

Journey Through The Chakras CD

Colette Baron-Reid



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Internationally renowned spiritual intuitive/recording artist **Colette Baron-Reid** has used the guided meditation on this CD as the foundation for intuitive development in her seminars and workshops. She created this program with the intention of taking you, the listener, on a creative-visualization exercise—a journey through the chakras, the seven steps of ever-expanding awareness.

Starting at the first chakra, with its corresponding gemstone, and then traveling through each subsequent chakra, you'll be able to clear, reenergize, balance, and restore these powerful energy centers, resulting in an overall sense of well-being.



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