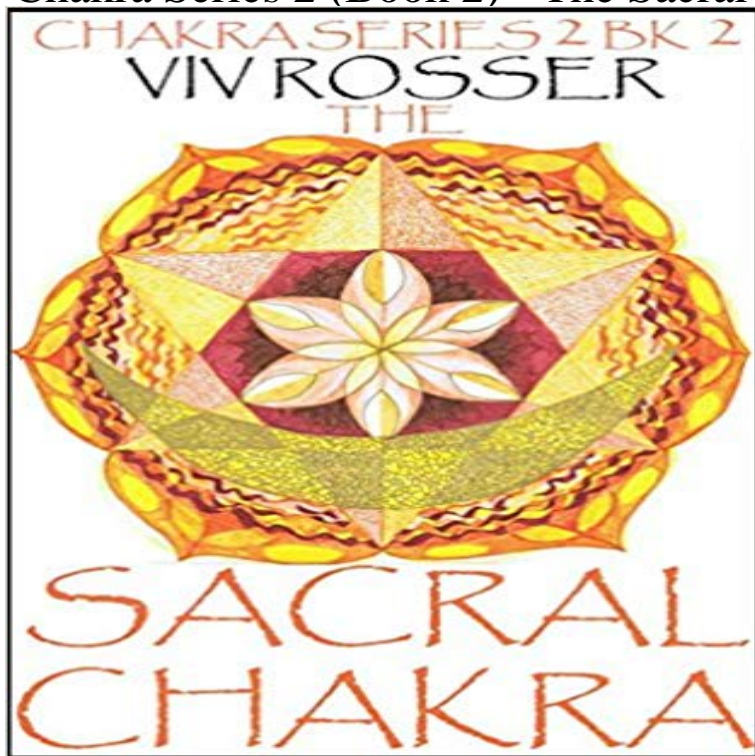


Chakra Series 2 (Book 2) - The Sacral Chakra



Chakra Series 2 follows chakra series 1, going into more depth about the issues centred around each chakra. Chakras are spinning wheels of light and energy that connect to certain places in our bodies. When they are blocked or inactive our energy is depleted. Sacral Chakra 2 looks at how unhealthy blockages might affect us and suggests ways of combatting stuck energy. We may have guilt or shame attached to sexual pleasures or we may have developed unhealthy ways to relate either by being encouraged to pretend to be nice and blocking anger and resentment or using our emotions against another. Negative emotions cause us to lose our spontaneity, creativity and genuine pleasure. As usual the book is full of colourful illustrations and mandalas so you can experience the chakra energy through meditation. Kindle fire screens are lit to bring these mandala colours alive to help balance and cleanse our chakras. This book is designed for Kindle-fire and coloured kindle-fire apps on all devices, so that the illustration can support your experience. I hope this brings them alive for you.

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