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THE FIFTH CHAKRA HEALING BOOK - DISCOVER YOUR HIDDEN FORCES OF TRANSFORMATION: Heal Fears About Self Expression & Speaking Your Truth

KG Stiles

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FIFTH (Vishuddha) THROAT CHAKRA - What It Is + What It Does + Signs of Imbalance and How to Heal with Color and Sound Therapy, Affirmations and Mantras, Aromatherapy, Yoga, Asanas Chakra Massage™, Crystals, Gemstones and more

Your fifth chakra is the energy center of higher will, intention, and personal authority. Key Archetypes: Father, Priest/Priestess, Pope/Popess, Spiritual Authority. Learn all about the function and purpose of your fifth chakra, where it's located, associated body parts, symptoms of imbalance (physical, mental, emotional, spiritual), and the simplest, most effective ways to restore balance and health for your fifth chakra.

“Goes way beyond other sources of information about the chakra system by offering clear, simple, and straightforward suggestions for working with these energy centers in a multitude of ways. KG Stiles has done a remarkable job of condensing these complexities into a form that’s both informative, and easy to read.” —Dr. Steven Farmer, Best-selling author Animal Spirit Guides and Earth Magic

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Each LoveNotes healing arts instructional publication has been energetically imprinted for ease of assimilation. This means you can immediately perform a technique effectively and experience benefits for yourself and others.

Hope you love your LoveNotes as much as I enjoy creating them for you!

Love & light to you,
-KG Stiles, Author,
Metaphysician
Founder Health Mastery Systems
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