

My First Book Of Chakras

Professional clairvoyant and best-selling author Cyndi Dale has provided intuitive consulting and healing to more than 30,000 individuals, helping them lead more happy, successful, and fulfilling lives. Now she shares true personal stories and practical advice on how intuition can help you with everything from everyday concerns to major life decisions. Presented in an easy-to-follow Q&A format, the wisdom and guidance within these pages is organized into three categories: relationships, work or destiny, and health. Heartwarming, humorous, and surprisingly down to earth, Everyday Clairvoyant also offers tips and techniques for developing your own intuition, while offering insight on questions like the following: How will I know when I've met my true love? Do our children select us before birth? What are Indigo and Crystal souls? Are there ghosts? Do animals have souls? Does everyone have a spirit guide? How can I find my true life path?

****55% Off for Bookstores!** LAST DAYS**** Whiting all living beings are seven powerful centers of energy called chakras. Every chakra holds the potential for immense healing and restoration, and Chakra Healing can show you how to harness that power with a wide range of simple, beginner-friendly exercises that anyone can do. This book will put you on the path to healing pain, allergies, indigestion, headaches, fatigue, and even emotional turbulence like loneliness. With practical instruction and guidance, you'll learn how to identify what's ailing you and which chakra is causing it. Chakra Healing features: A variety of techniques—Connect with your chakras using everything from meditation to crystals, essential oils, yoga, focused breathing, and even diet. Helpful illustrations—Detailed photos and drawings make the tools and exercises even easier to understand. Beginner-friendly approach—Find accessible, bite-size advice that requires no previous knowledge. Discover the power of balancing your chakras to help you heal and feel your best.

This book is a collection of reflections, prompts, tools, and practical exercises to support your self-discovery, mental, emotional, physical well-being and healing in a sustainable way. What You'll Find Inside: ✓ An introduction to the myths in our modern understanding of the chakra system and alternative ways of thinking ✓ 7 chapters based on the ancient wisdom of the chakras to anchor your reflections and healing in various topics like emotional awareness, confidence, or belonging ✓ Everyday challenges & exercises to widen your understanding of your yoga practice and integrate seamlessly into your daily life ✓ Illustrations by artist Katya Uspenkaya Author's Note From a very early age, I've felt like the world was spinning too fast. I was always playing catchup and going against my inner, natural pace. Yoga for me became a way to connect with my intuitive rhythm. It has taught me again and again about what it means to simply be, with myself and with the world around me. After a while, I started wondering if I could stay as present in everyday challenges and happenings as I was when I was moving and breathing in my asana practice. I'd started on a yoga mat but my practice never felt quite powerful enough to infiltrate all areas of my life. Why was it so difficult to say no to things I didn't want to do when I'd been learning about that in my physical practice? Why would I not let myself "flow" in my creative projects as much as my breath during meditation? This book is part of my journey of discovering how yoga can truly be a practice of every day, every hour, every minute. It is a collection of my attempts at putting together building blocks of awareness, so I always find pockets of connection whether I'm sitting on a loud train, cooking a meal, or deep into my email inbox. I hope you find comf and ways to cultivate confidence through these pages. May the reflections and practice build the freedom and intuition you need to let the wonderful practice of yoga take the shape it needs to serve you and your communities. With love and curiosity, Ely

Mind Body Baby: Astrology is a board book that teaches little ones the Western Zodiac signs and what their birthday might say about them. This board book introduces the concept of Western astrological signs to the youngest readers and highlights related symbols, colors, and personality traits. Babies will learn the basics of how the sun, moon, and stars affect our human lives. With adorable illustrated babies and a hip design, the Mind Body Baby series is the perfect way for adults and their little ones to create a healthy mind and body connection together. An Imprint Book

From the root chakra to the crown chakra, Mind Body Baby: Chakras is a board book that teaches little ones the colors of the rainbow through the energies of the body. This board book introduces the concept of chakras and color to the youngest readers. With simple text and instructive illustrations, babies will learn about each of the seven chakras, the energy centers in our bodies, and how we express this energy in our daily lives. This book also serves as a first introduction to colors! With adorable illustrated babies and a hip design, the Mind Body Baby series is the perfect way for adults and their little ones to create a healthy mind and body connection together. An Imprint Book

Wheels of Light CHAKRA HEALING

Chakras, Food, and You

Chakras Plain & Simple

Chakras & Self-Care

The Book of Chakra Healing

Chakra Healing Therapy

Waters presents a self-help program intended to give readers information about how their energy system responds to thoughts and expression.

