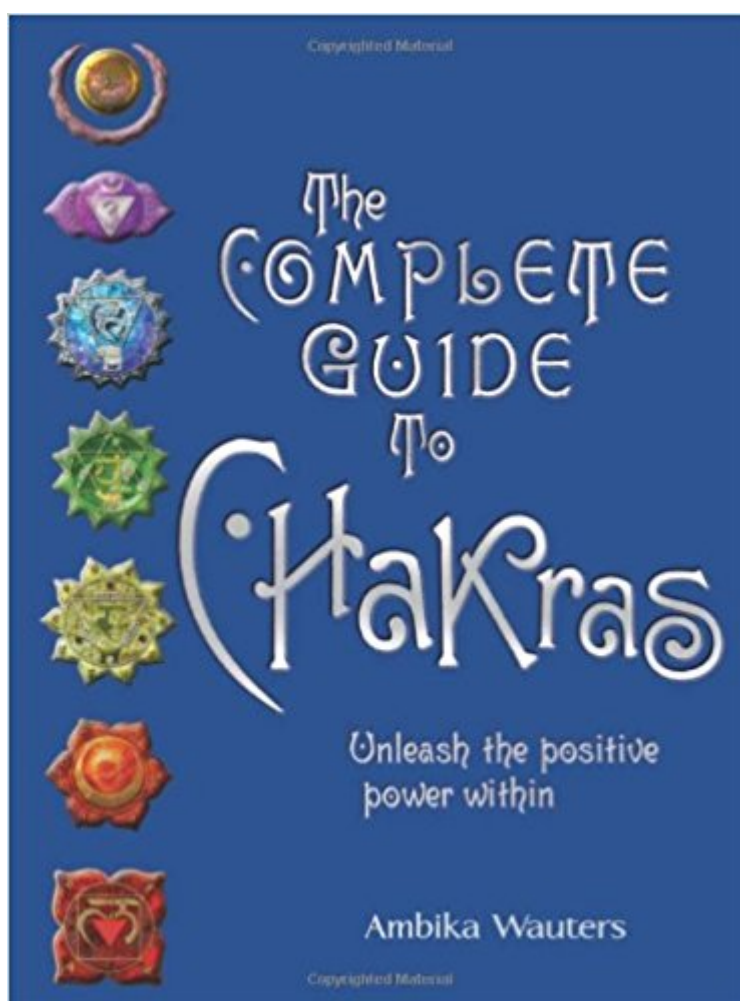


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The Complete Guide To Chakras: Vintage Edition: Unleash The Positive Power Within



Synopsis

This longtime Barron's best seller has now been updated and reformatted as an attractive new hardcover edition. The ancient Indian word, chakra, comes from the Sanskrit word for "wheel of light," and describes energy centers believed to exist in every man and woman. The Book of Chakras explores the nature of those energy sources, and instructs on how to use them. The author identifies seven energy centers, starting with the Root Chakra, located in the lower torso, which anchors us in life. She also describes the Sacral Chakra, the Solar Plexus Chakra, the Heart Chakra, the Throat Chakra, the Brow or Third Eye Chakra, and the Crown Chakra. Traditional Chakra teachings describe seven bodies that make up every person's aura, and claim that each of these bodies vibrates in ways allied to the colors of the universe. However, only one of these bodies—the Physical—is visible. When we understand these bodies, we become able to correct our Chakra imbalances and harness our powers for peaceful and productive living. The author tells how to restore balances, heal through the power of thought, and employ colors, sounds, crystals, acupuncture, and other restorative means. More than 300 color illustrations.

Book Information

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Customer Reviews

Ambika Wauters has a diploma in homeopathic medicine and is Director of the Institute of Life Energy Medicine in the U.K. She is the author of several books on alternative medicine.

I've checked this book out so often at the library and read it cover-to-cover, that I had to break down

and finally buy it. It's an all-encompassing guide to Chakras, as the title would cause you to expect. It has lots of introspective questions to help people who are struggling in any area of life. It also has corresponding meditations. It's interesting, and I refer to it often in my healing practice, for myself and others.

I love this book and am so grateful that it came into my life when I was starting my journey into holistic healing and chakra healing. The book says it's the "complete guide" and it is. It gives you so much information on each chakra such as the astrological affiliations, crystal affiliations, archetypes, how you can tell if your chakra is balanced, and so much more information. Not only does it stop there but it gives you affirmation, questions, and a guided meditation for each chakra so you can be aware of what needs healing and how to do it. You have so many options on healing yourself and this book provides basics on some of those so if one interests you or you feel one or more work best for you then you can go on your exploration from there. I have bought this book for a few of my family members who were interested in learning more about chakras and highly recommend this author. I was inspired and couldn't wait to continue my journey after I was done reading!

I've known about Chakras ever since someone introduced me to Reiki. I have several books on chakras and they're confusing or just trying to teach you how to cleanse them without know what they are. Or the understanding of what each one does. This book goes into incredible details on this and how each one impacts the other ones. It's not too much information as you can jump to sections with each section to find what you're looking for. It was a great recommendation from a friend for a friend that ended up helping me in the end.

If you're interested in learning about chakras, this is a great book. It breaks down colors, gems, emotions, everything you would want to learn and know about chakras.

Very nice book! Thank you for the fast shipping!

I came across the print edition recently in a book store. I loved it and wanted it but I've been trying to stay conscious of my ever expanding library vs. limited space so I found the e-version and decided to purchase this for my e-library. The book is comforting, informative and fun to have and read.

This book is chock-full of great information. It tells what crystals to use, it talks about colors, it gives exercises you can do, etc. etc. I enjoy reading it and am so glad I got it!

I love this book. The vintage edition adds this mystical, magical vibe to the book because of how it is presented which I like immensely. The contents are the same however - from what I have noticed. It is also a very short book on chakras so you can read it quickly and find that you want to learn about easily.

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