energía para lograr el equilibrio físico mental emocional y espiritual se incluye además una extensa información práctica sobre mitos y arquetipos ejercicios corporales cómo emplear correctamente los colores y los

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livre très instructif et précis qui aborde les chakras sous plusieurs angles énergétique spirituel scientifique et symbolique il explique ce que sont les chakras et à quelles glandes endocrines du corps humain ils correspondent ainsi que les organes associés donne des exemples de pathologies émotionnelles et physiques

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the chakras are 7 energy centers that extend from the base of your spine to just over the top of your head when prana energy flows through them easily your physical emotional and mental health all improve when the chakras become blocked you may experience physical or emotional symptoms

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