



# La Science des Chakras : Méditations guidées (coffret 2 CD)

*Daniel Briez, Jean-Marc Staehle*

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Les textes induisent des images vibrant sur la fréquence de chaque Chakra. Les musiques, basées sur sept tonalités différentes, utilisent des timbres instrumentaux et des ambiances sonores propres à chaque Chakra. Le tout produit un "outil sonore" créant une méthode simple, pratique, efficace et à la portée de tous permettant une évolution globale de notre être vers la santé et l'harmonie, tant sur le plan physique que psychologique et spirituel.

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