



The Power Of I Am: Aligning the Chakras of Consciousness

Geoffrey Jowett

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The essence of our being is a fully integrated energy system of consciousness. *The Power of I Am* shows how we can use this energy and transform and optimize our human energy body by working with the chakras. Through a series of prayers, affirmations, music, crystals, poems, and simple yoga poses, readers learn to maintain a balanced and harmonious continuous flow of energy through each chakra, leading to an increased sense of peace, harmony, and balance. Offering insights about the continuity of life, the laws of nature, and discovering ways to connect to our higher self, *The Power of I Am* leads to a path of healing and achieving our greatest potential.

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