



Healing Chakras

Ilchi Lee

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Healing Chakras The Chakras are the seven key energy centers of our body. When all seven Chakras are active and functioning optimally, we live a life of physical, mental, and spiritual health. Healing Chakras combines a deep underlying spiritual philosophy with a systemic chakra therapy method designed to activate, cleanse, balance, and integrate the individual Chakras in order to create a harmonious and holistic Full description

Healing Chakras Details

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From Reader Review Healing Chakras for online ebook

Miz OG! says

"Vibration is the easiest and most effective way of awakening and activating the chakras." This is the most primary method of training for self healing because at the molecular level of our existence, we are made up of vibration. This has been a most prominent training method that has helped me heal well. Thank you so much.

Ulrike Schmidt-Hughes says

I would highly recommend this book to anyone who wants to improve their overall health and wellbeing. Our chakra system is the key to not only physical health but mental and spiritual health as well. This book provides you with the principles and exercise guidelines to fully understand the preciousness of your own chakra system.

Renee Wade says

I have a better understanding of the Chakras energy system and how it helps keep my body healthy. The book discusses what each chakras function is and the use of affirmations, exercises and visualizations to keep the chakras opened.

Susan Lee says

This book really helped me understand where each chakra resides and what it relates to in the body. The writing was easy to understand and follow. Doing the training exercises included with the CD and feeling each chakra helped me to focus on my body and send healing energy to those areas that needed it. I highly recommend this book to anyone that is interested in self-healing.

Vanya Santa Cruz says

Simple. So easy to follow. Great information.

Kym says

This book was really interesting and informative. Fairly straightforward - short and to the point. The detailed exercises are especially helpful. Nice illustrations.

Amy says

A fantastic overview of the chakra system, including gorgeous illustrations and detailed descriptions, physical exercises to open and heal the chakras, visual meditation images, and guided meditation (including a CD). It's great for not only learning about the chakras but understanding how to incorporate these principles for a healthy material and spiritual life.

Human Tiger says

I have read a few books about the chakras before. (Maybe those other energy healers just weren't so good at writing?) This was the best written and most comprehensive that I have seen. After reading it I feel confident in saying complete health, happiness and peace is rooted in the chakra system.

It is written in such a way that the beginner to the more advanced practitioner will gain quite a lot.

I am going to keep my copy as a reference text.

Yana Lee says

This is I would say the best book that talks about Chakra.

How the Chakras are connected to basic functions of life to how Chakras are connected to the growth of consciousness.

Also, has a CD that guides you to balance, heal, and activate the chakras.

Maxine says

I was excited to read about the chakras and gain a very deep understanding of their importance in the growth of my consciousness. I love the exercises in the book to help me physically open my chakras. By feeling I was able to really go inside and see more about who I am and what I really want.

Elizabeth says

I am a librarian at a juvenile detention facility, and received this book through the Goodreads First Reads program.

I am approaching the subject of chakras as a skeptic/non-believer who is interested in learning about the draw and practice of this belief. I found Lee's book to be a helpful and well-put-together introduction to the practice of chakra awareness. I don't feel like it was the purpose of this book to provide a detailed history or convince me of the merits of following this practice, and so I was able to enjoy the peek into this exercise.

The charts and graphics took the guesswork out of the prose, and I appreciated seeing which emotions and

more socially-oriented outcomes were associated with which chakras. I think that becoming aware of our physical self and "meditating" on (mulling over) our actions is a positive endeavor for anyone, and this book served as a good introduction into a historically and culturally interesting practice.

Cat Sawai says

This is a beautifully written book about the energy centers in our bodies, what they represent and how to restore health to each one for balance and harmony. I also love the interpretation of the heavenly code. Thank you

Temani Aldine says

This is an updated edition of one of the best books I have encountered on the finer points of chakras and energy healing. Some of the concepts may be too arcane for most people to grasp. Fortunately, the book includes some meditations and energy exercises that can help make the information clearer.

Jina Park says

Emotions are related to body. So if I focus on my body, I also can control and overcome some of my bad emotions. I had big impression on this. And I like separate color book which is included in this book. =)

Maki Perry says

A beautifully illustrated chakras and explanations plus training CD to help heal all your chakras. I felt so purified and grounded after the training. Very well guided. I think it is the most beautiful book I have ever read.
