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## Shaman Pathways - The Celtic Chakras

By Elen Sentier

John Hunt Publishing. Paperback. Book Condition: new. BRAND NEW, Shaman Pathways - The Celtic Chakras, Elen Sentier, We've largely forgotten our ancient Celtic chakra heritage, indeed some people think there is no concept of chakras in the western tradition but this is not the case. The chakras are found throughout the mystery traditions all over the world, well known to our hunter-gather ancestors and the spirit keepers who led them. They are hidden deep in the ancient stories and myths of Britain. This book leads you through the lore of Arianrhod and her Spinning Towers, the riddling Gaelic poem The Cauldrons of Poesy, the rainbow bridge of Brighid and the ways and caers of the ancient British reindeer goddess, Elen of the Ways. There are journeys, meditations and exercises to help you get the feel of the Celtic chakra system into your bones.



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