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Stiles, BA, LMT, CBT, CBP Certified Clinical Aromatherapist Metaphysician & Coach www.kgstiles.com. CHAKRA 1 ~ MULADHARA (BASE/ROOT) "Cultivate the root and the leaves and branches will take care of themselves." -Confucius 551 - 479 BC Chinese philosopher.

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The Book of Chakra Healing covers the basics of the seven major chakras and gives ideas for balancing chakras that are too open or blocked. This book seems like a basic introduction to the chakras and their healing and has been valuable to me as such. flag 1 like · Like · see review

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The book's author, Margarita Alcantara,

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is a writing and healer with a booming acupuncture business based in New York. Through this beginner's guide, Alcantara shares how you can heal body pain, allergies, headaches, stomach aches, inflammation, fatigue, and even emotional issues through the understanding of the chakras.

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