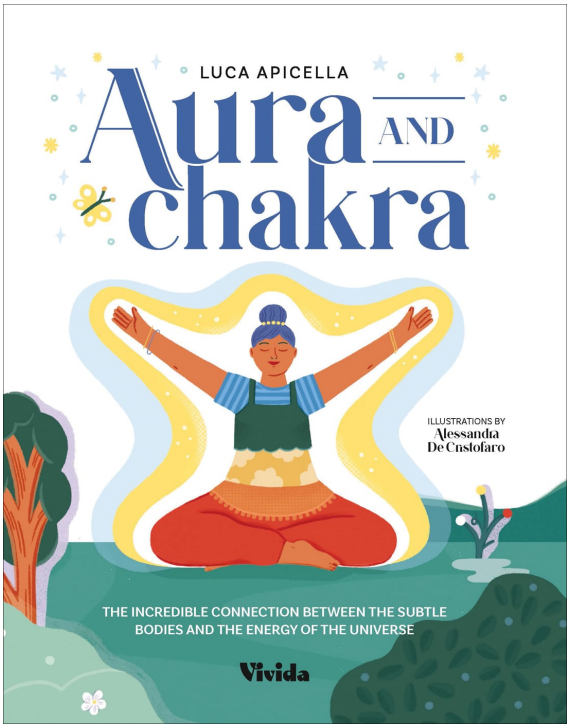
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Aura and Chakra

The Incredible Connection Between the Subtle Bodies and the Energy of the Universe

Luca Apicella

Illustrated by Alessandra de Cristofaro

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- An opportunity to explore the energy within and surrounding your physical being; energy that connects you to others and the universe
- Over 60 illustrations, accessible theoretical information, and practical approaches to cleansing auras, opening chakras, and radiating subtle bodies

All living beings have energy and all energy is connected. As such, understandably, our ability to be the cause of that energy – to expel what is unsettling and radiate what is pleasant – is undoubtably related to our wellbeing. Terms like “aura,” “subtle bodies,” and “chakras” are useful to enable an understanding of our psychophysical health, how we connect with the external environment, and what we can do about it. With that, this engaging and life-changing book provides theoretical information and practical approaches to both changing the way we feel, as well as, the energy that most immediately surrounds us, and which connects us to the “universal energy field.”

Luca Apicella is a naturopath with 20-years of experience teaching Crystal Therapy (Crystallogy). He founded Le Porte di Atlantide and the cultural association ATLAS. He is an expert in chakra and psychophysical rebalancing, phytotherapy and flower therapy, Tarots, symbolic medicine, Chinese medicine and reflexology. Currently, he organises courses and seminars for both groups and individuals. **Alessandra de Cristofaro** is an illustrator for magazines, communication agencies, and international publishing houses. Her work is inspired by her holistic and spiritual interests and is marked by her focus on the relationship between the interior and exterior worlds, which is expressed through a dreamlike and surreal atmosphere, developed from a “pop” perspective.







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