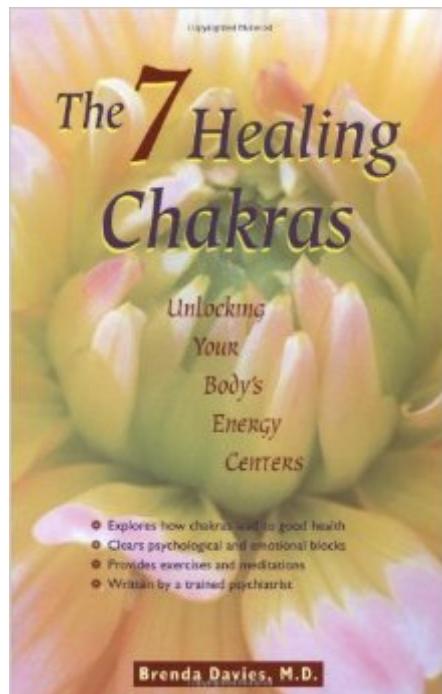


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# The 7 Healing Chakras: Unlocking Your Body's Energy Centers



## **Synopsis**

Both practical and inspirational, *The 7 Healing Chakras* is a voyage of self-discovery that shows people how to achieve their full potential. Introducing the chakras, vortices of energy that connect the physical body with the spiritual, Dr. Brenda Davies follows a clear path through the seven power centers - each characterized by a different color - from the red-colored root chakra near the base of the spine to the white crown chakra at the top of the head. Exploring the significance of each chakra, the author offers personal guidance and leads the reader in a series of exercises and meditations to unblock each energy channel and clear the psychological, emotional, and spiritual debris of the past. She combines her training as a psychiatrist with ancient methods of healing to provide the tools needed to take charge of mental and physical well-being.

## **Book Information**

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## **Customer Reviews**

It took me a while to finally manage to finish reading this book. It is amazing yet has so much to actually take in during a short period of time. This is definitely not a short easy read. It deals with emotions and physical problems that some of us experience on a regular basis. My favorite part was the affirmations. I actually copies them in little note cards and positions them next to my bed. Every morning, as soon as I wake up, I read them out loud, sometimes more than once, they help me get the day started and put things in perspective. Here are a couple of the affirmations that helped and continue to help me: "I am a beloved child of this universe and I deserve love, peace and security. I open myself to receive the abundance of the universe. I am open to receive and accept love. I am

open to receive and be nurtured by the powerful energy of the earth. I am a physical being and value my physical presence. I resolve to take care of my body and accept it as it is today. I value it as the physical temple in which I live and I will aim to provide for its needs in terms of food, rest, stimulations, and general nurturing." "I welcome Opportunities to fulfill my highest potential" This book also contains a breathing exercise that I feel is a vital part of this book. I use it on a regular basis, to relax myself, to unwind, to get grounded and in touch with those around me. You will definitely need a notebook and a tap recorder in order to utilize for the meditations as well as the various exercises in this book. I know this is a book that I want to keep, and I know that I have to get back to it frequently I would highly recommend this book.

I bought this book as recommended reading by my Reiki Master-Teacher. I had heard about chakra's for years, and understood their flow was integral, but until I began reading this book, I never really understood how your chakras and your life affect you. Chapter by chapter, each chakra is described in detail. What organs it affects, where it is placed in your body, it's color, what crystals work well with it, and how a balanced and unbalanced affects aspects of your life. At each chapters end there are excercises and meditations to be used to help your chakra be in balance so you receive optimal life force. Many of the meditations could be used in course work, in association with a yoga class that focused on a certain chakra, or in other appropriate situations. This is by far the best book for those who are learning or curious about chakras!

This book more or less found me. During a difficult phase in my life I came across this book and a door to new positive experiences opened for me. Brenda's writing is easy to understand as she very thoroughly explains the bodys chakras. This book includes exercises to determine where energy blocks are occuring and how to correct the bodys flow of energy. I highly reccommend this book to anyone who may want to rise above negativity, re-balance their life and live with minimal stress. This is a very powerful book!

I love the way Brenda writes! This book is easy and fun to read as it teaches the power of each individual chakra. The book helped me heal some problem areas of my life and I know that I will refer back to it many, many times as well as recommend it to all of my friends! Thanks for the great work Brenda, I would love to meet you someday!

This is one of the first books I purchased that was strictly on Chakras. Her views and style of writting

was OK at the time but since then I have found other Authors that are alot better. I read this book in less then 1 week so it an easy read and doesn't delve very deep. She also devotes a Chapter to each Chakra, and gives a fair overview, correspondences, the rest of it is exercises like meditations and jounaling questions. If you purchase this book you must get the companion book the workbook-the workbook is great, it doesn't really add anything new, but it better explains the meditations and you can use it for your jounal. I would give the Workbook a higher rating than the actual book! Also most of the information find in this book can be found on the information/ correspondences page of the workbook just in less detail. She definetly has her view of Chakras, and through study I just don't mesh well with her views.

If you are already familiar with chakras then this book probably is not the one for you; however, if you are looking for an introduction to chakras then this book is a good start. The author takes the time, a whole chapter's worth of time, to devote to each chakra giving you a very clear background and understanding. The exercises are very accurate and easy to do from the first time around. Definately a good starter book :)

Vague, airy-fairy descriptions of the chakras are combined with a decisive, my-spiritual-path-is-THE-spiritual-path primer on the basics of spirituality. At one point the author describes "wise, ancient spirits" who are suffering very painful lessons so that they can be closer to God. Do you really want to take spiritual healing advice from someone who projects her own punishment agenda onto the divine (and you!) and glorifies suffering. Check out Karla McLaren's "Your Aura & Your Chakras." Like all authors, she has her own issues to work out, but the information is presented in a much clearer, much more neutral fashion.

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