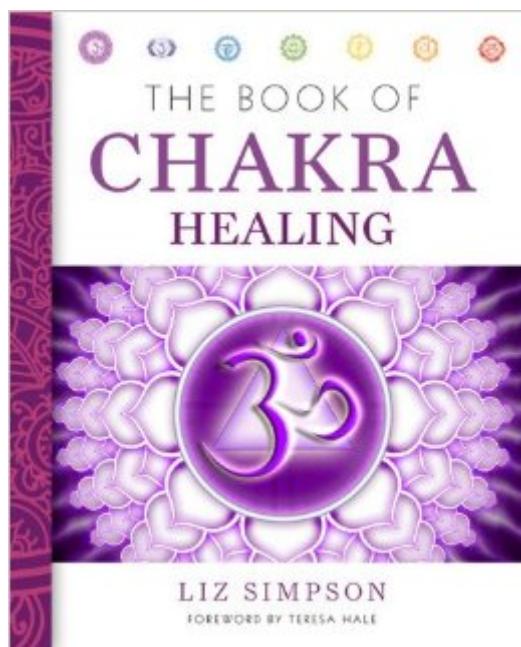


The book was found

The Book Of Chakra Healing



Synopsis

Restore your optimal physical, emotional, and spiritual self with chakra healing, an ancient Indian system that focuses on energies originating in seven centers of the body. Dip into this vital, easy-to-use, and lushly illustrated guide to learn about the archetypes associated with each chakra, find a feast of techniques and visualizations, and get information on every conceivable aspect of healing. Supplementary material provides basics on crystals, essential oils, and altars for your home, along with numerous charts and references.

Book Information

Paperback: 144 pages

Publisher: Sterling Ethos; Revised edition (March 5, 2013)

Language: English

ISBN-10: 1454904267

ISBN-13: 978-1454904267

Product Dimensions: 7.5 x 0.4 x 9.3 inches

Shipping Weight: 14.9 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ See all reviewsÂ (44 customer reviews)

Best Sellers Rank: #36,838 in Books (See Top 100 in Books) #23 inÂ Books > Religion & Spirituality > New Age & Spirituality > Divination > Crystals #24 inÂ Books > Religion & Spirituality > Hinduism > Chakras #48 inÂ Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing

Customer Reviews

Quite a lot of us are not `in touch` with our inner sense. This part of us which infallibly knows what is best for us. When we are `out of touch` with our inner sense - the result is disharmony, which starts on the subtle levels of the body -"the energy body". Then later if this is not addressed, it manifests as illness or dis-ease in the physical body. I think this book is very good for explaining the laws relating to the energy body (subtle body) and its system of energy vortices, "The Chakra System". I work with the Chakra System a lot with clients in balancing mind, body and spirit. This book is a great addition to anyone's collection as it offers ways of re-tuning and balancing the Chakras and bringing a healing harmony in your energy body which you can learn to do on your own on lots of levels. The colour illustrations are wonderful too! Liz has included a range of techniques and help in this book for this purpose. Many of them I use regularly in my practice. I particularly enjoyed her use of crystals, essential oils, ritual and visualisation as well to bring the

book right up to date with Chakra Healing.

This book is a must have for any person interested in the chakra system. It is unique in that it presents archetypes connected to each chakra which summarize the positive and negative personal traits associated with each. It is very practical and simple to check through them and spot your own and others' imbalances. It also incorporates practical techniques which can be used to help correct them which include meditations, crystals, exercises and the use of color. I find that I am lending and recommending this one out all the time. It was recommended to me! It is also visually very appealing with large colorful illustrations which make it easy to check back time and time again.

This is one of those glossy 'pretty' books. You do get a good summary of information on the chakras. But the information presented just does not appear to be very deep. If you don't know much about chakras then this is a good buy. If you know the names of the chakras and their colors, keep looking.

What a gem of a book! It is visually stunning and very easy to read and understand. I'm new to the chakra system, and this book is truly helping me to understand. I just started working with the meditations and exercises and am having great success with them.

This is a gorgeous book. The illustrations and information are plentiful. The color coded pages make for wonderful visual referencing and take you directly to what chakra material you are looking for. The meditations/affirmations are also an extra bonus to this stellar book. A gem of book!

