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Chakra Healing Karmic Awareness Keith

Keith Sherwood, author of Chakra Therapy, offers a step-by-step approach to overcoming karmic baggage and energy blockages. His easy techniques can help you activate the chakras, strengthen boundaries (the surface of auras), arouse the kundalini, and embrace personal dharma.

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The exercises, mudras, and meditations that he has developed are used throughout Europe and North America by healers and energy practitioners to heal physical disease, deep traumas, karmic wounds, and energetic blockages. He lives in Berlin.

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Product Information In his bestselling book, Chakra Therapy, Keith Sherwood taught readers how to increase their energy and well-being by unblocking and balancing their energy systems. Now he takes the energetic healing process even further, with new topics and new techniques that he has tested and refined over the past ten years.

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