



Chakras for Starters

Savitri Simpson

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Long a popular subject in metaphysical and Eastern spirituality circles, interest in the chakras has recently crossed over into the consciousness of mainstream America. Yet, for all of the newfound interest, until now, there has yet to be written a concise, easy-to-read guide to this most intriguing of topics. In *Chakras for Starters*, Savitri Simpson demystifies and explains what chakras are, how to work with them, and the benefits accrued from doing so. Readers will learn how working with the chakras can help them feel a greater sense of security, self-control, heartfulness, centeredness, intuition, and spiritual transformation.

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