



The Book of Chakras: Discover the Hidden Forces Within You

By Ambika Wauters

Barron's Educational Series. Paperback. Book Condition: New. Paperback. 128 pages. Dimensions: 10.9in. x 8.2in. x 0.4in. Understanding chakras is an effective first step in harnessing every human beings 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, the Brow or Third Eye 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 persons aura. They are the Physical, Etheric, Astral, Mental, Divine, Spiritual, and...



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