



Chakra Healing and Karmic Awareness

Keith Sherwood

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Accumulating karmic baggage-the dense energy carried from one lifetime to another-is a common hazard for many. This debilitating energy can negatively influence one's personality, relationships, physical health, and spirituality.

The author of *Chakra Therapy* offers a step-by-step approach to overcoming karmic baggage and energy blockages. Keith Sherwood's easy techniques can help you activate the chakras, strengthen boundaries (the surface of auras), arouse the kundalini, and embrace personal dharma. He also teaches how to take care of your energy system and condition it for physical, mental, emotional, and spiritual wellbeing.

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