



# The Book of Chakras: Discover the Hidden Forces Within You

By Ambika Wauters

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## The Book of Chakras: Discover the Hidden Forces Within You By Ambika Wauters

Understanding chakras is an effective first step in harnessing every human being's 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 person's aura. They are the Physical, Etheric, Astral, Mental, Divine, Spiritual, and Soul bodies. Chakra teachings say that each of these bodies vibrates in ways that are allied to the colors of the universe. However, only one of these bodies, the Physical, is visible. When we understand these bodies in detail, we become able to correct chakra imbalances and harness our powers for peaceful and productive living. The author advises on ways of restoring balances, healing through the power of thought, and employing colors, sounds, crystals, acupuncture, and other means. More than 300 color illustrations.

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### Editorial Review

#### Review

"As a spiritual teacher and counselor, this is the reference book I've been waiting for. I know there are other books on the topic of chakras, yet I feel this is one of the best out there. It is a coffee-table size book, it is beautifully illustrated, has very good descriptions of the chakras, and has techniques and exercises for tuning into the chakras and getting to know their uses. It can't get any better than that!...If you are a beginner on the spiritual path, this is an invaluable book you will want to study and study again. If you have been on the path for a while, there are enough reminders to keep you happily accessing and remembering the subtle powers that are your chakras."

—*The New Times*

â€œRecognizing the corresponding organs and main functions of each chakra provides only a surface-level understanding of the body's energy centers. This guide provides a look at the history of the seven chakras and offers exercises and techniques for balancing and healing. With that information in hand, numerous other spiritual endeavors become possible.â€•

—*Newsweek*

#### From the Back Cover

Your chakras are integral to every part of your being. First identified in ancient India (the word chakra derives from the Sanskrit for wheel), they are the body's energy centers through which the life force flows, helping you to maintain physical, mental, emotional, and spiritual balance. "The Book of Chakras explores the nature of these "spinning wheels" of energy, explains where they are located, and tells you how to use them most effectively.

- Harness your chakras through meditation and visualization
- Learn techniques and exercises most appropriate to each part of your body
- Master the principles of chakra healing

#### About the Author

Ambika Wauters is a trained psychotherapist and registered homoeopath, who offers workshop training in Chakra channeling and healing throughout the United States and Britain.

### Users Review

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Nowadays reading books become more and more than want or need but also become a life style. This reading routine give you lot of advantages. Advantages you got of course the knowledge the actual information inside the book that will improve your knowledge and information. The info you get based on what kind of publication you read, if you want have more knowledge just go with education and learning books but if you want truly feel happy read one together with theme for entertaining including comic or

novel. The The Book of Chakras: Discover the Hidden Forces Within You is kind of reserve which is giving the reader capricious experience.

**Allison Sala:**

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