The ultimate guide to harnessing the body's energy for health and wellness Our bodies are surrounded by and filled with powerful streams of energy that can be used to improve our mental, physical, and spiritual wellbeing. Ultimate Energy: Using Your Natural Energies to Balance Body, Mind, and Spirit is a collection of three books—Chakras, Auras, and Energy Healing by Tori Hartman, Eliza Swann, and Kris Ferraro—that will give readers the tools to tap into their own unique energy using a variety of modalities and practices. Chakras explains the associations and strengths of each of the seven chakras along with how to harness their power in your own life. Auras explores the many-layered energy field that is the human aura and will teach you to sense and work with your own aura and those of others. Energy Healing offers an exploration of a range of energy healing techniques from Reiki to EFT, and will help you find a practice that suits your needs and interests. Written by experts in the field, each book is designed with beginners in mind and includes exercises to kick-start your practice along with a comprehensive resources section to help you continue your exploration of the power of energy. Ultimate Energy is the definitive beginner's guide to using energy as part of your health and wellness practice.

Chakras are subtle energy centers that affect all levels of your being: physical, psychological, and spiritual. In this pocket-size hardcover guide, discover why these spinning wheels of energy are the key to living at your highest potential, with tips for using chakras to: Heal from physical and psychological wounds Express feelings easily and productively Transform work into a joyful vocation Solve financial and career difficulties Free repressed emotions Deal with life's puzzles and predicaments Soothe the heart and create more loving relationships

Balance and heal your mind, body, and soul by tapping into the connections between your chakras and your diet. Chakras, Food, and You is a revolutionary approach that customizes health assessments based on the chakras—the ancient system that modern-day yogis exalt and the ancients across all cultures and periods embraced as the secret to enlightenment. After first taking the Chakra Type Quiz within the pages, you will learn which foods and supplements, exercises, and movements mesh to enable your individual body's peak performance. Then, you'll be equipped to make eating and lifestyle choices that synchronize with your real self. If you're a First Chakra Manifestor, you'll boost your adrenals by eating plenty of protein and taking extra minerals; you'll eat when you are hungry and drive down stress by moving around. If you are a Third Chakra Thinker, you have to graze at set times. All twelve chakras—Manifestor, Creator, Thinker, Relator, Communicator, Visioner, Spiritualist, Mystic, Harmonizer, Naturalist, Commander, as well as a twelfth special chakra, unique to each individual—are thoroughly covered. With additional tips and thoughts on meditation and spiritual practices, sleep protocols, stress-busters and relaxation practices, and self-care rituals and activities, Cyndi Dale and Dana Child's Chakras, Food, and You is an accessible and straightforward health-and-life changer.

Does today's world ever feel intense, depressing, or even scary? In The Modern Chakra Guide, bestselling author Carol Tuttle shows you how the world is going through an energetic shift-and how to activate your chakra energy to rise above the chaos. Carol shares the path that took her from a life in shambles to a life of powerful fulfillment. With reassurance and timely insight her personal perspective will help you counter the rush, confusion, and fear of today's world. Through this book, you will be able to: Feel more daily joy than you've imagined is possible, Recognize how chakra energy influences you, Navigate the energetic shift of our time with ease, Awaken and activate your energy to upgrade your life. If you are a person who wants to feel balanced, aware, and joyful-even with today's world swirling around you-then this book is for you. Book jacket.

Mind Body Baby: Meditation

The Book of Chakras & Subtle Bodies

A Beginner's Guide to Self-Healing Techniques that Balance the Chakras

Chakra Healing for Beginners: 2 Books in 1: The Complete Guide to Discover 35 Self-Healing Techniques to Awaken and Balance Chakras for Health and Positive Energy

Chakra Rituals

A Complete Guide to Chakra Healing: Balance Chakras, Improve Your Health and Feel Great

My First Book of Chakras

You may think that difficult situations and emotions you experience are caused by other people or random events. This book will convince you that inner imbalance is not caused by situations in the outer world—instead, your imbalances create the situations that interfere with your sense of well-being and peace. Chakras for Beginners explains how to align your energy on many levels to achieve balance and health from the inside out. In everyday terms, you will learn the function of the seven body-spirit energy vortexes called chakras. Practical exercises, meditations, and powerful techniques for working with your energy flow will help you overcome imbalances that block your spiritual progress. Discover colors and crystals that activate each chakra Explore the balanced and unbalanced expressions of each chakra's energies: survival, sexuality, power, love, creativity, intuition, and spirituality Practice spiritual exercises, visualizations, and meditations that bring your energies into balance

