



# The ABC's of Chakra Therapy - A Work Book

*Deedre Diemer*

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## **The ABC's of Chakra Therapy - A Work Book** Deedre Diemer

The ABC's of Chakra Therapy is a practical, user-friendly guidebook that leads you on a journey of self-healing and transformation by exploring your energy field - specifically the seven main energy centers, or chakras, Deedre Diemer's unique approach draws on a variety of therapies - visualization, sound, color, aromatherapy, reflexology, crystals and gemstones, along with yoga and other physical exercise. She combines facets of these powerful healing techniques so you can clear energy blocks and open to healing on all levels - physical, mental, emotional, and spiritual. By familiarizing yourself with your chakras, you become more aware of your own energy, and will easily recognize energy that belongs to someone or something else. When you can sense your own energy, it is easy to see when you're being influenced by the beliefs, thoughts, and emotions that belong to other people, that come from childhood programming, or from societal conditioning. By using the tools and methods provided in this book, you will be able to clear your energy so you are better able to see clearly what needs to be done; in short, you are able to take control of your life.

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