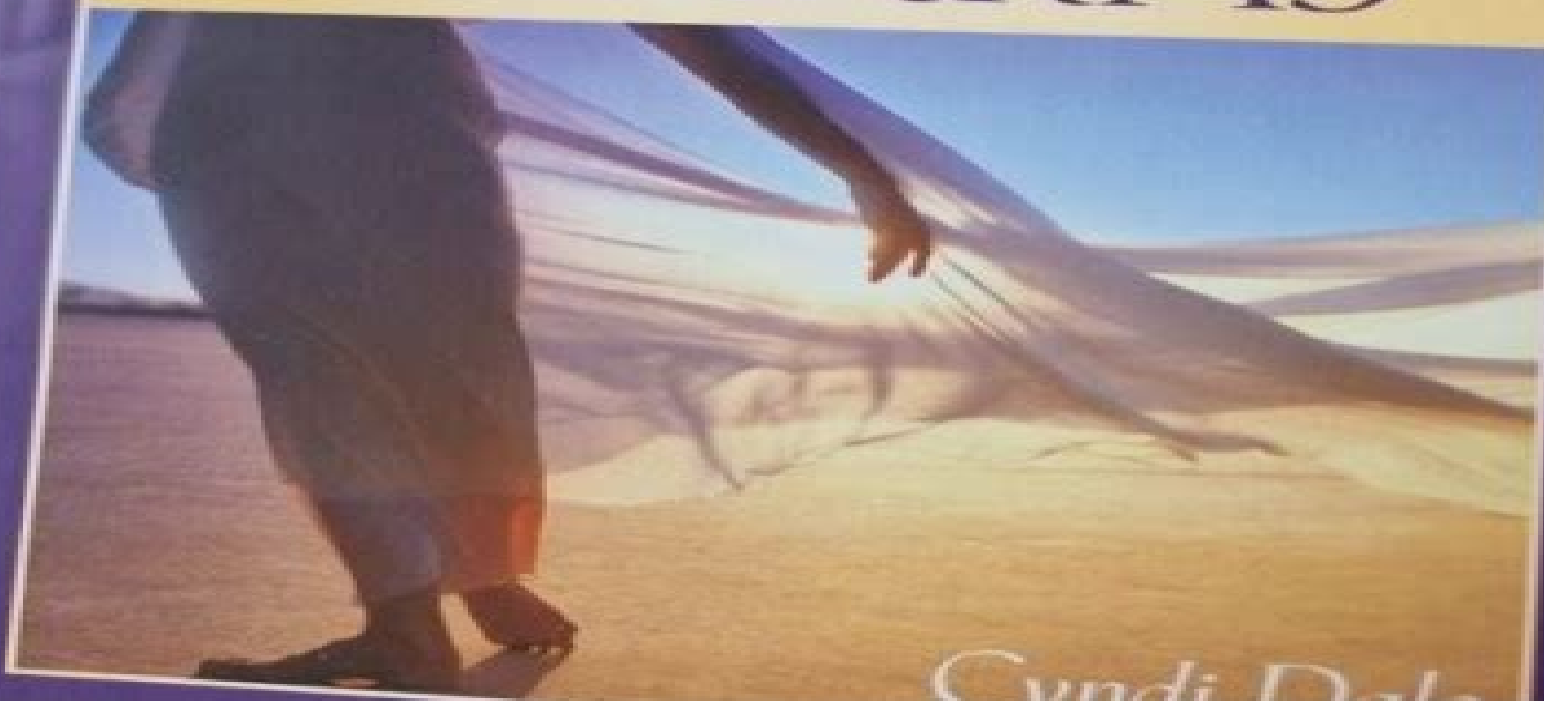


ATTRACTING YOUR  
PERFECT  
BODY  
THROUGH THE  
CHAKRAS



Cyndi Dale

# Attracting Your Perfect Body Through The Chakras

**L Reisser**



## **Attracting Your Perfect Body Through The Chakras:**

**Attracting Your Perfect Body Through the Chakras** Cyndi Dale, 2006 Best selling author Cyndi Dale shows how to analyze your chakras the body's centers of energy to identify your personality type and achieve your ideal body For each of the 11 types she suggests complementary lifestyle habits to produce perfect physical and spiritual health An interactive guidebook to understanding chakras and how to use them to improve your physical health and self image Details 11 major chakra body types with ideas for diet exercise style attitude and spiritual principles tailored to each type Dale's books have sold more than 100 000 copies *The Complete Book of Chakra Healing* Cyndi Dale, 2009 Cyndi Dale's New Chakra Healing established a new standard for healers intuitives and energy workers worldwide It expanded the seven chakra system to thirty two including twenty spiritual points serving as catalysts for dynamic change This comprehensive expanded edition of her classic guide with more than 150 pages of new information features an abundance of original material and illustrations A new introduction with true stories from Cyndi Dale's healing practice Illustrations of the energetic nature of diseases so they can be better understood and addressed Detailed descriptions of energetic bodies and fields found nowhere else such as the energy egg zones of existence a three part kundalini system and dozens of others A wealth of information on healing the earth as you heal yourself *The Complete Book of Chakra Healing* will help you integrate the powerful forces of your energy body into your everyday life for better health increased happiness and creativity and a stronger awareness of your life's true purpose **illuminating The Afterlife (Volume 1 of 2) (EasyRead Super Large 24pt Edition) ,     illuminating The Afterlife (EasyRead Edition) ,     Transforming the Legacy** Cyndi Dale, 2025-02-11 From bestselling author of the Subtle Body series Cyndi Dale presents a unique and powerful subtle body approach to heal issues caused by ancestral lineage and inherited patterns for personal and legacy transformation Many of us feel stuck in the past from time to time but what if your past is impacting your present in significant ways The truth is the past has made your present And your inherited traits those acquired through biological means and your soul determine much of who you are Some of those patterns and programs might be supportive of your true self But others Not so much The good news is that you can change your inheritance through an easy to access mechanism the subtle body Cyndi Dale bestselling author of the Subtle Body series presents a unique and powerful approach for transforming soul based and lineage ancestry issues through the main structures of energetic anatomy your chakras meridians nadis and auric fields Using accessible practices you'll learn to address your genealogical and soul history through these structures shifting from stuckness to the freedom of becoming your own best ancestor the self who can sort through history and establish future pathways of love and good health Here you'll explore How your personal and ancestral legacy can impede or help you Reasons the cacophony of inherited traits and attitudes makes it difficult to be your true self in everyday life Science and psychological research showing that you can assess and even change your inheritance Various roles the subtle body's structures play in working through legacy issues Ways you can immediately empower yourself

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