Reiki is a unique system of healing that allows you to harness and transmit energy through your hands, restoring balance and harmony within the body and bringing relief to a wide range of physical and emotional problems. This book, by renowned Reiki teacher Richard Ellis, illustrates all the hand positions used for the first level of Reiki, but it goes much further and shows you in their relation to the seven chakras. Chakras are the main energy points of the body and provide the anatomy of energy healing. These are different for everyone, and so to practise Reiki effectively you need to understand a person's chakras, which will in turn explain the type of person they are and the health problems they are vulnerable to. For example, one person may have an excessive first chakra, making them prone to obesity or digestive problems, and to pessimism, while another may be deficient, making them vulnerable to anorexia and restlessness. You would therefore approach these two people differently. Reiki and the Seven Chakras captures the feeling of wonder that surrounds Reiki, but it is also an immensely practical guide. So many of the current books on Reiki are very dry, following a formula of detailing the history of Reiki healing and then showing you how to do it. This one breaks the mould and is written from a very personal point of view, which makes it incredibly interesting to read and also very accessible - essential if you are to understand the true nature and potential of Reiki.

The Ultimate Guide to Chakras and Energy Systems As powerful centers of subtle energy, the chakras have fascinated humanity for thousands of years. Llewellyn's Complete Book of Chakras is a unique and empowering resource that provides comprehensive insights into these foundational sources of vitality and strength. Discover what chakras and chakra systems are, how to work with them for personal growth and healing, and the ways that your subtle energy, history, practices, and structures of our subtle energy. With an abundance of illustrations and a wealth of practical exercises, Cyndi Dale shows you how to use chakras for improving wellness, attracting what you need, obtaining guidance, and expanding your consciousness. Praise: "In one thoroughly researched and beautifully written book you can learn...what it took ancient seekers a lifetime to uncover..."—Steven A. Ross, PhD, CEO of the World Research Foundation and author of And Nothing Happened...But You Can Make It Happen "A shining constellation of timeless wisdom and brilliant insights on chakras. This groundbreaking book is an essential conduit to whole-self healing."—Dr. Deanna Minich, founder of Food & Spirit "Expertly researched, well written, and easy to understand. The go-to guide for understanding subtle energy systems."—Madisyn Taylor, bestselling author and editor-in-chief of DailyOM "Cyndi's exploration of cross-cultural systems is stunningly complete...Very impressive."—Margaret Ann Lembo, author of Chakra Awakening

Learn to unlock your energy pathways and balance your chakras. This is your chance to awaken your true potential, you'll just need some guidance from expert Vicki Howie and The Key to the Chakras. The chakras are the seven centers through which energy flows in the human body. Even if you're new to the discipline, The Key to the Chakras gives you the knowledge you need to understand each of the chakras and their associated colors, emotions, and physical actions. Discover practical techniques for healing and unblocking the chakras, and find out how the chakras can work in tandem with aura reading, crystal healing and aromatherapy to improve your life. Perfect for those working with the chakras at beginner and intermediate level, The Key to the Chakras provides an informed overview of the seven chakras, and includes interactive lessons, meditations and exercises that will teach you to find balance and inner calm in a difficult, often chaotic world. In this classic of esoteric literature, a clairvoyant examines the spiritual force centers in our body.

The Wisdom of the Chakras

The Chakras

Mind Body Baby: Crystals

Your Essential Guide to the First Level

The Key to the Chakras

Everyday Clairvoyant

Tools for Navigating the Complexity of Life

A comprehensive and in-depth discussion of the human energy centers known as chakras. The book offers a unique understanding of how these centers, also referred to as "subtle bodies" can be identified and experienced, along with how they are related to personal transformation and health. In this volume, Osho gives an overview of the Eastern science of the subtle energy centers in the human body that are sometimes known as 'chakras.' It is a science that underlies traditional yoga, among other disciplines that recognize the deep connection between mind and body. Osho also shows how these same principles apply to human psychological growth and maturation, and the evolution of consciousness. Self-help, Spirituality, Psychology, Meditation, Esoteric, New Age, Health, Yoga. The title will especially of interest to the large group of people involved with Yoga, as the book describes in simple terms, using everyday experiences as examples, what underlies Chakra Book delivers the 'esoteric science' and understanding in the context of personal growth and transformation.

