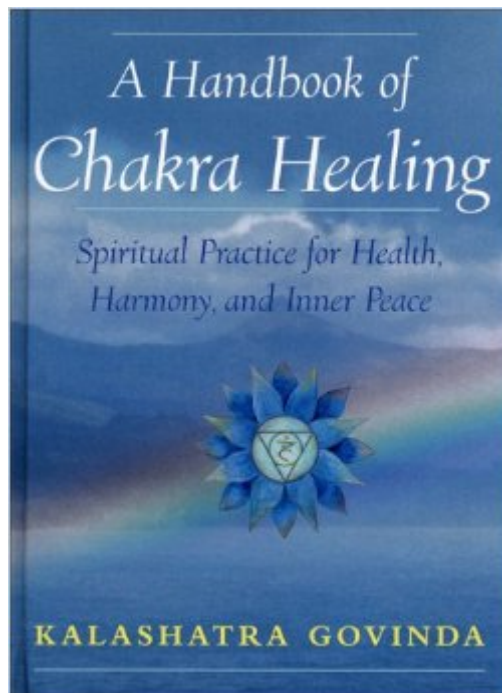


The book was found

# A Handbook Of Chakra Healing: Spiritual Practice For Health, Harmony And Inner Peace



## Synopsis

Chakra work benefits body, mind and spirit and leads to a greater sense of harmony and inner balance. A Handbook of Chakra Healing is a practical guide that applies ancient wisdom to the problems and stresses of modern life. It tells you all you need to know about the seven chakras, the vital energy centers in the human body. It teaches you what the chakras are and how they function; it provides personality tests so you can determine where your strengths lie and what you need to work on; and it offers effective programs for harmonizing the energy of the chakras that will change your entire outlook on life.

## Book Information

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## Customer Reviews

This book is packed from cover to cover with well written and easy to understand information. Chapter 1: The Meaning of Chakra Work (introduction) Chapter 2: Learning About the Chakras (an overview) Chapter 3: The Seven Chakras and Their Meaning (self-explanatory) Chapter 4: Chakras and Personality (test to determine yours and sections explaining each one) Chapter 5: The Psychology of the Chakras (discusses blockages and the Chakra development through the growth cycle ie. prenatal and on) Chapter 6: Chakras and Health (chakra therapy for good physical and emotional health) Chapter 7: Chakra Therapy (how to heal and exercise each chakra) Chapter 8: Prana and the Aura (extra-sensory, aura and life energy work) Chapter 9: Hand and Foot Chakras (descriptions and 'exercises' for each) Chapter 10: Chakra Yoga (self-explanatory) Chapter 11: Chakras and the Power of Love (love, relationships, and your partners chakras) Chapter 12: Tables

(this section is great!-tables that list the coordination between each chakra and essential oils, stones, metals, deities, planets, colors etc...)The handbook would be a great first book for someone unfamiliar with chakra work while still being informative and useful to the experienced "student".

It's well-made, well written, and the content is accessible to beginners.I enjoyed it very much. I keep on going back to it for references to improve my energy flow in the chakra that requires attention.I recommend it. It's not a Yoga manual, in case that's what you're looking for. It only gives you insight of the benefits some yoga poses have, and also lists all the different approaches to healing one's chakras (aromatherapy, vocalization, gemstones therapy, etc).

One of the easiest books i have found so far on understand and working with Chakra's and Spiritual healing. This is a must have in your spiritual collection. Use it as a guide or as needed... Angelx  
Author Rainy Day Poems and more 1 and 2

I use this wonderful, well written, easy to read, with simple instructions, chakra book as a teaching guide with my Chakra classes. My students find the book well organized and helpful, once they take the practice home.

I have bought this not only for myself but for friends as well. It is jammed with so much information. It touches on the stones/crystals associated with the different chakras. Also, it covers herbs, scents and also yoga positions with the chakras.

The literature in the book is exactly what the title says it is & a little more. I gathered a lot from it already & am not finished with it. I was able to gain insight on where & what my in-balances were & it made sense as to why. I do recommend this book for anyone getting into the art of Chakra healing. Very informative & laid out in a sensible way.

I am a Reiki Master and teach. I found this book to be very helpful for those newer to Chakras. It is a book of worthy to be in your collection if you are into the healing arts. Very nice graphs, bullet points and beautifully illustrated.

I was drawn to this book in an esoteric shop near my house. As a Reiki Master-Teacher IÃ¢ÂÂÃ¢Âm always interested in learning about healing the human body and the ChakraÃ¢ÂÂÃ¢Âs play an

important role in this healing. I've read books like The Complete Guide to Chakra and they left a lot out. Here you can find it, I just wish it was in digital format.

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