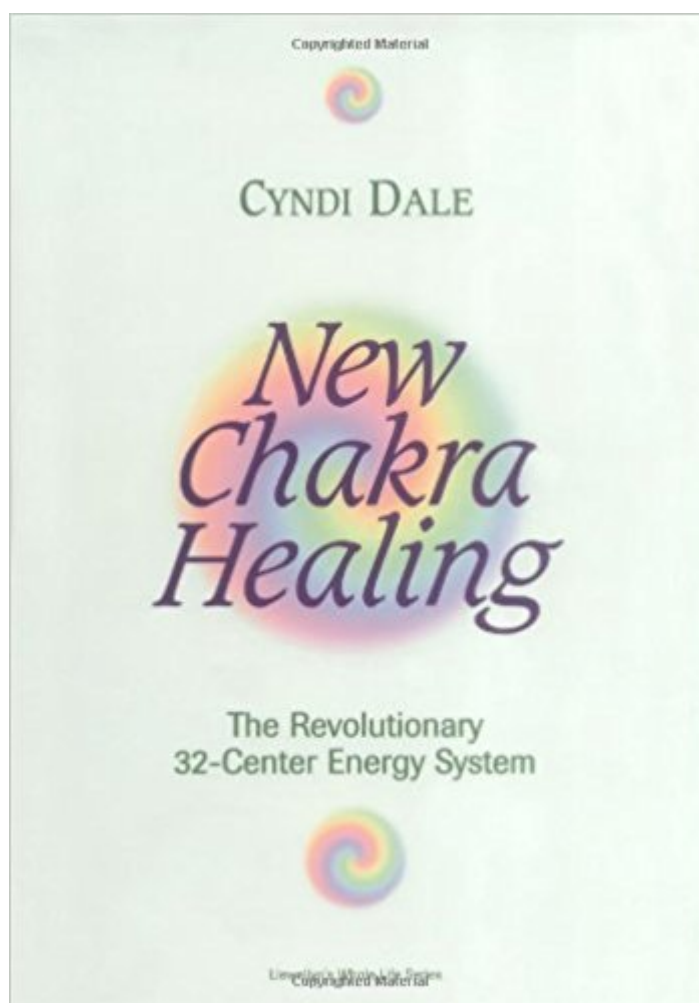


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# New Chakra Healing: Activate Your 32 Energy Centers (Llewellyn's Whole Life)



## Synopsis

New Chakra Healing begins where the traditional seven-chakra system leaves off. Cyndi Dale explains how to work with the energy of the back sides of the chakras, as well as 20 other spiritual energy points. This innovative book also reveals a unique blend of psychological and spiritual healing techniques the author has used to treat thousands of clients-often with dramatic results. Included are step-by-step methods to remove internal energy blocks which manifest stress, addictions, low self-esteem, money and relationship problems, depression, and chronic pain or illness. By working with chakras and spiritual energy fields, readers can heal all resistance to living a successful life.

## Book Information

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Average Customer Review: 4.7 out of 5 stars 13 customer reviews

Best Sellers Rank: #607,402 in Books (See Top 100 in Books) #329 in [Books > Religion & Spirituality > Hinduism > Chakras](#) #588 in [Books > Religion & Spirituality > Occult & Paranormal > Parapsychology > ESP](#) #839 in [Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing](#)

## Customer Reviews

The familiar seven-chakra system of energy in the body was just the beginning of our understanding of the holistic human. Now, in New Chakra Healing, Cyndi Dale greatly expands upon this traditional knowledge. She provides a complete picture of thirty-two human energy centers: twelve chakras within and outside of the body, plus twenty other energy points that exist on the spiritual plane. New Chakra Healing is loaded with original concepts and reliable, hands-on methods for removing energy blocks, supported by real-life examples from the author's successful counseling practice. You can use these revolutionary methods and exercises to heal disturbances and disruptions in your subtle energy bodies such as auras and rays, and you can even use these approaches to

change your karma! With the practical techniques given in New Chakra Healing you will be able to make use of all your energy points and spiritual bodies, perhaps for the first time ever, and experience holism in your life.

Cyndi Dale (Minneapolis, MN) is an internationally renowned author, speaker, healer, and business consultant. She is president of Life Systems Services, through which she has conducted over 35,000 client sessions and presented training classes throughout Europe, Asia, and the Americas. Visit her online at [CyndiDale.com](http://CyndiDale.com).

This is the only book I have found that covers these additional 32 (plus 1) chakra secondary spinal vertebrae energy centers. The illustrations and explanations are very clear and accurate. The only difficulty I have is being able to incorporate this additional information into my healing or energy application. The rest of the book covers similar ground to Cyndi's other books on the basic chakras and their healing attributes. Only purchase this if you desire these additional details.

I am a Yoga Teacher and Reiki Master and have been working with Chakras for many years. I was surprised and delighted to read New Chakra Healing and discover that many of the same areas I was feeling a great deal of energy over were actually chakras. Cyndi Dale is a wonderful writer, giving you lots of technical information in an easy to understand way. The pictures are great too. I highly recommend this book to any energy worker, even if you think you already know all about chakras. You may be surprised.

I recently ordered the book New Chakra Healing recommended by the great people at The Whole Center in Lone Tree CO and it has helped heal me on so many levels including emotionally, mentally, and physically. I have also ordered many other products and have received treatment from Whole Health Center and I have nothing to say other than positive reviews. Marcy the manager is a delight and all of the treatments are wonderful. I would recommend Whole Health Center in Lone Tree CO to anyone searching for healing in their life. Thank you.

There is a lot of new information, beyond just the basic 7 chakras for me to learn. I love the color pictures in the center of the book and the few pictures throughout the book. I am much more of a visual learner, so I do not particularly care for the overall layout of the book. It appears to be a little jumbled to me, but the information it pertains is very interesting.

Cyndi Dale goes into greater depth and height regarding the Chackras, to which I had previously been introduced, but in a condensed manner. This author is quite knowledgeable. I haven't read all of it yet, but I am very impressed so far.

Cyndi Dale has an unusual knowledge which goes further than the mainstream knowledge about energy. It is very readable and applicable.

Love Cindy Dale. she writes clearly and understandably and I always learn something from her books. I would recommend this one to healers.

Excellent

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