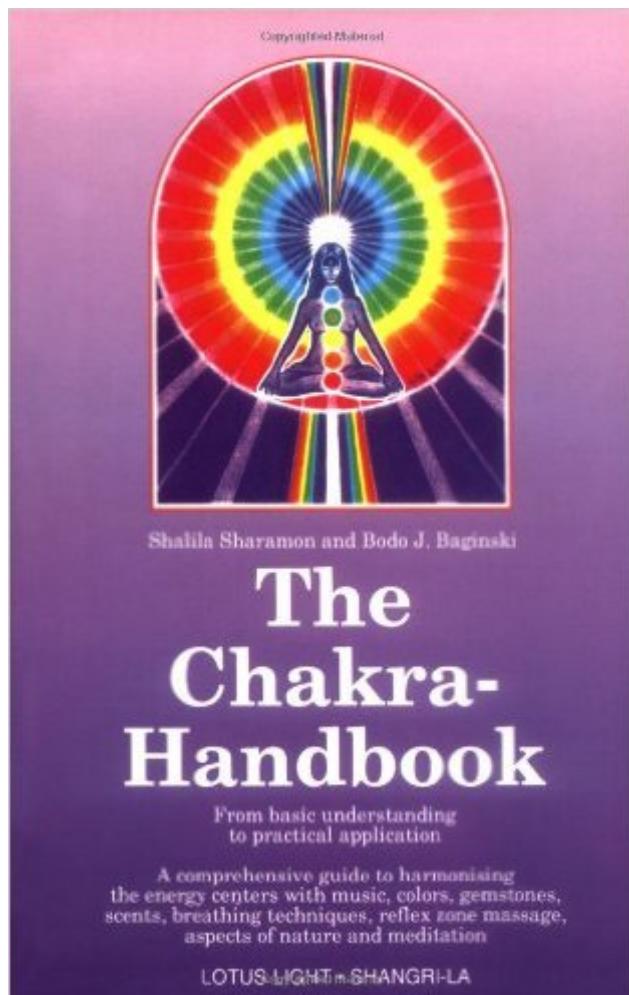


The book was found

# The Chakra Handbook



## **Synopsis**

Complete practical guide to the chakras, including color, activity, sounds, background information, and techniques for opening them and utilizing their force. A longtime bestselling title in Europe, this is the definitive text in the field.

## **Book Information**

Paperback: 200 pages

Publisher: Lotus Press; 1st edition (April 1, 1998)

Language: English

ISBN-10: 094152485X

ISBN-13: 978-0941524858

Product Dimensions: 5.6 x 0.5 x 8.6 inches

Shipping Weight: 8.5 ounces (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 starsÂ  See all reviewsÂ  (21 customer reviews)

Best Sellers Rank: #446,796 in Books (See Top 100 in Books) #240 inÂ  Books > Religion & Spirituality > Hinduism > Chakras #605 inÂ  Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #2067 inÂ  Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

## **Customer Reviews**

This wonderful book is an exhaustive guide to harmonising the body's energy vortices with music, colours, gemstones, fragrances, breathing techniques, reflex zone massage plus meditation. The book is very comprehensive in cope, dealing with the full energy system and the subtle bodies: ethereal, astral, mental and spiritual, while explaining the function and purpose of the charkas. It explains how blockages develop in the chakras and how to eliminate them, before treating each of the seven chakras in detail. The astrological associations are dealt with and various therapies for cleansing and activating the chakras are covered in great detail. These include sound, colour, gemstone, and aroma therapies plus colour meditation and different forms of yoga. In addition, there are chapters on chakra breathing, reflex zone massage and physical exercises for releasing blocked energies. The appendix includes tables on the chakras and their associated factors like symbols, colours, elements, hormones, musical tones and aromas. The text is enlivened with many black and white figures, illustrations and tables, and the book concludes with a short bibliography. The Chakra-handbook is the most comprehensive work on the subject that I have encountered, providing practical information in a simple, easily understood manner. I highly recommend it to

practitioners of esoteric healing and to all readers who are interested in familiarising themselves with their own energy bodies for a more fulfilling and abundant life.

