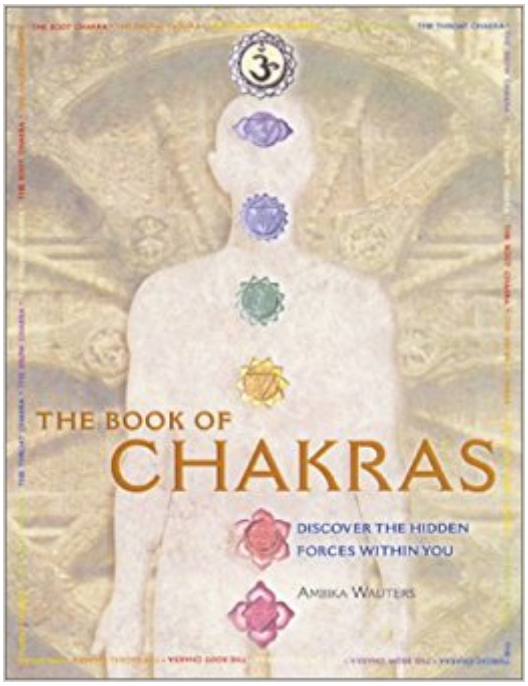
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The Book Of Chakras: Discover The Hidden Forces Within You



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Synopsis

Understanding chakras is an effective first step in harnessing every human being’s hidden life-changing energies and employing inner powers for spiritual and physical healing. The word chakra originated with the Vedic teachings of ancient India. It comes from the Sanskrit word for "wheel of light," and denotes the energy centers that exist in every man and woman. The Book of Chakras explores the nature of these energy sources, explains where they dwell in each of us, and instructs on how to use them. The author identifies seven energy centers in the human body. The Root Chakra, located in the lower torso, anchors us in life. From that point on the rising ladder of love and healing, we become aware of the Sacral Chakra, the Solar Plexus Chakra, the Heart Chakra, the Throat Chakra, the Brow or Third Eye Chakra, and the Crown Chakra. The last, the Crown Chakra, located in the head, is the most refined and spiritual center in the human energy system. Chakra teachings describe seven bodies that make up every person’s aura. They are the Physical, Etheric, Astral, Mental, Divine, Spiritual, and Soul bodies. Chakra teachings say that each of these bodies vibrates in ways that are allied to the colors of the universe. However, only one of these bodies, the Physical, is visible. When we understand these bodies in detail, we become able to correct chakra imbalances and harness our powers for peaceful and productive living. The author advises on ways of restoring balances, healing through the power of thought, and employing colors, sounds, crystals, acupuncture, and other means. More than 300 color illustrations.

Book Information

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Customer Reviews

"As a spiritual teacher and counselor, this is the refernce book I’ve been waiting for. I know there are

other books on the topic of chakras, yet I feel this is one of the best out there. It is a coffee-table size book, it is beautifully illustrated, has very good descriptions of the chakras, and has techniques and exercises for tuning into the chakras and getting to know their uses. It can’t get any better than that!...If you are a beginner on the spiritual path, this is an invaluable book you will want to study and study again. If you have been on the path for a while, there are enough reminders to keep you happily accessing and remembering the subtle powers that are your chakras."—The New TimesÃ¢â ¬Å“Recognizing the corresponding organs and main functions of each chakra provides only a surface-level understanding of the body’s energy centers. This guide provides a look at the history of the seven chakras and offers exercises and techniques for balancing and healing. With that information in hand, numerous other spirtual endeavors become possible.Ã¢â ¬Â•—Newsweek

Your chakras are integral to every part of your being. First identified in ancient India (the word chakra derives from the Sanskrit for wheel), they are the body’s energy centers through which the life force flows, helping you to maintain physical, mental, emotional, and spiritual balance. "The Book of Chakras explores the nature of these "spinning wheels" of energy, explains where they are located, and tells you how to use them most effectively.Harness your chakras through meditation and visualization Learn techniques and exercises most appropriate to each part of your bodyMaster the principles of chakra healing

This book is what it is, a beginners guide to differentiating the Chakras. It tells you how we bottle up our energy and gives us meditations that are geared toward helping us release our inner energy. It is very repetitive and basic which was, in a way, what I was looking for. I would have given 5 stars if it had given a little more info on positioning for meditation, but I suppose that wasn’t really what the book was supposed to be about.

I like this book. It is very well illustrated. There is a reason I am giving it 4 stars and not 5 stars. What I wold expect from a book like this is maybe being a little more esoteric and talking a bit more about how chakras are linked to work of the organs. Otherwise super awesome.

Still reading it!

Very informative

Been giving these as gifts for beginners, easy to understand and follow, everyone who has received one has loved it and will be paying it forward. I will continue to give these to the curious who ask me many questions. I feel it is better to let them discover on their own and this is my favorite way to introduce them. Love this book as a starting guide.

I purchased this book prior to starting my yoga teacher training, knowing that the class would eventually cover the subject of chakras. Most of the research I had previously done on chakras came from the internet, however, after acquiring this book, I am thankful that everything was presented in a concise and easy to read manner. I really appreciated the section at the end of the book, where they covered ways to heal the chakras wether it be through, food, music/sound, meditation, or even crystal healing.

Book of chakras is well written and easy to understand for individuals with no prior knowledge about chakras.If one is looking for an introductory class on chakras look no further.

This is exactly what I was looking for as I study energy and Healing. I will add more after thoroughly reading it.

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