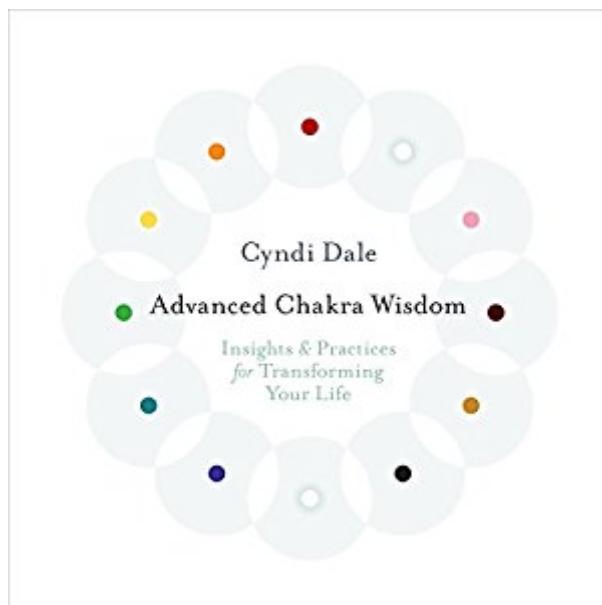


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# Advanced Chakra Wisdom: Insights And Practices For Transforming Your Life



## Synopsis

You know that the chakras are a powerful healing tool - but did you know that is only the beginning? By tapping in to the full potential of your chakras, teaches Cyndi Dale, you open a gateway to health, prosperity, joy, and the expression of your own unique gifts. In Advanced Chakra Wisdom, this world-renowned author and intuitive healer provides all the tools you need to explore your body's 12 key chakras and to unlock the power hidden in each one. A Cross-Cultural Master Class About Harnessing the Chakras Most available resources focus on the seven basic chakras and their role in maintaining good health. Yet Cyndi Dale's experience as both a healer and a scholar has led her to significantly expand this picture of the chakras and their greater spiritual importance. Drawing upon wisdom traditions from around the world - including Chinese qi medicine, shamanism, and modern science - she delivers a myriad of techniques for applying chakra practice to every aspect of your life. Do you know which chakra is most important for manifestation? How to use the chakras to explore past lives? Which life energies are governed by your eighth, ninth, and even 12th chakras? Using a succession of guided meditations to bring you into direct contact with your chakras one by one, Cyndi Dale helps you discover the dynamic properties inherent in each energetic focus. Starting with the fundamentals for beginners, she guides you with clarity and detail through practices that open surprising new doors for even experienced practitioners. Whether your practice focuses on healing, strengthening your relationships, boosting your creativity, or experiencing unity with the divine, the chakras hold the key to realizing your goals. Advanced Chakra Wisdom brings you an indispensable treasury of practical techniques and transformative teachings for tapping your body's energy system - and realizing the boundless potential available to you through the chakras.

## Book Information

Audible Audio Edition

Listening Length: 7 hoursÂ andÂ 5 minutes

Program Type: Audiobook

Version: Original recording

Publisher: Sounds True

Audible.com Release Date: October 6, 2015

Language: English

ASIN: B01672YS02

Best Sellers Rank: #48 inÂ Books > Religion & Spirituality > Hinduism > Chakras #111 inÂ Books

## Customer Reviews

I love her work. She is easy to understand and follow. It gave me the chills as she works with each chakra, asking what do you see, feel etc. This is so healing. I can't wait to do them over and over. I want to write everything down as she works you through each Chakra. I had no idea there were so many Chakras outside the main 7. It is very powerful and healing. You will not regret getting this set. I will look for more of her works.

Started listening to the lessons and found I was effortlessly absorbing the information. Great resource on the Chakra subject

The depth of knowledge she has is amazing. her ability to communicate nuances is superb, this has enriched my ability more than I ever imagined.

Cyndi Dale is more than delightful she is lovingly wise, genuine, beyond average and smart. Love her voice, her books, and her words of wisdom and counsel.

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