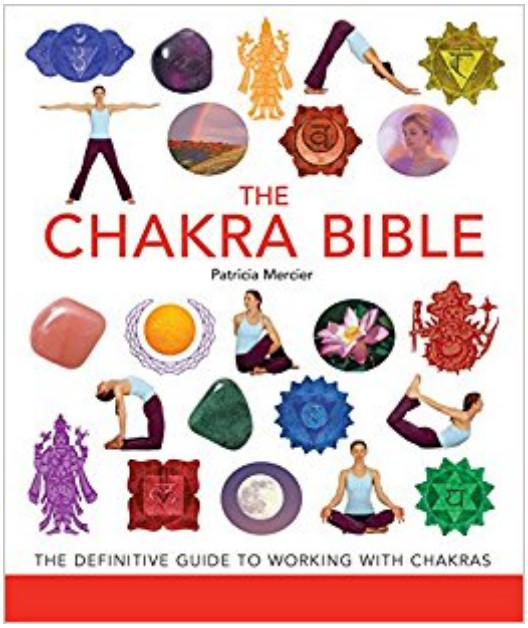
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The Chakra Bible: The Definitive Guide To Working With Chakras



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Synopsis

Chakras are the centers of energy in our body that profoundly affect our well-being. Through this exquisitely designed volume, newcomers to this alternative form of spirituality can understand every aspect of chakra power. In addition to an illuminating introduction, a detailed guide covers each chakra, with their associated colors, Indian deity, healing stone, and emotional and physical actions. One by one, go through the base, sacral, solar plexus, heart, throat, brow, and crown chakras, as well as some newly discovered ones and chakras from different traditions. ThereÃ¢â ¬â„¢s also invaluable information on connecting chakras with aura reading and healing, and yoga exercises and meditations to strengthen each chakra.

Book Information

Series: ... Bible

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Average Customer Review: 4.7 out of 5 stars 269 customer reviews

Best Sellers Rank: #11,314 in Books (See Top 100 in Books) #6 inÃ Â Books > Religion & Spirituality > Hinduism > Chakras #11 inÃ Â Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #27 inÃ Â Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

Patricia Mercier is an author, artist and visionary. She is also an experienced Natural Holistic Therapist, having taught yoga, meditation, stress management, crystal and light healing and holistic massage. Patricia is dedicated to the positive evolution of human consciousness in these rapidly changing times and for this reason shares many deep insights in her books. .

I think this is amazing for beginners in chakra balancing and meditation alike. It answers all my basic questions and is perfect for a visual learner. In my top two best books on the subject.

Lots of information to the beginner, I'm learning to bring peace to my life when life gets a bit hard.

I absolutely love this book. Offers so much information! Highly recommended

The best all-around chakra guide out there.

I use it everyday! So much information, in an easy straight to the point format. Love it

I got this book for learning I got to look at today it is an amazing for learning about the chakra's and how to open I can not wait to get started later today I have already referred this book to every one I know. This has so much info in it u will learn a lot.

Read through the book in one day and will go back occasionally as there is a lot to learn. Perfect for the beginner.

I'm just beginning to learn about Chakras, energy work, and crystals. This was a very straight-forward explanation with colorful pictures; easy to read; easy to use. It probably isn't the best for those who are very knowledgeable about the subject, but for beginners or as a quick reference guide, I would recommend it.

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