My First Book of Chakras

You may have seen the movies and read the books about manifestation, but your power to create your dreams still seems to be missing the mark. Don’t throw in the towel yet—there’s a radically new approach that may reveal the missing piece of the puzzle. With Creating on Purpose, innovative teachers Anodea Judith and Lion Goodman present a comprehensive, systematic method for realizing your highest aspirations. Shared with thousands in their popular nationwide workshop study of the inner self, the outer world, and how to connect the two to make your dreams come true. Manifestation is the process of bringing the spiritual and material together to create a better life for yourself, your family, and your community, explain Anodea and Lion. At the heart of this work are the energy centers known as the chakras, which offer us a profound formula for wholeness, a template for transformation, and a sacred map for manifestation. Learn how to make to effective change, and a way of aligning our desires with our highest good, as you explore: Chakra Seven: Consciousness Creates—Receive guidance and grace, clarify ideas into intention, and clear limiting beliefs Chakra Six: Vision Vitalizes—Imagine possibilities, discover your purpose, and visualize your path to fulfillment Chakra Five: Conversation Catalyzes—Tell your story, refine your mission, and set goals to chart your course Chakra Four: Love Enlivens—Find the right relationship love Chakra Three: Power Produces—Become proactive, strengthen your will, and handle distractions and obstacles Chakra Two: Pleasure Pleases—Ride the river of passion, balance masculine and feminine energies, and attract what you want and need Chakra One: Matter Matters—Honor your commitments, inhabit your body, and complete every cycle “When you align your heavenly wisdom with the love in your heart and combine your future vision with your unique skills and ability vehicle toward your destiny, giving your gifts for the benefit of all beings.” Here is your opportunity to participate in this important work through Creating on Purpose.

Some people are extremely bright yet emotionally crippled. Others are very loving, yet their daily lives are chaotic. Many have great faith but little clarity, while others are creative but stymied by a lack of confidence. Why are people so topsided in their development? Why do some of us feel love but find ourselves unable to express it? Why do some of us commit ourselves to an endeavor from the heart only to become disenchantred? Why do some of us feel confident and powerful potential? Answers to such questions may be found in the chakra system, the seven ethereal centers that both reflect and influence the qualities of our nature. Some twenty years ago, the author a clairvoyant from youth began her examination of the chakra system to explain the imbalances so prevalent in people today and found that it does much more. In addition to correcting imbalances that prevent us from reaching our aspirations in life, the chakras also help us realize the result of Ellen Tadd s years of spiritual exploration and counseling work. She shows how the chakra system functions in everyday life, how our thoughts, words, and actions affect this system, and how the chakras in turn shape us. She also provides practical exercises that can be integrated easily into daily life to heal each chakra and attain the alignment needed for a healthy and spiritual life. The author describes each of the seven chakras, their functions, and their individualva is discussed independently, each nonetheless functions as part of an interdependent cooperative whole. As a result, the chakra system offers a framework and the tools needed to understand numerous common imbalances, individually and in combination, helping the reader to integrate the various characteristics and create greater harmony and balance in daily life. For those who find themselves and their lives out of balance, the practical answers in "The Wisdom of the Chakras"

This book is about the chakra network and its systems, describing how an ancient spiritual energy system utilizing the Elements and Color energies works. It offers a brief metaphysical-philosophical explanation of the chakra network and the meridian energy structures the color energies travel through, and their dispensation into the human body's life force: thus their affect on human health, well being, and spiritual growth throughout the human physical, emotional, mental and so. Philosophies and Spiritual studies: they are contained in the Vedas, spiritual books that came to us from ancient India.

Reiki And The Seven Chakras

A User's Guide to the Chakra System

The Beginner's Guide to Balancing, Healing, and Unblocking Your Chakras for Health and Positive Energy

An Introduction to Ancient Wisdom and Spiritual Healing

Tap Your Individual Energy System for Health, Healing, and Harmonious Weight

Energy and Healing Power of the Subtle Body

Llewellyn's Complete Book of Chakras

Escape the humdrum of daily life and reawaken your true essential Self with Stephen Sturgess' sensational Yoga and meditation techniques. Learn about fascinating subtle bodies, chakras, nadis, and kundalini and the in-depth science on Yoga philosophy, then follow Stephen's variety of practices and techniques for removing any obstacles that may be standing in the way of you uniting with your true nature. The book includes a wealth of Hatha Yoga techniques using asanas, mudras, and kriya purification, as well as Raja and kriya Yoga techniques – mantras, concentration and meditation.

