



# Chakra Delight: Singing Bowls for Balancing the Energy Centers

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## **Chakra Delight: Singing Bowls for Balancing the Energy Centers** Not Available (NA)

Ancient healing instruments said to have originated in the mountaintop temples of Tibet, in the last few decades singing bowls have become renowned in the West for their healing qualities. This hardcover book and CD package is focused on these healing properties and contains instructions for using the 16 tracks to balance and recharge your chakras. Visualization and relaxation techniques are covered to enhance the effects of the music.

The CD contains 16 singing bowl recordings made primarily for their healing properties while the book includes clear instructions for visualization and relaxation techniques. This is a companion to *The Unique Singing Bowl*.

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