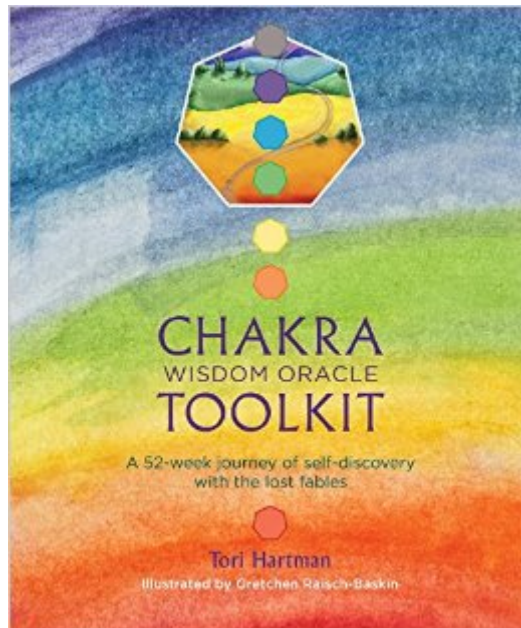


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Chakra Wisdom Oracle Toolkit: A 52-Week Journey Of Self-Discovery With The Lost Fables



Synopsis

The Chakra Wisdom Oracle Toolkit guides you in opening up your intuition, removing blockages from your life, improving your relationships and realizing your highest potential. Week by week, you will explore the 49 fables, beginning with "Renewal." This standalone book can also be used in conjunction with the Chakra Wisdom Oracle Cards. Each fable is associated with one of the major chakras and has its own shade of color. There are five days of activity per week, each requiring just fifteen minutes. On Monday, you read the fable and set your intention for the week. On Tuesday, you explore the meaning of the week's color. Wednesday is the Journal Journey, when you complete a written task. On Thursday there are exercises in self-understanding, to be done alone or in a group. Friday has a guided meditation. Through short bursts of activity each day, the fables will seep into your life, giving you new perspectives and helping you to make the changes you truly want.

Book Information

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Customer Reviews

I was ready to start a journey, an adventure that has me peering into my past, promising to heighten my intuition, and change my life. I have heard about chakra but I just never knew what it all entailed until I opened the pages of this toolkit and from those beginning pages, Tori had everything laid out for me. Tori explains the seven colors of the chakra, what they represent and how they will relate to my thinking in this 52-week journey. She outlines how to use the book with a Monday through Friday timeline before she begins the self-discovery journey with me. She also adds personal reflections

about adapting the daily activities to fit my needs so I didn't feel bad if I had to skip a day or if some days my exercises take longer, this book is all about me, Tori is just my guide. There are no activities on the weekends; Tori's rational being that this is the time everything I worked on during the week will come together. I didn't look at the 49 free cards that can help speed-up my progress, they are on her website, and again they're free. I have been on this journey for three weeks now and my favorite part is the Monday fables. I actually look forward to Monday's unique fable which doesn't take that long to read but it sets the stage for what I am supposed to be thinking about for the week. There have been times when I get busy and I don't get to one of the other days of the week and that's okay, I don't fret over it, I just pick it up the next day or I do double the day before. It's a journey, something that is supposed to be comforting and enlightening to me. The other days of the week I do a day of journaling, a day of connecting the theme to other people, a day of mediation and a day reflection.

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