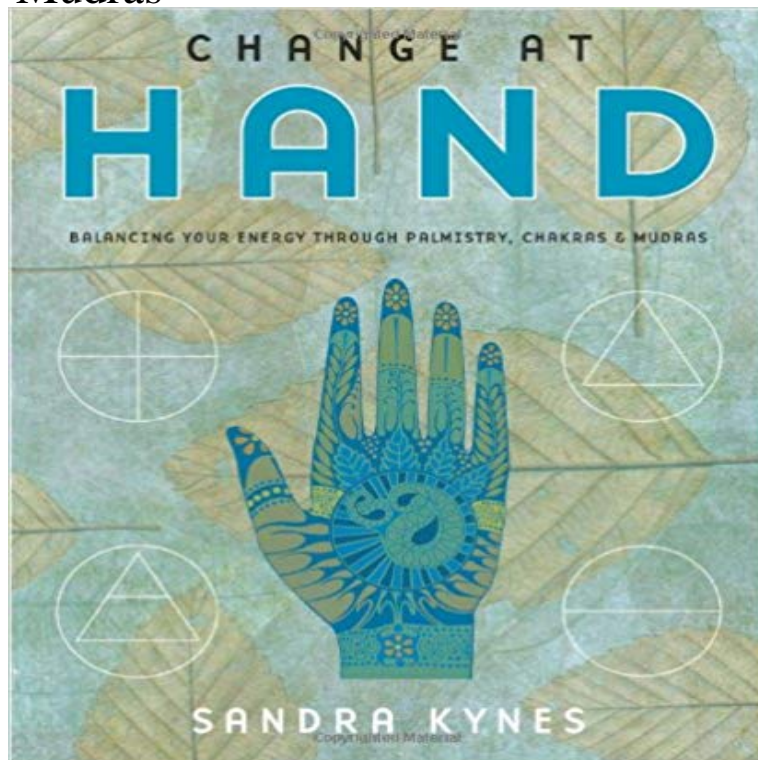


Change at Hand: Balancing Your Energy Through Palmistry, Chakras & Mudras



We hold an extraordinary power in our hands--the power to change, heal, and grow into our fullest potential. By focusing your intention and directing energy with your hands, you can deepen your self-understanding and manifest positive change to create a happier, more healthful life. Popular author Sandra Kynes invites you to experience a unique and transformative blend of energy work that combines the wisdom of palmistry with the power of the elements. Discover new, invigorating ways to activate and direct life force energy for healing and enlightenment with easy techniques and activities involving palmistry, chakras, meditations, and mudras (specific hand positions). Identify your elemental archetype for a better understanding of your personality and life path. Interpret your palms shape, your Heart and Life lines, your finger lengths, and more to discover and spark your innate potential. Use crystals to open your hand chakras and bring your elemental energy into balance. Bringing together aspects of Reiki, traditional Chinese healing methods, meditation, and a progressive form of energy work, Change at Hand is an inspiring and powerful guide that will help you find your inner path, experience greater health and wellness, and evolve into your true self.

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