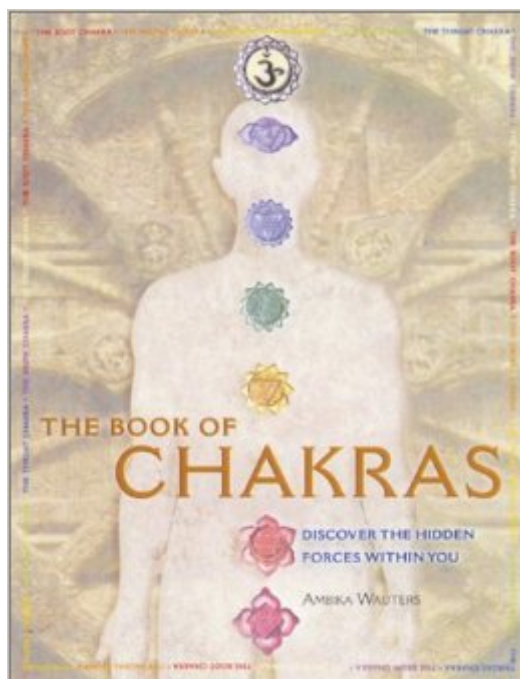


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# The Book Of Chakras: Discover The Hidden Forces Within You



## 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 someone who knew nothing about Chakras prior to reading this book, I found it to be an

easy-to-read, general introduction. The most striking thing about the books is its aesthetic appeal, which is refreshing, - and appropriate considering it's mandate to impact us spiritually. Its pages are large, thick and colorful and the material is an interweaving of photos, diagrams and artistically presented text. I point this out because it is such a striking contrast to most books these days, crammed with small, nondescript black and white text on cheap paper. I actually found that I enjoyed just holding the book and flipping through it to soak in the visual aspect. As for the content, as a beginner I can't speak to it's accuracy but it struck me as a light, easy-to-read and apply overview for the spiritual seeker who is new to the concept of energy centers in the body. The author stays away from religious discussions and instead provides basic, and somewhat generic information on each of the 7 main Chakras. For each Chakra the author provides affirmations, a meditation and a questionnaire (which sounds hokey, but which I actually found quite useful). My biggest gripe is that not enough instruction or suggestion was given regarding how to apply this information to my life. Should I meditate on only one Chakra at a time? How long should I meditate on a particular Chakra? Am I supposed to "feel" something and if so, how long does it take? What should I do next? Also, the author provided a variety of informational tidbits (neatly organized) about each Chakra such as the color, shape, crystal, musical note, astrological sign, internal organ, positive and negative archetypes, etc. associated with each Chakra, but almost no explanation as to why these particular attributes were assigned to particular Chakras. Consequently I got the impression that some of the information was cheesy and a bit new-agey for my tastes. Overall, I found that for me the books main value was in setting up a mental construct that I could use to evaluate my life and spirituality rather than in providing significantly detailed information to really understand what Chakras are and how to use them.

Having read quite a few books on Chakras I would have to say that this is a really good book for learning the basics of the Chakra system and how it applies to you. It is definitely the most colourfully illustrated book on Chakras out there, but there are better ones that go a lot deeper into how Chakras work and how to work with them.

This is a great beginners guide to the Chakra system. Colorful pictures, concise information, laid out in an easy to read and understandable fashion. A great resource when you want to know more about a specific chakra and it's attributes. I love this book!

This is the first review that I've written. I'm writing it because I'm new to chakras and this book is so

informative. Each chakra is explained well, but I especially love the meditations that are provided. It usually takes me a while to go to sleep at night, but the Heart Chakra meditation resonated with me and relaxed me so completely that I fell asleep immediately afterward. I highly recommend this book to everyone interested in learning about the chakra energy and balancing.

I absolutely love this book. Very easy to read and understand. Lots of great information about chakras. I am a Reiki Master and give this to all my Reiki I students. I also refer to this to show my Reiki clients areas of concern. Great reference.

My friend lent me this book and I got so much out of it. There is a lot of wisdom in it for balancing yourself or figuring out where you need balance even if you just look at it from a psychological point of view. The author even includes archetypes, like the warrior vs. the servant, etc to better understand yourself. She also includes some very simple and easy to do meditations. I hate meditating but these were really simple, and I feel more relaxed after doing them so they work. Anything that promotes relaxation while being present with your body in this crazy world is a plus. Also the affirmations are a short little exercise that can make you feel good too. You won't know unless you try! What's also great about the book is every chakra has a page dedicated to little factoids about it like the angels associated with it, color, musical note, glandular connection and much more. It's written simply and concisely, and she doesn't waste any words.

This is an excellent book if you want to learn about the Chakra's. It is easily understood and is not too heady. I highly recommend it.

This book is great! It describes what the chakras are and where they are found in the energetic body. It gives much pertinent information: the colors, symbols and yantras, animals; characteristics, both positive and negative; stones and scents associated with each chakra. The author also offers questions and several affirmations for each chakra in order to work with them and bring about balance in your entire being. This is the most comprehensive, yet concise (there are only 128 pages) book I have found on the chakras. I highly recommend it.

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