Cyndi Dale's New Chakra Healing established a new standard for healers, intuitives, and energy workers worldwide. It expanded the seven-chakra system to thirty-two, including twenty spiritual points serving as catalysts for dynamic change. This comprehensive expanded edition of her classic guide, with more than 150 pages of new information, features an abundance of original material and illustrations: —A new introduction with true stories from Cyndi Dale's healing practice —Illustrations of the energetic nature of diseases, so they can be better understood and addressed —Detailed descriptions of energetic bodies and fields found nowhere else, such as the energy egg, zones of existence, a three-part kundalini system, and dozens of others —A wealth of information on healing the earth as you heal yourself! The Complete Book of Chakra Healing will help you integrate the powerful forces of your energy body into your everyday life for better health, increased happiness and creativity, and a stronger awareness of your life's true purpose.

Chakras are your body's spiritual centers of vibrant, healing energy. This beginner's guide explains the seven major chakras, how to awaken them and how to channel their energy for optimum health and well-being. Exploring the mental and physical aspects of each chakra, the chapters reveal how diet, yoga and meditation can bring balance and harmony to your daily life. To complete this holistic treatment, the sections on crystals and essential oils show further ways of boosting vitality and cleansing mind, body and spirit.

You have a number of vividly colored, blazing, concussing whirlpools of energy that serve as your subtle psychic sense organs. C.W. Leadbeater, famous clairvoyant, makes them come authentically alive in living color with ten striking illustrations. Then, with great clarity and simplicity, he explains what each chakra means to your welfare. For you and your body are in truth a great nucleus of potential power! In print since 1927, hundreds of thousands of copies of this book have been sold. It is recognized as a classic of esoteric literature.

A guide to working with the chakras to lead emotional wounds, release physical tensions, explore psychic abilities, and awaken spiritual energies • Explores each chakra on the physical, psychological, psychic, and spiritual level and explains how the chakras can be understood as an embodied map of the psyche, linked with different stages of development • Details the author's system of Chakra Therapy, which integrates healing touch with chakra visualizations • Offers practical exercises to nourish and support each chakra as well as practices for daily chakra maintenance In this in-depth guide to working with the chakras, author Glen Park draws on her decades of experience as a Chakra Therapist to explain how the chakras can be understood as an embodied map of the psyche, with each chakra representing a different stage of development from infancy and childhood through adulthood, with the Heart Chakra playing a central role in awakening the spiritual potential of the upper chakras. She examines each chakra individually on the physical, psychological, psychic, and spiritual level, as well as through the lens of the solar (masculine) and lunar (feminine) channels. She shows how the connections between the chakras and developmental stages are paralleled in the findings of Western psychology and neuroscience and how our collective expressions of the chakras influence cultural trends in society. The author's system of Chakra Therapy integrates healing touch with guided chakra visualizations, offering practical exercises to nourish and balance each chakra so it can be integrated and in harmony with the entire chakra system. She explores how to work with the Heart Chakra for deep transformation and self-healing, including healing emotional wounds from childhood and enabling the psychic and spiritual levels of the Throat and Eye Chakras to develop, with the potential of opening to the divine realm of the Crown Chakra. Sharing case studies from her Chakra Therapy practice, she shows how we gain a richer understanding of ourselves both mentally and physically by working with the chakras, opening ourselves to the potential for deep soul growth and transformation.

Three Books in One (Chakras, Auras, and Energy Healing) Chakras, Auras, and the Healing Energy of the Body

The Complete Book of Chakra Healing

How to Unlock Your Seven Energy Centers for Healing, Happiness, and Transformation

7 Steps to Awaken Your Energy in Today's World

From Root to Crown: Advice and Exercises to Unlock Your True Potential

Mind Body Baby: Chakras

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, 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.

"No one saves us but ourselves. No one can and no one may. We ourselves must walk the path." - Buddha Reject stress, accept change, and prepare to radiate positive energy with the natural healing powers of the chakras. In the Eastern world, the powerful healing properties of the chakras and their awakened state have been known for generations. In the Western world, however, the awareness of their properties and purpose are still relatively limited. Simply speaking, the chakras are specific points in your body through which energy flows.

