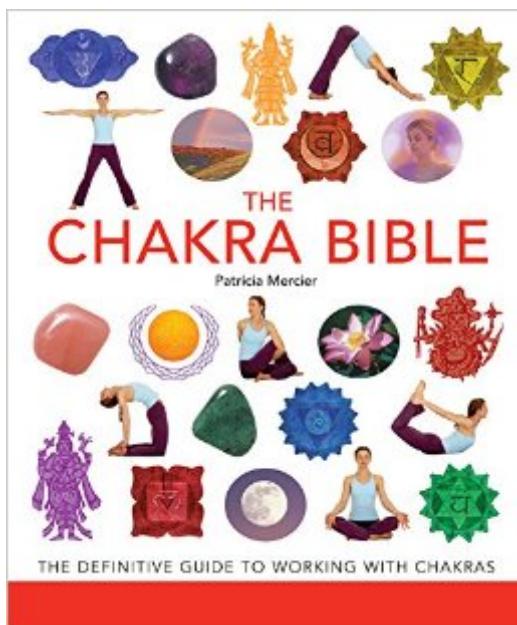


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# The Chakra Bible: The Definitive Guide To Working With Chakras



## **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. Thereâ™s also invaluable information on connecting chakras with aura reading and healing, and yoga exercises and meditations to strengthen each chakra.

## **Book Information**

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Average Customer Review: 4.7 out of 5 starsÂ See all reviewsÂ (223 customer reviews)

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## **Customer Reviews**

This book is a great primer on how chakras work, and a wonderful reference for those who are already versed in their operation. The book is an intriguing size, about 6" x 7", which means each squarish page can focus on the topic at hand. It is full color, glossy, with a lot of details, images, photos, and descriptions. You begin with a summary of what chakras are. These energy fields can be measured by scientists and are now fairly well regarded as "existing". It wasn't that long ago that science scoffed at the idea of humans having an energy field, but as we know science often takes a while to catch up with reality. What once was magic is now seen as normal. Kirlian photography can show that energy field. The book then goes chakra by chakra to explain what they are about, what crystals, aromas, colors, yoga poses, and other things can enhance or relax that chakra area. So if

you want to improve your love life, you look for the associated chakra and in essence follow the instructions. There is definitely a lot of good in here. I do want to offer a few caveats. For example, the book promotes the works of Royal R. Rife who they claim had a 90% cure rate of cancer. Unfortunately many tests have proven that his device does NOT work and, sadly, people have died by putting their faith in the 9 volt battery device rather than actual medical science. For all that I believe that science does not hold the answers, I also do not believe that a fraud from the 1920s deserves any more attention which could lead to deaths. Similarly, some of the advice seems less than thoroughly researched. The book talks about making a smudging stick with garden sage. Actual smudging sticks are made with \*sagebrush\* which is a completely different plant.

Allow me to tell you a little story to explain my appreciation for this book. Sarah, a young woman I came to know, first found out through newspaper headlines that her entire family had been washed away in the roiling mud of a jungle flood while she was away working as a tour guide and attending botanical healing classes in the capital city. Heart-scarred and down but definitely not out, she finished out her semester and received a student visa to start anew by continuing her education and life in Southern California. There, she made a friend who eventually became her roommate and lover. But still, emptiness gnawed at Sarah's gut even when outwardly her life's puzzle seemed complete and ready for framing. Raised within a very strict, conservative religion, nonetheless or perhaps because of this stunted spiritual growth, Sarah assiduously practiced Hatha yoga and read every spiritual self-help guide the public library, .com and the bookstores carried, including *The Chakra Bible*. Inside this book she found an encyclopedic collection of all things Chakra, from their history, definition and lineage as understood by the ancient Greeks, Chinese, Egyptians and Hindu practitioners to charts, diagrams and photos detailing body locations, physical, energetic and spiritual manifestations of imbalanced chakras and their converse, active and free-flowing wheels of light that fuel the warmth of our days. She read of various methods for balancing the chakras using relaxation and meditation, aromatherapy, diet, reflexology, color therapy, massage, crystal, and sound therapy. Blushing yet gushing with anticipation when she told me, Sarah said that following the gentle yet delicious urging of *The Chakra Bible*, she even began a practice of tantric yoga and kundalini energy release.

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