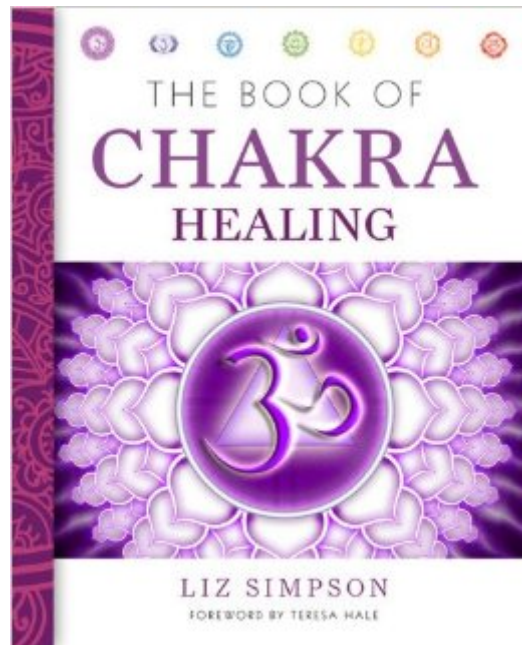


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# The Book Of Chakra Healing



## 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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Average Customer Review: 4.6 out of 5 stars [See all reviews](#) (44 customer reviews)

Best Sellers Rank: #36,838 in Books (See Top 100 in Books) #23 in [Books > Religion & Spirituality > New Age & Spirituality > Divination > Crystals](#) #24 in [Books > Religion & Spirituality > Hinduism > Chakras](#) #48 in [Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing](#)

## Customer Reviews

Quite alot of us are not `in touch` with our inner sense. This part of us which infallibly knows what is best for us. When we be are `out of touch` with our inner sense - the result is disharmony, which starts on the subtle levels of the body -"the energy body". Then later if this is not addressed, it manifests as illness or dis-ease in the physical body. I think this book is very good for explaining the laws relating to the energy body (subtle body) and it`s system of energy vortices, "The Chakra System". I work with the Chakra System alot with clients in balancing mind, body and spirit. This book is a great addition to anyones`s collection as it offers ways of re-tuning and balancing the Chakras and bringing a healing harmony in your energy body which you can learn to do on your own on lots of levels. The colour illustrations are wonderful too! Liz has included a range of techniques and help in this book for this purpose. Many of them I use regularly in my practice. I particularly enjoyed her use of crystals, essential oils, ritual and visualisation as well to bring the

book right up to date with Chakra Healing.

This book is a must have for any person interested in the chakra system. It is unique in that it presents archetypes connected to each chakra which summarize the positive and negative personal traits associated with each. It is very practical and simple to check through them and spot your own and others' imbalances. It also incorporates practical techniques which can be used to help correct them which include meditations, crystals, exercises and the use of color. I find that I am lending and recommending this one out all the time. It was recommended to me! It is also visually very appealing with large colorful illustrations which make it easy to check back time and time again.

This is one of those glossy 'pretty' books. You do get a good summary of information on the chakras. But the information presented just does not appear to be very deep. If you don't know much about chakras then this is a good buy. If you know the names of the chakras and their colors, keep looking.

What a gem of a book! It is visually stunning and very easy to read and understand. I'm new to the chakra system, and this book is truly helping me to understand. I just started working with the meditations and exercises and am having great success with them.

This is a gorgeous book. The illustrations and information are plentiful. The color coded pages make for wonderful visual referencing and take you directly to what chakra material you are looking for. The meditations/affirmations are also an extra bonus to this stellar book. A gem of book!

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 enjoy visual things and this book is beautiful visually. It touches on a lot, but doesn't necessarily go into depth on each chakra. Never the less, even though I have been studying and working with the chakra system for some time now, I enjoy using this book and would recommend it, especially to the beginning student of the chakra system. It is clearly written, easy to understand and follow and the meditations are great.

I found this book to be very user-friendly as well as thought provoking. Each page is inviting and motivates you to delve deeper within yourself. My favourites are the positive affirmations and the stunning visuals of relevant gemstones. I don't see myself becoming bored with this book any time soon!

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