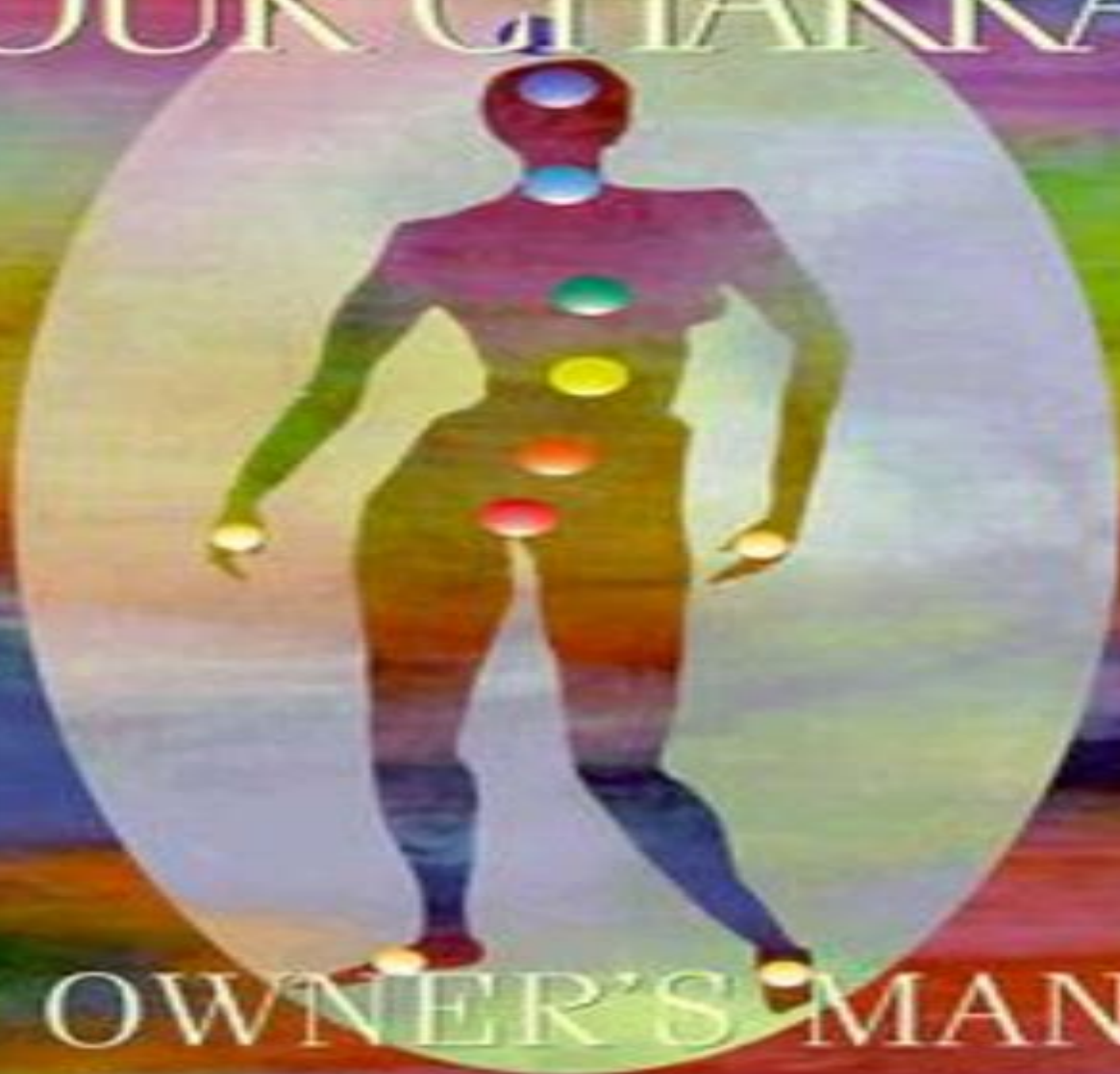


Karla McLaren

YOUR AURA & YOUR CHAKRAS



THE OWNER'S MANUAL

Your Aura Your Chakras The Owners Manual

Karla McLaren



Your Aura Your Chakras The Owners Manual:

Your Aura & Your Chakras Karla McLaren,1998-10-01 A clear and comprehensive text for the restoration and maintenance of your subtle energy system McLaren who has worked with survivors of abuse and trauma shows how to clear the chakras of old hurts and to cleanse and strengthen the aura for protection against invasive energy Bibliography Index

Your Aura and Your Chakras Karla McLaren,2000 Your aura Your Chakras The Owner sManual is a clear and comprehensive text for the restoration and maintenance of your subtle energy system Karla McLaren who has worked with survivors of abuse and trauma shows how to clear the chakras of old hurts and to cleanse and strengthen the aura for protection against invasive energy She provides indispensable grounding techniques for making the inner connection between your mind your body and the Earth and helps you understand read and define the natural protective boundary of your aura

