

Wheels of Light: Chakras, Auras, and the Healing Energy of the Body

Rosalyn Bruyere



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Wheels of Light explores the seven chakras, or energy centers, of the body with particular focus on the first chakra, which has to do with our basic life force, our physical bodies, and our sexuality.

Drawing on scientific research, Native American culture, the ancient traditions of the Egyptians and Greeks, the philosophies of the Hindus, and the religions of the East, Rosalyn L. Bruyere presents a unique perspective on the value and healing potential of the chakra system.

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