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## Chakra Secrets

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By Becca Chopra

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Paperback. 212 pages. Dimensions: 8.4in. x 5.4in. x 0.7in. Becca Chopra, best-selling author of *The Chakra Diaries*, takes you on a wild ride as she learns chakra balancing, yoga and meditation on her journey from aspiring actress to respected yoga teacher and chakra healer in *Chakra Secrets: On the Path to Love and Happiness*. Through the betrayals and brutal loss of her husband, the illness of her best friend, and beyond grief and guilt, she explores yoga, chakra meditation, crystal healing, kundalini, tantric sex, macrobiotics, and even past-lives. She not only shares her personal secrets, but the extraordinary instant chakra balancing technique she learns in Hawaii from shaman and Huna philosopher, Serge Kahili King, Ph. D. Put her instant energy healing technique into practice right here, right now, following along step-by-step with her new book, *Balance Your Chakras*, *Balance Your Life* and the companion DVD, *Balance and Tone Your Chakras*, available at [amzn.to/TqK5dp](http://amzn.to/TqK5dp). GET THE VIDEO FREE: Get a copy of the new Chakra Balancing DVD on free streaming video at [thechakras.org/balance-tone-your-chakras-video.html](http://thechakras.org/balance-tone-your-chakras-video.html). This item ships from La Vergne, TN. Paperback.



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