



# Healing Chakra: Light to Awaken My Soul (Book with CD & Booklet)

*Ilchi Lee*

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The Chakras are the seven key energy centers of our body. When all the seven Chakras are active and functioning optimally, we live a life of physical, mental, and spiritual health. Healing Chakra is a training system designed to activate, cleanse, and integrate the individual Chakras in order to create a harmonious and holistic Chakra System.

There are several factors that separate this book from other Chakra-related books. One, the healing principles behind Healing Chakra is derived from "The Heavenly Code," the 10,000-year-old sacred text of Korean-Asian tradition ?within its short 81-letter text, "The Heavenly Code" summarizes the eternal, universal truths about life, death, evolution, and completion. Two, Healing Chakra is the modernized version of the equally ancient system of body-mind-spirit discipline of Shin Sun Do (Way of the Divine).

Healing Chakra Training Booklet & CD will be an important tool for you as you begin the actual training. The CD consists of energy sensitizing and activating exercises for each Chakras, with recordings of live music as performed by the author himself, using only natural sounding instruments such as the flute, rain stick, Indian drums, and vibraphone, among others. Everyday Healing Chakra Booklet combines visual cues tuned to the characteristic color of each Chakra with gentle narration to provide you with an optimal training session to fit into the busy modern life.

Healing Chakra combines a deep underlying spiritual philosophy with an actual systemic training system to enhance your physical and spiritual growth for years to come.

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