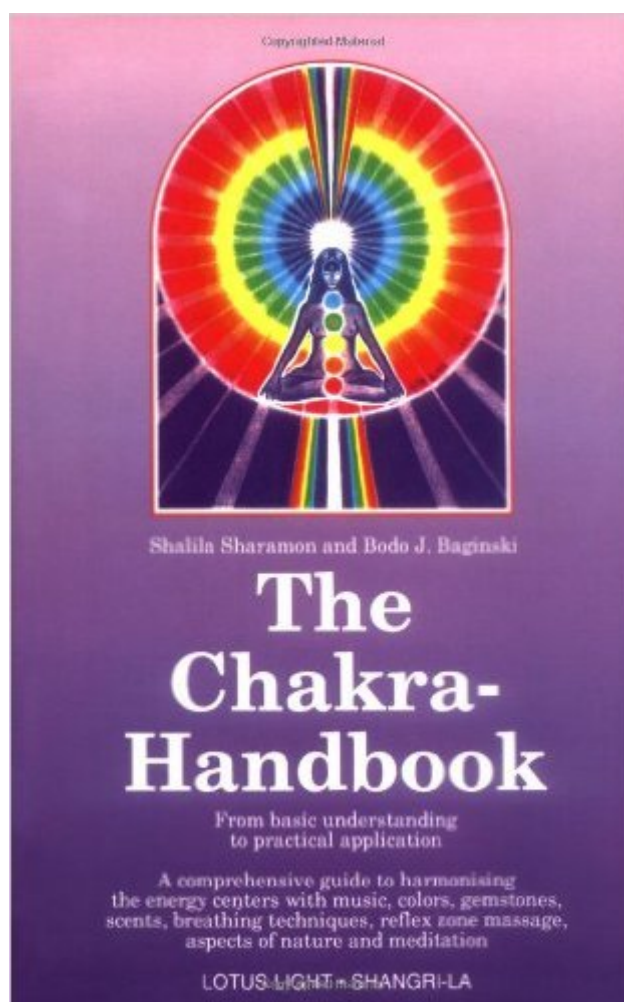


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# The Chakra Handbook



## 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

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## 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 scope, dealing with the full energy system and the subtle bodies: ethereal, astral, mental and spiritual, while explaining the function and purpose of the chakras. 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 corespondances; 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 recommend 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 new 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. There 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.

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