The unlocking and empowering of these chakras allow for a more balanced, healthy, and harmonious life. Undertaking a regimen of exercises geared towards the empowerment of the Chakras will enable you to unlock these energy streams as a means of combating the stresses, fears, and doubts that plague our everyday lives. If you're ready to become a more centered and harmonious human being, then look no further than this introductory guide With the wisdom of meditation guru and author Michael Williams, you will be able to explore the eight chakras and their part in completing a healthy, whole human being. With various exercises geared toward each chakra, this guidebook acts as a toolbox for empowering your chakras through meditation and practice. Here's what to expect in the beginner's guide: Introduction to the Chakras Reasons for suffering Breathing techniques to aid meditation Preparations for meditation Guide to the meditation process Exercises for each Chakra Diet guide to promote healing and wellness Overview of spiritual awakening And much, much more! Organized, informative, and inspiring, this introductory guide serves as a roadmap to peace and harmony through the revolutionary and natural wisdom of the chakras. Born from an ancient tradition of meditation and inner exploration, the practice of healing through chakra empowerment is a natural way to combat the crippling evils of stress, anxiety, and fear. Take back control of the good energy in your life and reap the benefits of a calm, balanced mind through the empowerment of your chakras. Take the first step to improving your life and grab your copy of Chakras for Beginners: Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing today!

This accessible and user-friendly book introduces the seven major chakras—those spinning vortexes of energy throughout the body—and presents ways of healing the emotional, mental, physical, and spiritual problems that arise when the chakras are blocked, misaligned, or too open. It also describes how the chakras affect people and provides simple healing techniques, an explanation of the relationship between color and mood, tips for using gemstones to cleanse and energize, and advice for practicing aromatherapy and other complementary systems to channel energy within the body. A brief history of the chakras, a discussion of the relationship between the chakras and astrology, and an exploration of the chakras and kundalini are also included. This is a book for anyone interested in alternative medicine and for everyone interested in leading healthier, more energetic, and happier lives.

Mind Body Baby: Crystals is a board book that teaches little ones about the power of crystals to enhance their energetic lives. This board book introduces the concept of crystals to young readers and explains how their healing energy can enhance different states of well-being. For babies and their families hoping to amplify positive energy, this little gem of a book provides the answers. With adorable illustrated babies and a hip design, the Mind Body Baby series is the perfect way for adults and their little ones to create a healthy mind and body connection together. An Imprint Book

With The Ultimate Guide to Chakras, tune in to your chakras, the power centers connecting your physical body and the world of energy. Your chakras are the power centers that translate between the seen world of the physical body and the unseen world of energy. First discussed in ancient Hindu texts and studied for thousands of years in numerous spiritual traditions, including acupuncture, meditation, and yoga, chakras hold the key to our well-being. By tapping into the power of our chakras, we can live healthier, balanced, and more abundant lives. Athena Perrakis, leading metaphysical teacher and creator of the world's largest online metaphysical resource website, SageGoddess.com, addresses the nine major chakras we can tap into to balance, heal, and manifest. This guide explains how and why different crystals, essential oils, and sacred plants help to support each chakra. Each chapter of The Ultimate Guide to Chakras includes magical exercises for accessing the energy of each chakra, including meditations, journal exercises, and working with goddesses and spirit guides. Readers will even learn how to create a dedicated chakra altar. Lavishly photographed and illustrated, this guide promises to be an essential volume for beginners and experienced energy workers alike. The Ultimate Guide to... series offers comprehensive beginner's guides to discovering a range of mind, body, spirit topics, including tarot, divination, crystal grids, numerology, witchcraft, aromatherapy, and more. Filled with beautiful illustrations and designed to give easy access to the information you're looking for, each of these references provides simple-to-follow expert guidance as you learn and master your practice.

The Spiritual Technology of Manifesting Through the Chakras

The Book of Chakras

The Modern Chakra Guide

A Monograph

The Modern Yogi's Guide To Self-Exploration: A Creative Journey Through The 7 Chakra System

A Guide to Balancing Your Chakra Energies

If you feel like something isn't right in your body, but can't physically point it out, then keep reading... Do you feel constantly tired, angry, or depressed? Do you sometimes find it difficult to talk about your emotions? Do you derive your self-worth from pleasing others? If so, chances are high that your problem is likely energetic. Chakras are life force energy centers in your body. When any of these energy centers are blocked or imbalanced it can affect your physical, mental, or spiritual health. In Chakra Healing For Beginners: 2 in 1 Bundle, Alison offers practical self-healing strategies to help you tap into the chakra that lies within you. You'll learn how to find your dedicated chakra altar, harmonize with your life force, and ease the physical pains and emotional turbulence that hinder your spiritual awakening! This 2 in 1 bundle includes the following 2 books: 1- Chakra Healing For Beginners: The Complete Guide to Awaken and Balance Chakras for Self Healing and Positive Energy 2- Chakra Healing For Beginners: Discover 35 Self-Healing Techniques to Awaken and Balance Chakras for Health and Positive Energy This journey will change your life, You'll learn: 🌈 Ancient Medicine and the Use of Chakras 🌈 Secret and Powerful Healing Techniques 🌈 Six Mistakes Most Beginners Make in Meditation and How to Avoid Them 🌈 The Mysteries and Benefits of Hindu and Buddhist Tantras 🌈 How Certain Oils, Gemstones, and Crystals Can Affect Your Chakra in a Big Way 🌈 Step-By-Step Energy Therapy Techniques to Keep Your Chi Energy Flowing 🌈 Unraveling The Secrets to Happiness – and Why Positivity is a Must-Have 🌈 Building Your Spiritual Connection with the Universe Plus, Much More It's time to unleash the power of your chakras. You will love this practical guide because empowering your chakras and improving your wellness is the first step to live the life you deserve. Get started now!

