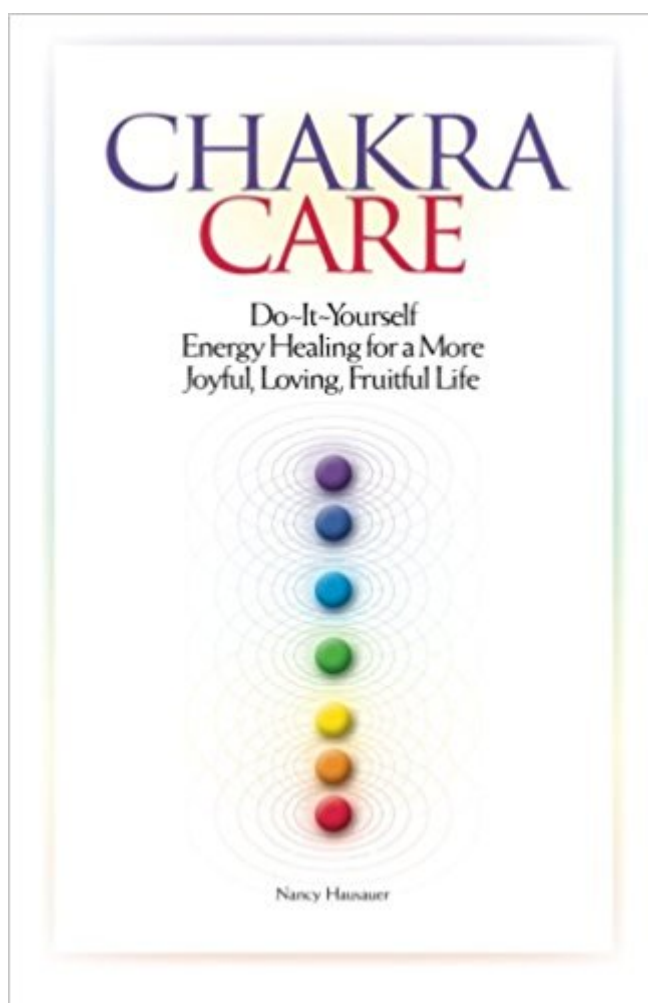


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# Chakra Care: Do-It-Yourself Energy Healing For A More Joyful, Loving, Fruitful Life



## Synopsis

A Handbook for the Sacred Energy Centers That Shape Your Life Just like our bodies, our chakras thrive when we nurture them. In *Chakra Care: Do-It-Yourself Energy Healing for a More Joyful, Loving, Fruitful Life*, energy healer Nancy Hausauer gives us the tools for “care and feeding” of our own chakras. With this eminently practical guidebook, we can enter the traditionally esoteric world of energy healing with confidence and a sense of creativity and fun. Followers of Hausauer’s internationally popular website, The Energy Healing Site, have grown to love her friendly, accessible approach. In *Chakra Care*, she continues her mission to make simple self-energy-healing accessible to the average person. You won’t find complicated, arcane techniques or procedures here. The book’s 500-plus activities to help your chakras flourish and bloom are down-to-earth, practical and enjoyable. With Hausauer’s cheerful, positive coaching and the tools and perspectives she shares, truly anyone can access the wisdom and power of the chakra system. The results can be transformative: wholeness restored at deep levels, unrealized potentials discovered and tapped, a richer and more radiant life.

## Book Information

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## Customer Reviews

Nancy Hausauer has been practicing energy healing since 1993, when her infant daughter developed a medical problem that needed more help than conventional medicine could offer. Her website, TheEnergyHealingSite.com, is a resource widely used by people around the globe who are interested in wellness, expanded awareness and personal evolution.

This is a book that is well written with the reader foremost in mind. Many books in this genre often make the author the main subject--not so here. The tone throughout this book is one of invitation and restraint. Ms. Hausauer invites you into the world of Chakra healing but she doesn't overwhelm you with jargon and esoteric detail. She has laid it out in an easy-to-follow format that enables you to first be introduced to the Chakra system as a whole and then to focus on each individual chakra. It is eminently useful as a manual. And it is chock full of good information. Ms Hausauer knows this system well and communicates it clearly. In a way this is a basic primer for beginners. The information is clear and practical. Yet it will be very useful to anyone already familiar with the Chakra system for the same reasons. Ms Hausauer gives the reader many ways to access the energies of the various chakras and to do simple everyday things to balance one's chakras. She shows how a person can use knowledge of the health of their chakras in their life to enhance their joy in living on all levels, physical, emotional and intellectual, and spiritual. One caveat: the lists of things one can do to work with each chakra is often daunting, but once you remember it is a list to choose from and not a list of items one should accomplish, it becomes extremely useful. Her approach to Chakra healing does not require you to completely revise your belief systems; it just asks for a recognition that the universe we all live in is composed of energies, including the energy centers in our own bodies. How fortunate we are to have such a clear explanation of the Chakra system and an invitation to participate in self healing presented in this book.

I never understood Chakras before reading this book. Written in a manner which is easy to understand and a good reference. You need to buy this book as you will refer to it over and over and discover new things that are relevant each time you open it. The chapters are set up to either read through from start to end or focus in on the areas where you need information and assistance. A true gem.

I really really enjoyed this book because Nancy knows how to take a complex subject like metaphysics and break it down into simple, bite-size concepts anyone can understand and put into action. And the timing could not be better for a book like this, especially now, in the world where healthcare costs are spiraling out of control.

Excellent well written book on chakras! I highly recommend it!

A very good basic book on Chakra's made easy.

A very down to earth read for people wishing to know more about how to balance and ground their energy. Highly recommended. I enjoyed reading this and I know you will as well.

I discovered this book while having a good browse on internet and coming across her website. She seems to be an outstanding energy healer and very compassionate. Excellent book on the subject. Her website is excellent, such a

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