



# Chakra Therapy: For Personal Growth & Healing (Llewellyn's New Age)

*Keith Sherwood*

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You are an energy being. Your thoughts, feelings, and actions are energy events—to know who you are and why you think, feel, and act the way you do, you must know yourself *energetically*.

Each of the seven chakras of the human body processes and distributes energy. The chakras transform the energy into sensations comprehensible to us, namely, thought, emotion, and physical sensation. Human problems—spiritual, mental, emotional, and physical—are caused by the inability to radiate energy freely due to blockages in our energy systems.

This practical, easy-to-use self help book by renowned healer Keith Sherwood teaches you how to work with your chakras to release energy blockages for improved health. You'll learn techniques for increasing your level of energy, and for transmuting unhealthy energies into healthy ones, to bring you back into harmony with yourself, your loved ones, and the world in which you live.

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