



The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2)

Mirtha Contreras

Download now

[Click here](#) if your download doesn't start automatically

The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2)

Mirtha Contreras

The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2)
Mirtha Contreras

Following Best-Seller "*The Root Chakra*", the 2nd book in *The Healing Energy Series* arrives to help you release your joy, creativity and improve your relationships.

Are You Ready to Enjoy Life With All Your 5 Senses? Need Help Finding Your Passion?

That's what the Sacral Chakra is all about. It connects with joy, pleasure, our emotions, creativity, sexuality and how we relate to others.

Do You Feel Joyless and Stuck in a Rut? Have You Lost Your Passion? Are You Out of Touch With Your Feelings?

You may feel a lost sense of identity and disconnected from your own feeling. You find yourself resistant and being controlling. Perhaps you have trouble enjoying your sexuality or have a low libido. Maybe you are experiencing an absence of joy, lack of creativity and difficulty thinking "outside the box".

You Might Have an Unbalanced Sacral Chakra That Has You in a Lackluster Life

The Sacral Chakra is where our sexual energy is rooted so obviously it relates to our sexual lives, but in addition to that, it has to do with our CREATIVE energy. When our Root Chakra is balanced we feel secure and grounded and confident to move forward. Having a balanced Sacral Chakra then helps us release the power of our creative force to conjure up new ways to bring joy and passion into our lives. We feel connected on an emotional and deeper level to life.

Heal Yourself by Learning The Basics of Energy Healing and Applying These Easy Techniques

Even seasoned students of **meditation, reiki and energy flow** can pick up a few tips from Contreras, an energy therapist with over 20 years of experience. Readers who are new to the subject are certain to gain an entirely new perspective on life. By and large, *The Sacral Chakra* expounds upon where energy imbalances really come from, serving up plenty of good recipes to get rid of and banish them for good.

- Learn to **heal the wounds** left by the conditions surrounding your conception, which may be affecting the results of your life projects
- Learn to **find joy and passion again** in order to wake up to a fuller life
- Release the power of your own creativity and use it to **create the life you want**
- 5 deep yet effective techniques to help you release blocks in your Sacral Chakra to open up to a new life
- Learn super-targeted affirmations, mudras, mantras, essential oils and even simple yoga poses that aimed directly at your Sacral Chakra
- Get an overview of all your chakras and how they relate to different areas of your life and body.

Proven Track Record of Helping Others

"The Sacral Chakra by Mirtha Contreras is a profound and intimately powerful book. It connects you with your inner self and the powers that lie within you."

"I love the way Mirtha in a very simple and easy way explains the causes of my problems and how I can solve them. Whenever I come out of a therapy session with her I feel happy, thrilled. She has a magic about her."

"My experience with Mirtha has been very positive and very helpful in my life. She has been a great support to my self-improvement and personal growth. She has helped me heal my relationship with my family and improve my outlook on life."

Everything You Need to Live a Fuller Life by Balancing Your Chakras is Right Here. Click the Buy Button Above to Start Making Changes Now!

 [Download The Sacral Chakra: Healing the Sex, Creativity, Pl ...pdf](#)

 [Read Online The Sacral Chakra: Healing the Sex, Creativity, ...pdf](#)

Download and Read Free Online The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) Mirtha Contreras

From reader reviews:

Linda Pillar:

The book The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) can give more knowledge and also the precise product information about everything you want. Why then must we leave the best thing like a book The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2)? Some of you have a different opinion about book. But one aim in which book can give many information for us. It is absolutely correct. Right now, try to closer using your book. Knowledge or data that you take for that, you are able to give for each other; you could share all of these. Book The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) has simple shape however, you know: it has great and massive function for you. You can search the enormous world by open up and read a publication. So it is very wonderful.

Theresa Wilkins:

The book untitled The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) contain a lot of information on this. The writer explains her idea with easy approach. The language is very simple to implement all the people, so do not really worry, you can easy to read that. The book was published by famous author. The author will take you in the new age of literary works. You can easily read this book because you can please read on your smart phone, or gadget, so you can read the book within anywhere and anytime. If you want to buy the e-book, you can wide open their official web-site and order it. Have a nice study.

Ramiro Alvarez:

Many people spending their moment by playing outside using friends, fun activity with family or just watching TV 24 hours a day. You can have new activity to shell out your whole day by looking at a book. Ugh, you think reading a book can actually hard because you have to take the book everywhere? It alright you can have the e-book, delivering everywhere you want in your Smart phone. Like The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) which is obtaining the e-book version. So , why not try out this book? Let's observe.

Della Ferguson:

This The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with

Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) is brand-new way for you who has intense curiosity to look for some information because it relief your hunger of knowledge. Getting deeper you on it getting knowledge more you know otherwise you who still having little digest in reading this The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) can be the light food for yourself because the information inside this kind of book is easy to get by means of anyone. These books produce itself in the form that is reachable by anyone, yep I mean in the e-book web form. People who think that in guide form make them feel drowsy even dizzy this book is the answer. So there is not any in reading a reserve especially this one. You can find actually looking for. It should be here for anyone. So , don't miss the idea! Just read this e-book style for your better life as well as knowledge.

**Download and Read Online The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) Mirtha Contreras
#FO2TAVRBMN5**

Read The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) by Mirtha Contreras for online ebook

The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) by Mirtha Contreras Free PDF download, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) by Mirtha Contreras books to read online.

Online The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) by Mirtha Contreras ebook PDF download

The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) by Mirtha Contreras Doc

The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) by Mirtha Contreras Mobipocket

The Sacral Chakra: Healing the Sex, Creativity, Pleasure and Joy Center. Learn to Heal Yourself with Meditations, Yoga, Affirmations, Energy Healing and More. (The Healing Energy Series Book 2) by Mirtha Contreras EPub