The first thing I loved about this book was that my daughter loved it so much she recommended it to me. The Book of Chakra Healing is a great & easy read because of it's easy to access layout and colorful images. It engages the senses, holds the reader's attention while the lessons beg to be implemented. The working of each chakra is explained simply yet without loss of valuable information on how each chakra works. As a student of metaphysics since the age of 11, I firmly believe this book will be the perfect refresher for those of us who knew the contents "back when" and may have forgotten the nuances of each chakra's energy and a perfect introduction for those new to the amazing work of the chakras with enough practice elements to help them understand the 'medicine' of the chakras and their ability to help our bodies and minds heal. I will keep this book nearby as a reference for teaching and meditation.

I enjoy visual things and this book is beautiful visually. It touches on a lot, but doesn't necessarily go into depth on each chakra. Never the less, even though I have been studying and working with the chakra system for some time now, I enjoy using this book and would recommend it, especially to the beginning student of the chakra system. It is clearly written, easy to understand and follow and the meditations are great.

I found this book to be very user-friendly as well as thought provoking. Each page is inviting and motivates you to delve deeper within yourself. My favourites are the positive affirmations and the stunning visuals of relevant gemstones. I don't see myself becoming bored with this book any time soon!

[Download to continue reading...](#)

Chakras for Beginners: An Idiot's Guide to Chakra Healing Chakra Energy and Chakra Balancing for Health, Wealth and Happiness (Chakra Healing, Chakra Balancing, Chakra Meditation Book 1) REIKI: From Beginner to Expert - Energy Healing Double Book Bundle (+Bonus!) - Ultimate Guide to Reiki Healing & Chakra Healing (Energy Healing, Chakras ... Beginners, Reiki Symbols, Chakra Balancing) Healing: Reclaim Your Health: Self Healing Techniques: Fasting, Meditation, Prayer, Healing Medicine, and Energy Work (Channeling, Shamanism, Chakra Healing, ... Qigong Healing, Ayahuasca Book 1) Crystals and Gemstones: Healing The Body Naturally (Chakra Healing, Crystal Healing, Self Healing, Reiki Healing) Chakras: The Ultimate Guide to Chakra Meditation. Learn How to Meditate and How to Open Your 7 Chakras (chakras, chakra healing, 7 chakras) Reiki Healing: Reiki Healing, A Beginners Guide to Healing Your Body (Reiki for Beginners, Chakra for Beginners Book 1) Chakra for Sex: Harnessing the Sexual Energy: Lessons, Poses and Exercises to Open up Your Sacred Chakra and Improve Your Sex Life: Sex Improvement, Book 2 Third Eye: Awakening Your Third Eye Chakra: Beginner's Guide (Third Eye, Third Eye Chakra, Third Eye Awakening, Chakras) Third Eye Awakening: The Ultimate Guide on How to Open Your Third Eye Chakra to Experience Higher Consciousness and a State of Enlightenment (Third Eye, Pineal Gland, Chakra, Kundalini) Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Energy Healing Made Simple Om Kitty's 8 Day Chakra Activation Journey: Bonus: Learn To Banish Your Doubts About 'Woo-Woo' and Stop Worrying What Others Think (The OM Kitty Series Book 1) The Book of Chakra Healing THE FOURTH CHAKRA HEALING BOOK - DISCOVER YOUR HIDDEN FORCES OF TRANSFORMATION: To Heal Emotional Wounds,

Feelings of Being Unloveable, Issues of Grief & Loss Chakras for Beginners: How to Activate and Balance Your Chakras to Strengthen Your Character and Live a Better Life (Chakra Balancing & Healing For Beginners) The Beginners Guide to Chakra's and Crystals Box Set:: A Beginners Guide To Crystals Their Uses And Healing Powers And Chakras: Understanding The 7 Main ... Gems, Law of Attraction) WICCA: Wicca Reiki Magic - A Beginners Guide To Wicca Spells and Reiki Healing (Wicca, Chakras, Witchcraft, Self Healing, Magic, and Crystal Healing) Crystals: Crystal Healing For Beginners, Discover The Healing Power Of Crystals And Healing Stones To Heal The Human Energy Field, Relieve Stress and Experience Instant Relaxation !-THIRD EDITION- Crystals: Your Beginners Guide To Crystals And Healing Stones (Power of Crystals, Healing Stones, Relieve Stress, Energy Healing) Eastern Body, Western Mind: Psychology and the Chakra System As a Path to the Self Chakra Tonics: Essential Elixirs For The Mind, Body, And Spirit

[Dmca](#)