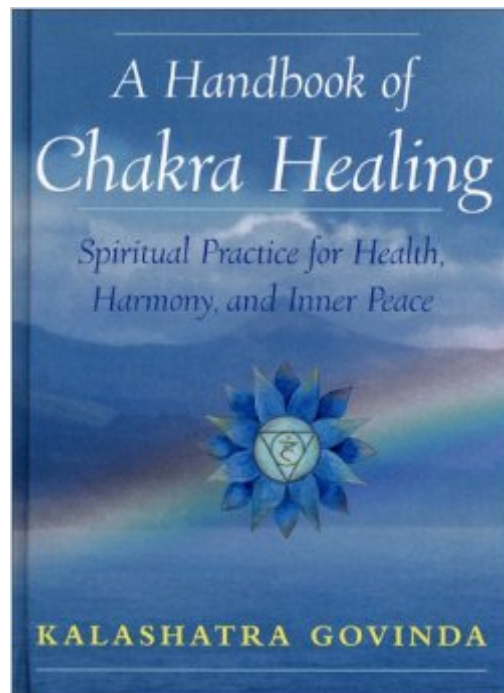


The book was found

# A Handbook Of Chakra Healing: Spiritual Practice For Health, Harmony And Inner Peace



## Synopsis

Chakra work benefits body, mind and spirit and leads to a greater sense of harmony and inner balance. A Handbook of Chakra Healing is a practical guide that applies ancient wisdom to the problems and stresses of modern life. It tells you all you need to know about the seven chakras, the vital energy centers in the human body. It teaches you what the chakras are and how they function; it provides personality tests so you can determine where your strengths lie and what you need to work on; and it offers effective programs for harmonizing the energy of the chakras that will change your entire outlook on life.

## Book Information

Hardcover: 304 pages

Publisher: Konecky & Konecky; 1st Edition edition (January 1, 2004)

Language: English

ISBN-10: 1568524722

ISBN-13: 978-1568524726

Product Dimensions: 0.8 x 6.8 x 9.2 inches

Shipping Weight: 1.7 pounds (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars [See all reviews](#) (28 customer reviews)

Best Sellers Rank: #75,655 in Books (See Top 100 in Books) #40 in [Books > Religion & Spirituality > New Age & Spirituality > Reference](#) #43 in [Books > Religion & Spirituality > Hinduism > Chakras](#) #90 in [Books > Religion & Spirituality > New Age & Spirituality > Reincarnation](#)

## Customer Reviews

This book is packed from cover to cover with well written and easy to understand information. Chapter 1: The Meaning of Chakra Work (introduction) Chapter 2: Learning About the Chakras (an overview) Chapter 3: The Seven Chakras and Their Meaning (self-explanatory) Chapter 4: Chakras and Personality (test to determine yours and sections explaining each one) Chapter 5: The Psychology of the Chakras (discusses blockages and the Chakra development through the growth cycle ie. prenatal and on) Chapter 6: Chakras and Health (chakra therapy for good physical and emotional health) Chapter 7: Chakra Therapy (how to heal and exercise each chakra) Chapter 8: Prana and the Aura (extra-sensory, aura and life energy work) Chapter 9: Hand and Foot Chakras (descriptions and 'exercises' for each) Chapter 10: Chakra Yoga (self-explanatory) Chapter 11: Chakras and the Power of Love (love, relationships, and your partners chakras) Chapter 12: Tables

(this section is great!-tables that list the coordination between each chakra and essential oils, stones, metals, deities, planets, colors etc...)The handbook would be a great first book for someone unfamiliar with chakra work while still being informative and useful to the experienced "student".

It's well-made, well written, and the content is accessible to beginners.I enjoyed it very much. I keep on going back to it for references to improve my energy flow in the chakra that requires attention.I recommend it. It's not a Yoga manual, in case that's what you're looking for. It only gives you insight of the benefits some yoga poses have, and also lists all the different approaches to healing one's chakras (aromatherapy, vocalization, gemstones therapy, etc).

One of the easiest books i have found so far on understand and working with Chakra's and Spiritual healing. This is a must have in your spiritual collection. Use it as a guide or as needed... Angelx  
Author Rainy Day Poems and more 1 and 2

I use this wonderful, well written, easy to read, with simple instructions, chakra book as a teaching guide with my Chakra classes. My students find the book well organized and helpful, once they take the practice home.

I have bought this not only for myself but for friends as well. It is jammed with so much information. It touches on the stones/crystals associated with the different chakras. Also, it covers herbs, scents and also yoga positions with the chakras.

The literature in the book is exactly what the title says it is & a little more. I gathered a lot from it already & am not finished with it. I was able to gain insight on where & what my in-balances were & it made sense as to why. I do recommend this book for anyone getting into the art of Chakra healing. Very informative & laid out in a sensible way.

I am a Reiki Master and teach. I found this book to be very helpful for those newer to Chakras. It is a book of worthy to be in your collection if you are into the healing arts. Very nice graphs, bullet points and beautifully illustrated.

I was drawn to this book in an esoteric shop near my house. As a Reiki Master-Teacher I've always been interested in learning about healing the human body and the Chakras play an

important role in this healing. I've read books like *The Complete Guide to Chakra* and they left a lot out. Here you can find it, I just wish it was in digital format.

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

A Handbook of Chakra Healing: Spiritual Practice for Health, Harmony and Inner Peace  
Inner Peace - Adult Coloring Books: Beautiful Images Promoting Mindfulness, Wellness, And Inner Harmony (Yoga and Hindu Inspired Drawings included)  
The World Peace Diet: Eating for Spiritual Health and Social Harmony  
The Healing Power of the Human Voice: Mantras, Chants, and Seed Sounds for Health and Harmony  
Chakra Clearing: A Morning and Evening Meditation to Awaken Your Spiritual Power  
Christmas in Harmony (A Harmony Novel)  
A Change of Heart: A Harmony Novel (Harmony Novels)  
Home to Harmony (A Harmony Novel Book 1)  
Just Shy of Harmony (A Harmony Novel Book 2)  
The Christmas Scrapbook: A Harmony Story (A Harmony Novel)  
Chakra Wisdom Oracle Cards: The Complete Spiritual Toolkit for Transforming Your Life  
Chakras: Understanding the 7 Main Chakras for Beginners: The Ultimate Guide to Chakra Mindfulness, Balance and Healing  
The Chakra System: A Complete Course in Self-Diagnosis and Healing  
Be an Island: The Buddhist Practice of Inner Peace  
The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church  
Crystal Healing: How crystal healing works, crystal therapy, the human energy field, gemstones, and how to use crystals for healing and increased energy!  
Healing Scriptures for a Broken Heart: Experience Emotional Healing and Healing the Wounds of the Past  
Community/Public Health Nursing Practice: Health for Families and Populations, 5e (Maurer, Community/ Public Health Nursing Practice)  
Healing Scriptures: 300 Healing Bible Verses on the Proven Healing Promises from God's Word  
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

[Dmca](#)