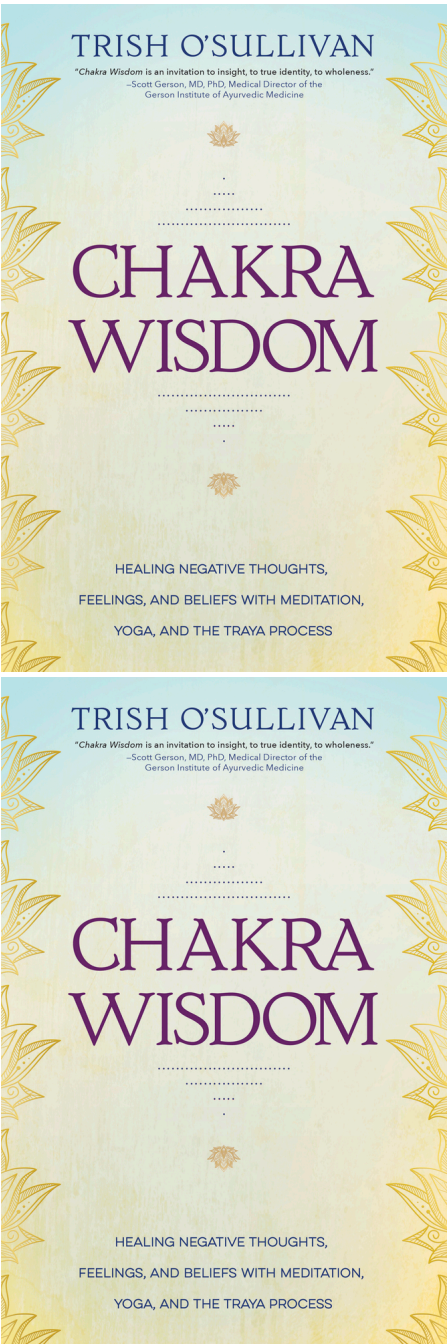


Chakra Wisdom - O'Sullivan



Free Your Mind of Negativity and Forge a Deeper Connection to Spirit with Completely New Practices and Insights Grounded in Eastern and Western Psychology

Rating: Not Rated Yet

Price

Salesprice with discount

Sales price \$17.99

Sales price without tax \$17.99

Tax amount

[Ask a question about this product](#)

Description

Just as the body is able to heal itself, nature has provided a way for the mind to heal as well. In Chakra Wisdom, therapist, yogini, and zen practitioner Trish O'Sullivan shares a system known as Traya—a unique practice that provides a new way of healing negative mind energy through working with the chakras. This process includes techniques for connecting to your subtle body and your inner teacher so that you can release negativity, reduce stress, and enter the stream of spiritual energy. Filled with meditations and exercises for engaging the chakras, this book explores the key steps to working with the deep mind, including:

- Mindfulness and focus
- Letting memories come to the surface
- Releasing negative energy
- Receiving positive energy
- Chakra diagnostics

With therapeutic chakra work, yoga, and meditation, Traya is a powerful practice for nourishing and deepening your spiritual connection. Trish O'Sullivan's expert guidance will help you move through emotional and spiritual blocks and achieve new experiences of personal fulfillment.

Reviews

There are yet no reviews for this product.