

The Heart Of The Vortex: An Insiders Guide To The Mystery And Magic Of Sedona's Vortexes

Richard J. Anderson

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A practical and profound guide to exploring Sedona and its energy vortexes. Written in a relaxed and friendly style, this vortex guide book contains easy to follow information on locating the Sedona Vortexes, preparing yourself for the vortex energy and manifesting in the vortex field. You will also find chapters on selecting and charging crystals, unique meditations, and locating an energy vortex in your own home town. Richard Anderson is a vortex guide, energy healer, intuitive and Reiki master. Richard is also the creator of several self-help audio programs designed to facilitate positive change. This vortex guide makes it easy for anyone to find and enjoy these powerful energy centers. Included in this new volume are 22 black and white photographs and a easy to follow map of the Sedona Vortex sites.



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