A leading figure in the field of healing and mind/body research presents an intriguing, multidisciplinary, and multicultural study of the human energy field. "A most impressive blend of extensive research and expert personal observation".—Meditation magazine. Photos; drawings.

This ancient Indian system of healing focuses on vortices of energy that originate in seven centers of the body. When they become blocked, a variety of ailments can manifest themselves. This book discusses various practical ways to work on chakras, using archetypal and animal associations, crystals, meditation, visualization, affirmations, and physical exercise. It starts by familiarizing the reader with how this mystical, ancient art works as a holistic and spiritual system that promotes harmony and health, and then proceeds to the root chakra. A chart of correspondences includes everything from color and key element to physical and mental functions, and compatible fragrances. It includes a detailed list of suggested activities to stimulate the chakra, such as dining on healing foods, listening to restorative music, and learning from inspirational case histories. Equally exhaustive information is given for the other six chakras: Sacral, Solar Plexus, Heart, Throat, Brow (Third Eye), and Crown. A final section focuses on how other healing disciplines, such as yoga and reiki, incorporate the chakra therapies to restore the optimal physical, emotional, and spiritual self.

"This book is for seekers. With writing that is both friendly to the layperson yet true to a deeper mystery, this is the book to which I refer my students who are interested in the esoteric wisdom and practices of the ancients." —Anodea Judith, author of Eastern Body, Western Mind Although they are often misunderstood, the chakras are important facets of health and spirituality and when properly attuned can lead to happier and healthier lives. In The Big Book of Chakras and Chakra Healing, Dr. Susan Shumsky delves into the ancient Tantric and Vedic literature to uncover the veiled mysteries of the ages, where the most authentic information about the 7 chakras, 7 subchakras, and the subtle energy system can be found. By reading this valuable book, you will: Discover your subtle body and energy field and how to heal blockages. Gain understanding of kundalini energy and the chakra system. Understand how to use visualization to access your chakras. Learn to maintain the health of your energy field. The Big Book of Chakras and Chakra Healing is perfect for novices and experienced practitioners alike and will lead you on a journey of discovery, balance, and enlightenment.

Two Sahaji Yogi parents were sitting on the front lawn outside the Borotin school one beautiful summer day, when one of the children whipped out a comic book to 'tune out'. Looking at this child immersed in Captain America, the father could not help commenting - 'wish we had children's books on chakras and the deities that we could use to educate our children... they spend too much time on comics.' The Universe must have been listening - one summer later, we now have the first chakra book helping young Yogis traverse the world from Mooladhara to Sahasrara, with illustrations lovingly composed by Yogi hands.

Awakening the Wild Woman Within

Activate the Healing Power of Chakras with Everyday Rituals

Gateways to Supreme Consciousness

Activate the Transformative Power of Your Energy Centers

Chakras, Meridians, and the Color Energies

Chakras for Beginners; Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing

The Ultimate Guide to Chakras

Mind Body Baby: Meditation is a board book that families can use with their youngest for bonding and to find peace and calm in the middle of life's daily stresses. This board book teaches little ones to clear their minds and relax. Aided by simple text and instructive illustrations, babies will learn meditation step-by-step: how to find a comfortable position, close their eyes, and take deep slow breaths. Share a quiet moment of mindfulness with the child in your life! With adorable illustrated babies and a hip design, the Mind Body Baby series is the perfect way for adults and their little ones to create a healthy mind and body connection together. An Imprint Book

