

The Complete Guide to Chakras: Unleash the Positive Power Within



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Barron's Educational Series. Hardback. Book Condition: new. BRAND NEW, The Complete Guide to Chakras: Unleash the Positive Power Within, Ambika Wauters, 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.

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