Empowerment and Healing For Women

ST. PAUL, MINN — Learn to move past trauma, find strength, and thrive with twelve chakra tools that are based on the feminine energy body and life phases. These tools focus on challenges that women often face in owning our power, balancing work and family, and maintaining physical and emotional health. Featuring an eight-page, full-color insert with clarifying chakra figures, this essential guide presents a no-nonsense, easy-to-use approach to the chakras that helps you manifest your highest potential. Each chapter focuses on a new chakra tool, helping you explore how to use it within your daily life for long-term growth, overcoming blocks, healing sexual trauma, and more. *Chakra Empowerment for Women* supports your journey in practical ways as you recover the energy of your empowered self.

**Praise for Chakra Empowerment for Women**

“Using the beautifully constructed visualizations, affirmations and exercises provided, women who read this book will be able to move forward empowered with their inherent strength and wisdom renewed.”
- Becca Chopra, author of *The Chakra Energy Diet*

"Lisa offers us a way to work with our mind and body holistically through our energy anatomy. These guided exercises can be used in combination with other healing modalities or on their own, allowing us each to tailor them to our individual needs."
- Madisyn Taylor, cofounder of DailyOM

"Lisa has provided a much-needed resource for women, especially sexual trauma survivors who wish to include self-guided energy healing work into their healing process.”
- Molly Boeder Harris, Executive Director of The Breathe Network

“Reading other women’s stories and seeing how the empowerments were employed and the benefit they provided, gives you a real understanding of how they too can shift your entire way of being in the world.”
- Sara Weston author of *How to Be Happy Now*

LISA ERICKSON (Los Angeles, CA) is a chakra-based energy worker, writer, and teacher specializing in women’s energetics and sexual trauma healing. She is certified in mindfulness meditation instruction and trauma sensitivity, and has trained with world-renowned energy intuitive and best-selling author Cyndi Dale. She is a member of the International Association of Meditation Instructors, the American Holistic Health Association, the Energy Medicine Practitioners Association, and The Breathe Network, a non-profit dedicated to supporting holistic healing for sexual trauma survivors. She is also the creator of the popular DailyOM course *Awakening Your Feminine Chakras*. Visit her at www.EnlightenedEnergetics.com.

**About Llewellyn Worldwide, Ltd.**

For over a century Llewellyn Worldwide, Ltd. has led New Age publishing with titles that inform, educate, and inspire readers. We are committed to providing books and tools for exploring new worlds of mind & spirit, thereby aiding in the quests for expanded human potential and spiritual consciousness.