



The Chakra Diaries

Becca Chopra

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Balance your own chakras as you learn how these "energy centers" affect love and loss, health and happiness, life and death for the participants in a chakra workshop. You'll laugh, cry and and maybe even jump for joy as you experience their transformation with them!

Whether you're an avid yogi or yogini or have never heard of chakras, you'll find this look at the human condition and the miracles that can happen through forgiveness, love and energy healing to be both enlightening and entertaining.

You'll learn about:

- Chakra Meditation
- Chakra Yoga
- Affirmations for Chakra Cleansing
- Crystal Chakra Healing
- Mind-Body Healing

This is not a how-to book. It's what happens when you put ancient teachings and modern lives into the same kitchen and raise the heat while cooking up great emotion. The Chakra Diaries is a literary romance, but with emotional, intellectual and spiritual nuances that would appeal to anyone interested in love, especially enlightened love. The villains in The Chakra Diaries are ones we all try to avoid: cancer, lost love, false beliefs, but it is these very perilous obstacles that drive the stories and finally lift the characters into their higher spiritual states through chakra healing and balancing.

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