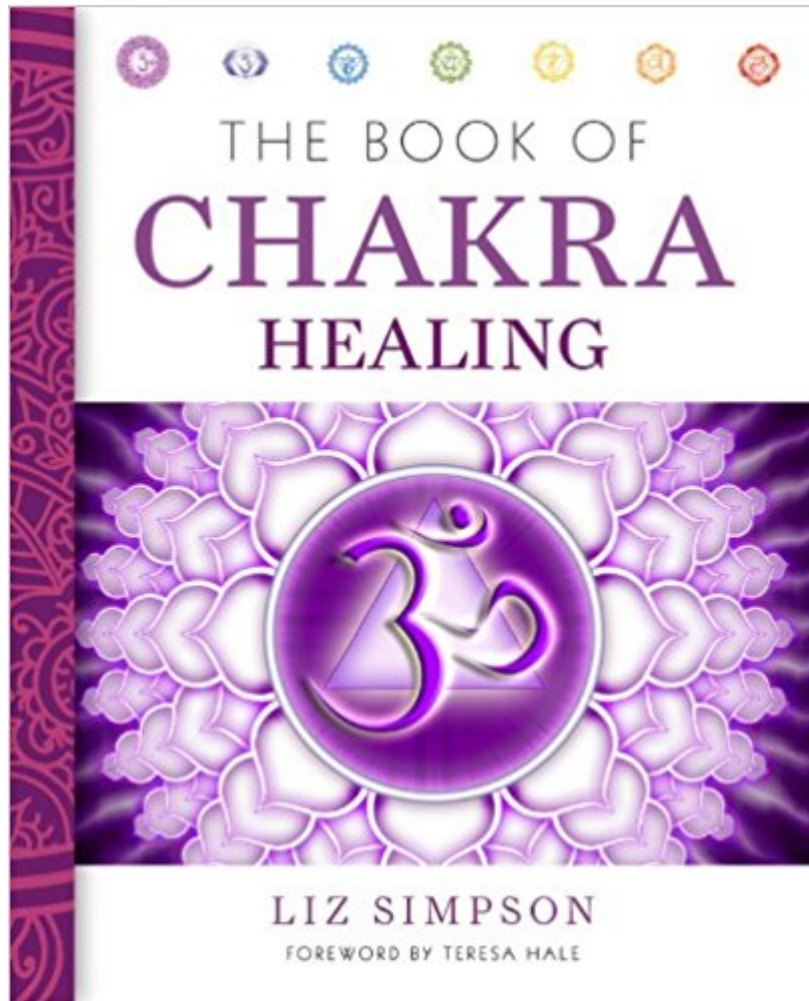




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The Book Of Chakra Healing



Synopsis

Restore your optimal physical, emotional, and spiritual self with chakra healing, an ancient Indian system that focuses on energies originating in seven centers of the body. Dip into this vital, easy-to-use, and lushly illustrated guide to learn about the archetypes associated with each chakra, find a feast of techniques and visualizations, and get information on every conceivable aspect of healing. Supplementary material provides basics on crystals, essential oils, and altars for your home, along with numerous charts and references.

Book Information

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Customer Reviews

Liz Simpson is a journalist and author specializing in alternative health and personal development. She writes regularly for many leading national and international magazines and has worked as a producer and presenter on a wide variety of television and radio programs.

I really enjoyed the way this book is laid out. It goes into detail about each Chakra in a simple and concise way for people just learning to understand. I loved the quick reference pages as well.

I really like this book. It has meditations for all the chakras and I love how she tells how to work with each chakra. I love working with crystals, so I'm happy that she tells which ones to use for each chakra and what healing they help with. So glad I got it!

Great book, lots of information. A friend recommend this book and I would definitely recommend it to someone.

easy to read and follow. simple explanation of chakras!

The first thing I loved about this book was that my daughter loved it so much she recommended it to me. The Book of Chakra Healing is a great & easy read because of it's easy to access layout and colorful images. It engages the senses, holds the reader's attention while the lessons beg to be implemented. The working of each chakra is explained simply yet without loss of valuable information on how each chakra works. As a student of metaphysics since the age of 11, I firmly believe this book will be the perfect refresher for those of us who knew the contents "back when" and may have forgotten the nuances of each chakra's energy and a perfect introduction for those new to the amazing work of the chakras with enough practice elements to help them understand the 'medicine' of the chakras and their ability to help our bodies and minds heal. I will keep this book nearby as a reference for teaching and meditation.

I am so enjoying learning about the chakras and the healing practices related to each. A beautiful book with great illustrations and suggestions, meditations, confirmations. A great choice for me.

Very insightful and straightforward

Great instructional book for basics

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