



## Journey to the Crown (Paperback)

By Glenda Mary Hodge

Feedaread.com, United Kingdom, 2016. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Energy flow in the subtle body is as important as blood flow in the physical body, and while one is intangible and the other is not, they are both essential for optimum wellness. If the flow of blood through the body and to the heart is blocked in any way, serious health problems can occur. Blocked energy can have the same effect. Energy needs to flow freely through the subtle body to maintain harmony and balance, but energy can change form as Albert Einstein showed in his equation  $E=mc^2$ . Therefore, understanding what causes energy to change and create blockages is a vital part of the healing process and wellness. Journey to the Crown is written to encourage the reader to notice, identify and deal with simple problems in their early stages, while energy is still free flowing and in motion, rather than have it change form to matter and present as a serious lifestyle issue or disease, and so make a greater impact. Part One: Chakra Wisdom Discusses the seven chakras, identifies associated lifestyle issues, and proposes ideas that might heal any blockages....



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