The Complete Idiot's Guide to Chakras Betsy Rippentrop, Ph.D.,Eve Adamson,2009-07-07 Get into the spirit of chakras In the last decade as Westerners have become more familiar with Eastern medicine the term chakra has entered the mainstream lexicon The Complete Idiot s Guide to Chakras introduces both the major and minor chakras energy centers along the nervous system that are said to revitalize both the body and the spirit and explains their qualities the signs of balance and imbalance and the healing techniques for each teaching readers how to enjoy healthier lives The most comprehensive and up to date guide on the subject Realigning your chakras is popular in spas yoga massage Reiki

Chakras Made Easy Anodea Judith,2018-09-04 A complete guide to understanding working with and developing your connection to your chakra system for healing and transformation Anodea Judith is the world s bestselling author and foremost expert on the chakras In this inspirational guide she introduces each of the seven major energy centres in the body and offers practical tools for using this incredible energy system to take charge of your wellbeing express your true self and navigate your journey towards full spectrum living Learn how you can use the chakra system for Enhancing wellbeing Liberating yourself from limiting patterns Manifesting the life you want Awakening to a higher state of consciousness Helping to transform the world we all share This book was previously published within the Hay House Basics series

Everyday Oracles Ann Bolinger-McQuade,2013-07-11 It could be a cloud in the shape of a loved one s face or an extremely relevant song playing on the radio at the exact time of a friend s death if we allow ourselves to stop look and listen we can identify what spiritual teacher Ann Bolinger McQuade calls personal oracles And when we tune into these subtle messages from Spirit we will discover guidance for navigating life s most trying situations In this illuminating book McQuade shares stories of divine inspiration from her life as well as the lives of others she also explores the history and science of oracles and offers practical instruction on identifying and decoding these sacred messages Ann Bolinger McQuade teaches us to look with new eyes at the miracles that surround us This book is truly a gift one to be read and passed on Donna Fontanarose Rabuck Ph D Director Center for the Sacred Feminine Filled with inspiring real life stories of individuals who

have had their eyes opened to the splendor of what Carl Jung called synchronicity If you want to open your eyes ears heart and mind to the many divine voices of Nature around you this is a good place to start Allan J Hamilton M D author of The Scalpel and the Soul and Zen Mind Zen Horse Your Aura and Your Chakras Karla McLaren,1998-01-15 A clear and comprehensive text for the restoration and maintenance of your subtle energy system McLaren who has worked with survivors of abuse and trauma shows how to clear the chakras of old hurts and to cleanse and strengthen the aura for protection against invasive energy Bibliography Index **Vibrations Follow Thought** Gonzalez Garza Drake,2014-10-08 Vibrations Follow Thought presents real time photographs which illustrate the effect of thoughts words on the auric field These thought vibrations manifest as colors in the auric field By reading the colors in the aura around the head and body as well as the size shape and color of each chakra a person s traits qualities characteristics and desires can be discerned For instance deep red in the aura above the head indicates a person who only believes that which they can see and touch whereas indigo indicates a person for whom spiritual life is important and who desires to be of service to humanity While Vibrations Follow Thought is not meant to be a manual for the interpretation of auras the meanings of certain auric colors are described The colors of the aura fluctuate and are influenced by our thought vibrations Our thoughts and the words we speak have power Vibrations Follow Thought provides visual validation gathered over 15 years of the powerful interplay between our thoughts and auras Instructions into the Realms of Consciousness Alan Williams,Sarah Warby,2020-10-27 Instructions into the Realms of Consciousness by The Spirit of God and the Christ of the age This book gives the instructions and Path back to the real world out of reincarnation It teaches how to use your spirit The levels and scale of consciousness so you know everything in the movement It Teaches how to cure all cancers and Tumors which are blemishes of the soul The Book teaches dimensional healings which cure 100 incurable diseases The Book Teaches that truth tellers can ask god to take them to the night classes where their subconscious fears are removed and the demons from hell releases them into the subconscious mind and the earth element By stop Thinking meditations you break in the minds Bringing under control your subconscious mind Super conscious mind ancient mind and then the ancient brain This Book will give you access to 12 levels of consciousness in the 12 elements Earth Water Fire air Christ ECT Mastering ancient brain gives you access to the gods internet and 3 trillion universes and more Then 12 Dimensions blessings **Energy Secrets** Alla Svirinskaya,2010-07-06 Learn the powerful techniques of a master healer Energy Secrets reveals the lost wisdom of healing practices from around the world including traditional methods from Alla Svirinskaya s Russian heritage In Energy Secrets Alla shares her unique perspective on ancient techniques perfected for modern living Her coordinated approach to the physical emotional mental and spiritual areas of daily experience will turn your life around Follow Alla s step by step programme to becoming your own healer You will find invaluable advice and techniques including deep but simple detox programmes that use store cupboard ingredients protection techniques to help with your daily emotional exchange with others and easy meditations for

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