

# **Download Your Aura Amp Chakras The Owners Manual Karla McLaren Pdf**

Hier sollte eine Beschreibung angezeigt werden, diese Seite lässt dies jedoch nicht zu. 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. 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. I read this book years ago and still use some of the techniques within its pages. The author gets very serious about how to protect your energy, and I have used her techniques with my clients. If you're looking to take care of your energy and your chakras, this book is for you.