



Your Aura & Your Chakras: The Owner's Manual

By Karla McLaren

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Your Aura & Your Chakras: The Owner's Manual By Karla McLaren

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.

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Your Aura & Your Chakras: The Owner's Manual By Karla McLaren Bibliography

- Sales Rank: #108333 in Books
- Brand: McLaren, Karla
- Published on: 1998-10-01
- Ingredients: A clear and comprehensive text for the restoration and maintenance of your subtle energy system. Discover the real excitement of self-knowledge.
- Original language: English
- Number of items: 1
- Dimensions: 8.23" h x .75" w x 5.44" l, .92 pounds
- Binding: Paperback
- 304 pages

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Editorial Review

About the Author

Karla McLaren has researched emotional intuition across many world traditions and in her own work as an empathic healer. She is the author of the award-winning book *Your Aura & Your Chakras: The Owner's Manual*, as well as *Rebuilding the Garden: Healing the Spiritual Wounds of Childhood Sexual Assault* ? a respected reference book used in prisons, halfway houses, homeless shelters, and rape crisis centers across the country. Karla McLaren is also the author of the Sounds True audio course *Emotional Genius: How Your Emotions Can Save Your Life*.

Users Review

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