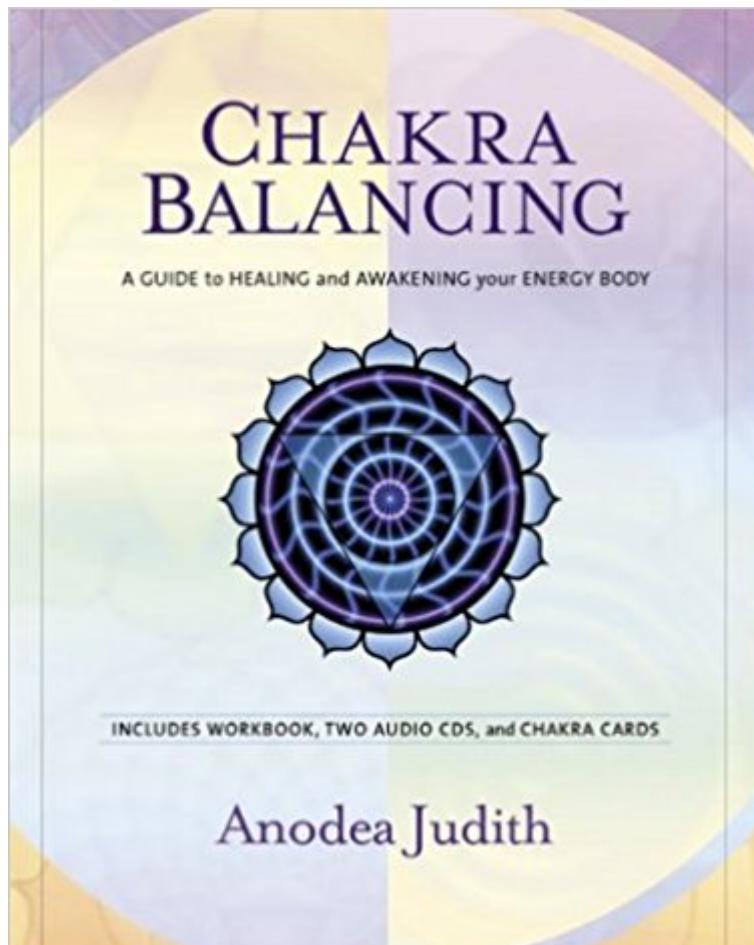


The book was found

Chakra Balancing



Synopsis

Chakras are the seven spinning energy centers of the human body that control every dimension of our physical, mental, and spiritual well-being. Now, Anodea Judith—one of the country's foremost experts on the therapeutic use of the chakra system—gives access to this subtle energy matrix, opening a powerful path for healing and spiritual growth with a complete chakra "wellness kit": Chakra Balancing. Anodea Judith leads a journey through each of the chakras, where listeners discover their purpose, imbalances, and strengths—and learn how to "fine-tune" their energies for health and awakening. This complete chakra kit includes a 102-page illustrated workbook; two audio CDs with seven guided meditations; and seven beautifully illustrated chakra cards.

Book Information

Spiral-bound: 102 pages

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Average Customer Review: 4.3 out of 5 stars 74 customer reviews

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Customer Reviews

Complete Learning Kit comes with a 102-Page Study Book with Chakra Cards in Gift Box. A great gift!

Anodea Judith, Ph.D. is one of the country's foremost experts on the therapeutic use of the chakra system. She holds a master's degree in clinical psychology and a doctorate in health and human services, specializing in mind/body healing. She is a popular workshop presenter.

Required for YogaFit's level 3 training. I thought Anodea did a great job explaining the chakras and all the details pertaining to them. I also thought the cards included in the set were like flashcards

for quick reference of each chakra. Maybe a few more yoga asanas would have been helpful.

I loved this kit. I've read a few books on chakras which I also learned a lot from, but this kit is a great overall tool for anyone new to chakras. The workbook is GREAT - it pretty much summed up everything I have read in different books into a concise chapter and reinforced what I was learning. It also lists questions to ask yourself for each chakra to see how balanced it is. There are good suggestions in the book of how to balance any chakras that need it. The cards are a nice summary and the CD's are wonderful. The meditations and practices are great to go deeper and learn more about your own chakra system. The only reason I didn't give it 5 stars is because the yoga practice on CD would be hard for someone to follow along with if they didn't have any knowledge of yoga (there are pictures in the workbook, however). It was easy for me because I have practiced yoga, but if you haven't it may be difficult to follow at first. It would have been great to have a DVD for this portion. This is a GREAT place to start learning about chakras and even if you know a little this will deepen your understanding.

I think the 7 round chakra cards included with this book can be an invaluable asset in your life if you use them in the right way. I have actually noticed dramatic changes in myself after meditating with one or two of the cards in front of me -- changes that were directly related to the energies represented on the cards, and changes that I was not even hoping or expecting to see. There is power in these cards if you can use them creatively. They are great for placing around your living space since, unlike other chakra cards I've seen, these are much bolder and more eye-catching.

I am a counselor, yoga teacher, and in training to be a yoga therapist, and this workbook is a great way to explore chakras and work to balance them.

This has a lot of great information about the chakras for those who are complete beginners. There are also lots of questions and journal prompts to help your work through your chakras and figure out where you are excessive, deficient, and balanced. Overall, good material here.

Excellent book for learning about the chakras. This will be very helpful. Love the beautiful cards, CD and homework. Namaste'

What a great resource and it came with additional cds and reference cards

The graphics, recordings, activities, and instructions are great, inspirational, and simple to follow. I highly recommend this book for people craving creativity and opening of the heart.

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