



**THE FIRST CHAKRA HEALING BOOK -
DISCOVER YOUR HIDDEN FORCES OF
TRANSFORMATION: Clear & Balance Issues
Around Belonging, Family & Community**

KG Stiles

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FIRST (MULADHARA) ROOT or BASE CHAKRA - What It Is + What It Does + Signs of Imbalance & How to Clear, Balance and Heal with Gemstones and Crystals, Color and Sound Therapy, Mantras, Aromatherapy, Yoga Asanas, Chakra Massage and more...

Your survival instincts are centered at your first chakra. This is the Root of your Kundalini energy, your Pranic or Life Force Energy. Your connection to nature, universal laws, and your physical body is located here. Learn all about your First (Muladhara) Root/Base Chakra. It's location, what it does, the physical, emotional, mental and spiritual symptoms of imbalance and how to heal with Mantras, Aromatherapy, Yoga, Chakra Massage, Color Healing, Crystals, Gemstones & more.

“...goes way beyond other sources of information about the chakra system by offering clear, simple, and straightforward suggestions for working with these energy centers in a multitude of ways. KG Stiles has done a remarkable job of condensing these complexities into a form that’s both informative, and easy to read.” —Dr. Steven Farmer, Best-selling author Animal Spirit Guides and Earth Magic

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Each LoveNotes healing arts instructional publication has been energetically imprinted for ease of assimilation. This means you can immediately perform a technique effectively and experience benefits for yourself and others.

Hope you love your LoveNotes as much as I enjoy creating them for you!

Love & light to you,
-KG Stiles, Author
Metaphysician
Certified Clinical Aromatherapist
Founder Health Mastery Systems

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