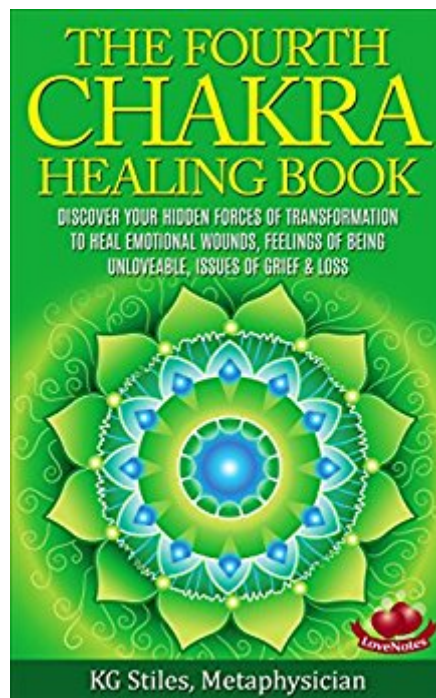


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# THE FOURTH CHAKRA HEALING BOOK - DISCOVER YOUR HIDDEN FORCES OF TRANSFORMATION: To Heal Emotional Wounds, Feelings Of Being Unloveable, Issues Of Grief & Loss



## Synopsis

FOURTH (ANAHATA) HEART CHAKRA - What It Is + What It Does + Signs of Imbalance and How to Heal with Color Therapy, Sound Healing, Affirmations and Mantras, Aromatherapy, Yoga Asanas, Chakra Massage, Crystals, Gemstones and more | Your fourth chakra is the energy center of compassion, unconditional love, generosity, and mercy. Key Archetypes: Mother/Father, Union Heaven & Earth, Buddha, Kwan Yin, Mother Mary, Jesus, Bodhisattva, Angels & Archangels, Saints. Learn all about the function and purpose of your fourth chakra, where it's located, associated body parts, symptoms of imbalance (physical, mental, emotional, spiritual), and the simplest, most effective ways to restore balance and health for your fourth chakra. Goes way beyond other sources of information about the chakra system by offering clear, simple, and straightforward suggestions for working with these energy centers in a multitude of ways. KG Stiles has done a remarkable job of condensing these complexities into a form that's both informative, and easy to read. • "Dr. Steven Farmer, Best-selling author Animal Spirit Guides and Earth Magic About the LoveNotes brand: LoveNotes are short reads and summary books created with the intention to inspire and support you to create the truly satisfying life you desire. Each LoveNote focuses on a specialized topic of interest and is created to help you save valuable time and get to the heart of what's most important to you quickly! Each LoveNotes healing arts instructional publication has been energetically imprinted for ease of assimilation. This means you can immediately perform a technique effectively and experience benefits for yourself and others. Hope you love your LoveNotes as much as I enjoy creating them for you! Love & light to you, -KG Stiles, Author Metaphysician Certified Clinical Aromatherapist

## Book Information

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## Customer Reviews

Very informative, by reading this I was able to get a better understanding of the fourth heart chakra. I appreciate the insight and the explanation regarding the positive aspects and the negative which includes blockage and an understanding of how to deal with those blockages.

I expected more. Maybe when I begin to implement the tools that were in this excerpt, I will feel better about it.

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