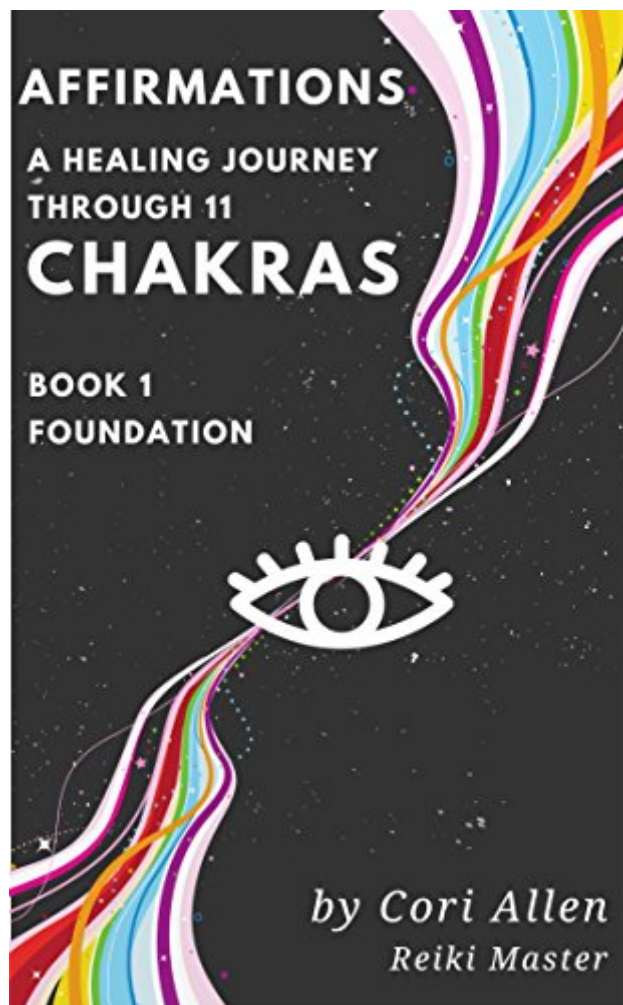




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Affirmations - A Healing Journey Through 11 Chakras - Book 1 Foundation: Meditations To Raise Your Vibe And Thrive



Synopsis

A brief guide and description of the 11 chakras and how to use these affirmations with intention. This book is a guide on an energetic journey, calling in the light, and raising your vibe. A new approach for the new paradigm. Time to not just live but to thrive!

Book Information

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Short Reads > 90 minutes (44-64 pages) > Self-Help

Customer Reviews

This book is all about gaining an insight about one's own self. The book has helped me to learn the technique of believing myself and cultivating a mindset to understand my flaws and in taking steps in correcting them. The different chakras teach the positivity that is essential for a contented living.

Cori Allen is an incredible guide and healer. What sets her apart, besides her deep understanding and remarkable intuitive skills, is her jouissance - the joy and realness that comes through her voice. She assures us that we can shift; we are empowered to transform. By describing the chakras, she takes us on a journey that yes, does take bravery, but she reminds us that we are never alone, that we are, in fact, designed to do this. I especially love the meditations that honor, explore, and

heal each dimension of our body-mind-spirit.

Refreshing and inspiring insight into working with your chakras for self-healing. Cori's soothing and yet very practical observations gently guide you into this work. I would highly recommend this book for anyone--both the novice and more experienced practitioner.

This book will help you become more comfortable with yourself. Will help you dig deeper into your emotions, thoughts, and feelings. There's SO much to be learned by this - enjoy the journey!

Such wonderful affirmations. I feel good reading them. I felt some blocks in my body, but I know reading them every day is good for chakras.

Fantastic project by a very talented writer and reiki master. Cori's soothing tone is apparent in her writing and really works wonder for body, mind, and soul. This is also a great introduction for anyone looking to learn more about the chakras!

An amazing profound Book of affirmations that stands out from the crowd. Cori is using words to communicate her healing energy. Truly working with "the Force" . Well done!

This book is fantastic. Cori Allen is an incredible writer.

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