



**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

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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!

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Edward Christensen:

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Bruce Brown:

Your reading sixth sense will not betray you actually, why because 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) reserve written by well-known writer who really knows well how to make book which might be understand by anyone who all read the book. Written inside good manner for you, still dripping wet every ideas and creating skill only for eliminate your own hunger then you still skepticism 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) as good book not just by the cover but also by the content. This is one book that can break don't judge book by its protect, so do you still needing a different sixth sense to pick that!? Oh come on your examining sixth sense already alerted you so why you have to listening to another sixth sense.

Kenneth Roland:

Is it an individual who having spare time then spend it whole day by simply watching television programs or just telling lies on the bed? Do you need something new? 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 solution, oh how comes? A book you know. You are and so out of date, spending your spare time by reading in this brand new era is common not a geek activity. So what these books have than the others?

Lauren Allison:

As a scholar exactly feel bored to help reading. If their teacher inquired them to go to the library as well as to make summary for some guide, they are complained. Just little students that has reading's soul or real their leisure activity. They just do what the professor want, like asked to the library. They go to at this time there but nothing reading very seriously. Any students feel that reading is not important, boring and also can't see colorful pictures on there. Yeah, it is to become complicated. Book is very important to suit your needs. As we know that on this era, many ways to get whatever we wish. Likewise word says, ways to reach Chinese's country. Therefore 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 make you truly feel more interested to read.

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