As portals between the physical and spiritual planes, the chakras offer unparalleled opportunities for growth, healing, and transformation. Anodea Judith's classic introduction to the chakra system, which has sold over 200,000 copies, has been completely updated and expanded. It includes revised chapters on relationships, evolution, and healing, and a new section on raising children with healthy chakras. Wheels of Life takes you on a powerful journey through progressively transcendent levels of consciousness. View this ancient metaphysical system through the light of new metaphors, ranging from quantum physics to child development. Learn how to explore and balance your own chakras using poetic meditations and simple yoga movements—along with gaining spiritual wisdom, you'll experience better health, more energy, enhanced creativity, and the ability to manifest your dreams. Praise: "Wheels of Life is the most significant and influential book on the chakras ever written."— John Friend, founder of Anusara Yoga

Embrace the timeless teachings of the chakra system for peace of mind, better physical health, and a sense of alignment, fulfillment, and purpose. The key to optimal health and well-being is within us, in powerful energy centers called chakras. Ancient cultures understood the sacred healing power of chakras and that self-care aligned with nature. In Chakras & Self-Care, you'll engage in a series of meditative exercises that activate and balance each of your seven main chakras. Reiki master and wellness expert Ambi Kavanagh also offers daily and seasonal rituals to show us that true prevention not only comes from the ways we care for our bodies, but the ways we spend our energy. Chakras & Self-Care features: • Affirmation, visualization, and activation exercises to align and balance each chakra for improved energetic flow • A comprehensive guide to the seven main chakras plus astrological and elemental correspondences and goddess archetypes • Essential oil blend recipes and sacred stones to open and support each chakra • Daily rituals to recharge and restore your mental, emotional, physical, and spiritual health • Seasonal energy rituals to reconnect with nature's rhythms and lunar cycles

Cristi Christensen's Chakra Rituals is a book that makes the ancient science of Chakras accessible to spiritually conscious women, and offers a seven-week step-by-step program. Learn how to tap into the single most perfect system living inside of each of us—the seven Chakras. While Chakras have become trendy, sexy, cool, and very spiritual, few people today really know how to activate the Chakras' powerful energy for deep transformation. Cristi Christensen aims to change that, and Chakra Rituals offers readers a multi-dimensional, practical, and inspiring structured seven-week step-by-step program. Each week, readers are instructed how to activate a different Chakra, and each weekday they are led through a dynamic, easy, and motivating practice (altar building; breathing; meditation; vinyasa yoga flow, mudra, writing contemplation, and embodiment) which distills the esoteric concepts and makes them tangible, living experiences. A self-discovery and self-help guide with striking full-color illustrations, Chakra Rituals employs the Chakras' potential to open the pathways to a full, enlightened "aliveness." Seasoned practitioners and newcomers alike are invited to flow with their emotions, claim their power, transform their lives, and align with the divine.

What is Chakra Healing and How can you apply its principles throughout your life? Learn the basics today with this straightforward book. Are you looking to uncover the immense natural energy you can enjoy when your chakras are balanced and healthy? Do you find yourself looking for a path that can help you unlock the secrets to happiness, energy, and wellbeing? The chakras have long been seen as the most important centers of energy and power in the human body. When the chakras are fully functional, the body can stay healthy and at peace. Naturally, there are many outside forces that can hurt our bodies and keep the chakras from being open. The chakras must be open and flowing if the body and mind are to be healthy and happy. This guide will help you to understand the seven chakras and how they will work to improve your body in general. Each individual chakra covers different parts of the body and various emotional and physical aspects of your life. You will learn about how to identify the key signs of blocked chakras while also learning about what you can do to restore their functions. These include many routines that are easy to incorporate into your daily life. After downloading this book you will learn What are the seven chakras What are the signs and symptoms of blocked chakras Causes of Blockages and Healing of Imbalances Positive Habits and How They Influence The Chakras Dietary Habits The Energetic Influence of Others External Triggers of Chakra Blocks Chakra Block - General Healing Technique And Much MoreOrder your copy today

Extraordinary Answers to Finding Love, Destiny and Balance in Your Life

Creating on Purpose

Wheels of Life

Mind Body Baby: Astrology

The Chakra Bible

Llewellyn's Little Book of Chakras

Ultimate Energy: Using Your Natural Energies to Balance Body, Mind, and Spirit

A comprehensive introduction to chakras, featuring the seven major energy centers of the body, their function, and the ideal way to heal and balance them, details each of the chakras, their associated color, Indian deity, healing stone, and emotional and physical actions and includes step-by-step yoga exercises. Original.

The Big Book of Chakras and Chakra Healing

The Chakra Book

Your Definitive Source of Energy Center Knowledge for Health, Happiness, and Spiritual Evolution

Awaken Spiritual Energies and Heal Emotional Wounds

The Little Book of Chakras

Chakras

The Definitive Guide to Working with Chakras