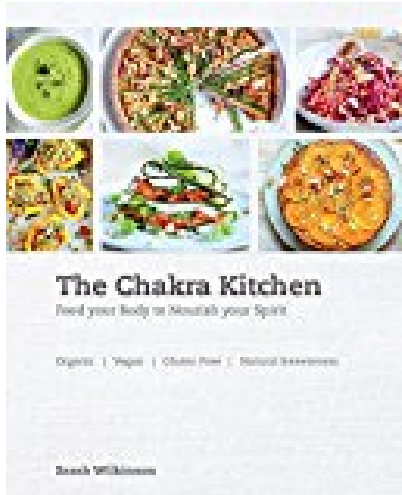


The Chakra Kitchen Feed Your Body to Nourish Your Spirit



BOOK DETAILS

- Author : Sarah Wilkinson
- Pages : 144 Pages
- Publisher : CICO Books
- Language : English
- ISBN : 1782492658

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BOOK SYNOPSIS

Working with the bodys seven chakras (energy centers) is an ancient practice to help attain optimal health and wellbeing. There are many ways to work with the chakras, one of which is via the foods we consume and another using crystal energy. In The Chakra Kitchen, spiritual teacher Sarah Wilkinson shows you how to combine these two methods in a fun, easy and intuitive way. From light bites to main meals and Sarahs wonderful chakra cakes, this book will inspire you to prepare simple meals that will nourish you in a whole new way. The recipes are colour coded for easy cross-referencing to an explanatory section on the chakras, including corresponding information on crystals and nutrition. Each chakra is linked to a different aspect of your mind, body and spirit and by learning to recognize how your personal system is functioning and taking steps to stimulate and balance where required, you will begin to see noticeable positive shifts in your world. The Chakra Kitchen will take you on a journey into your authentic self, reconnect you with the nourishing power of nature, awaken you to conscious eating and the magic of the chakras and crystal energy.

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