I am a professional Usui Reiki Master, who holds regular certification courses in Reiki as well as other energetic healing modalities. I ALWAYS suggest this book to my students, as it provides all the pertinent information necessary to build a strong foundational understanding of the chakra system, without overloading the reader with chapters of advanced information that may bog down a newcomer. Although Anodea Judith's "Wheels of Light" is exhaustive in its research, and is an excellent resource for the reader who is already well-versed in chakra theory, it can be extremely intimidating for a reader just starting out in the subject matter."The Chakra Handbook" contains all the information that a reader could possibly need at a glance: the color, sound, symbolism, location, mental-emotional-spiritual, as well as crystal & gem coorespondances; it even provides short and effective visualizations! Even though I have been practicing for nearly 10 years, I still turn to my handy "Chakra Handbook" first if I need a refresher on a particular association, or other bit of crucial information. All of my students who buy this book write back to me absolutely thrilled with its contents! I highly recommend this book to anyone with an interest in Eastern theory, alternative healing, natural health, or spirituality in general.

This is simply an excellent book on the chakras. Clear, easy to use, easy to understand, not overwhelming for a beginner but still plenty of useful information for experienced practitioners. Very comprehensive, touching on many aspects connected to the chakras and a wide variety of useful therapies: sound, color, senses, gemstones, foot zone. It is very holistic, explaining the emotional, psychological and physical manifestations regarding each chakra. Not only this, but it also relates them to different ages of your life and stages of your development. Amazing!

I have read several books on chakras. I am a Reiki practitioner who uses the chakras to help my work with my clients. I also do a lot of work on chakras with myself. This book has furthered my understanding of the chakras to a degree and I thoroughly enjoyed the subject material. However this book was not as developed as much as I wish it had been. For this reason I reccomend reading Anodea Judith's books. She has several on the subjects of chakras and the psychology of body systems.

I took this book out from the library and have extended it 3 times now. I've been reading and

referring to it over and over in the past 2 months and finally decided I need my own copy. It's a great overall explanation of the chakras and the energetic body for someone like me who is knew to this information. There are so many books out there with a plethora of info on this subject but they've lacked a cohesive overall explanation of how the chakras and energetic bodies relate to one another. The authors beautifully word their explanations of humans as energetic beings. Their are many typos in this translated from german edition but even with that, it's a must read for the beginner.

The Chakra Handbook goes into great detail on the basics of chakra energy centers and explains the practical application of how treatments with gemstones, color and aroma therapies can cleanse and un-block each chakra in order to get the best possible flow of energy throughout the body.

Authors Shalila and Bodo explain that, "Opening the chakras is a journey towards the Self, a journey into life and towards God" (page 132). As an informative book on the basics of chakras, which is the center of Reiki practice, it drives the theme of being one with our surrounding environments to be able to emit positive energy forces. For me, this was a great way to learn about the topic for my ethnography project in school, in which we have interviewed various Reiki practitioners and combined these meetings into a video to give an introduction of the practice to the class. Throughout the text, it emphasized the theme of total balance, as it explained that, "We can find the experience of harmony and unity everywhere, in the beauty of nature, in the colors of the flowers, and in everything we see and come across" (page 140). For anyone looking for an introduction and a thorough explanation on the principles of chakras, this book has great potential to teach those interested in the matter. Chakras were a subject that I had never been introduced to before, and after reading, I developed a new perspective on the entire practice. Overall, it was a very informative book, and it wasn't heavy, so it was easy to get through.

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

A Handbook of Chakra Healing: Spiritual Practice for Health, Harmony and Inner Peace The Chakra Handbook Wheels of Life: A User's Guide to the Chakra System Chakra Wisdom Oracle Cards: The Complete Spiritual Toolkit for Transforming Your Life Chakra Wisdom Oracle Toolkit: A 52-Week Journey of Self-Discovery with the Lost Fables Chakra Awakening: Transform Your Reality Using Crystals, Color, Aromatherapy & the Power of Positive Thought Chakra Foods for Optimum Health: A Guide to the Foods That Can Improve Your Energy, Inspire Creative Changes, Open Your Heart, and Heal Body, Mind, and Spirit Chakra Mantra Magick: Tap into the Magick of Your Chakras: Mantra Magick Series, Volume 4 Anodea Judith's Chakra Yoga Chakra Clearing: A Morning and

Evening Meditation to Awaken Your Spiritual Power Chakra Balancing Advanced Chakra Wisdom: Insights and Practices for Transforming Your Life Placenta - the Forgotten Chakra Wheels of Life: A User's Guide to the Chakra System (Llewellyn's New Age Series) The Chakra Bible: The Definitive Guide to Working with Chakras Chakras: Understanding the 7 Main Chakras for Beginners: The Ultimate Guide to Chakra Mindfulness, Balance and Healing Chakra Breathing Meditations The Chakra System: A Complete Course in Self-Diagnosis and Healing Chakra Clearing Kundalini Meditation: Guided Chakra Practices to Activate the Energy of Awakening

[Dmca](#)