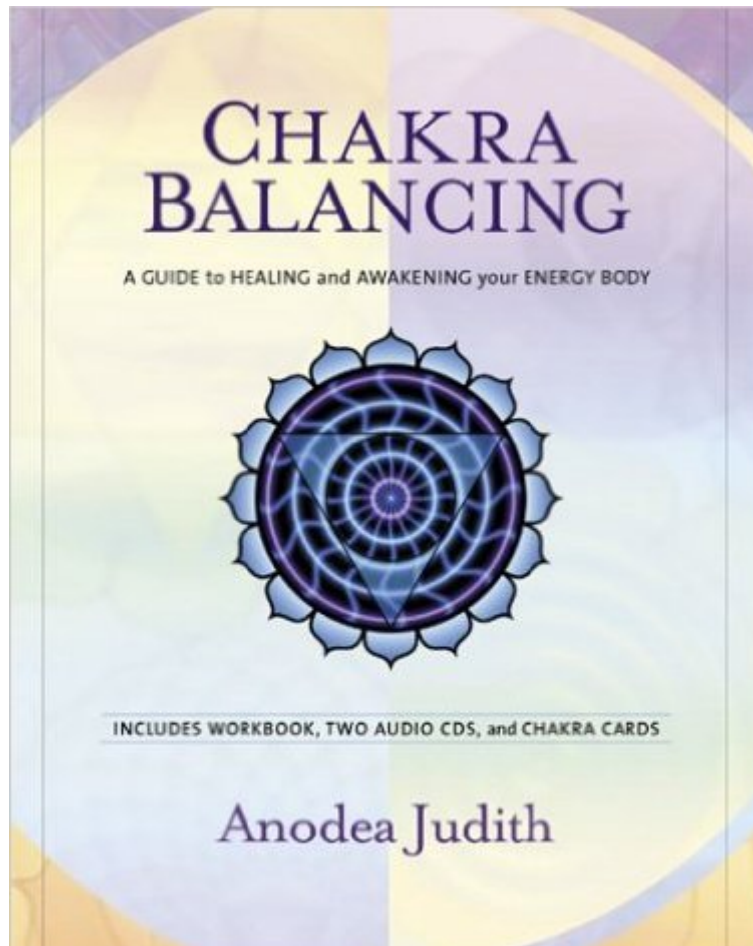


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# Chakra Balancing



## 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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Product Dimensions: 8 x 1.5 x 10 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars Â Â See all reviews Â (64 customer reviews)

Best Sellers Rank: #33,330 in Books (See Top 100 in Books) #16 in Â Books > Religion & Spirituality > Hinduism > Chakras #33 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #156 in Â Books > Health, Fitness & Dieting > Alternative Medicine > Healing

## Customer Reviews

Fairly inexpensive self help package. Comes with a workbook that walks you through each chakra level and also gives you suggestions on exercises to do to assist you. CD one is a guided meditation through the chakras and CD two is a yoga program and night meditation. The whole package works together to give you a complete overview of the chakra system and ways to balance each area. I recommend this for anyone interested in chakras and has a need to improve certain areas of their life.

Anodea Judith's Chakra Balancing Kit continues to amaze me. I first bought her Eastern Body Western Mind about five years ago as I was beginning on the path of personal awareness and

growth. I found that book to be extremely informative as I navigated the early stages of my own awakening consciousness. The information was somewhat overwhelming at times. If the Balancing Kit had been around when I first began this work I think I would have chosen to buy it first. The book Eastern Body seems to supplement the Balancing Kit well. The information in the kit is more accessible and the applications of the ideas much more practical. I would recommend this kit to anyone who is serious about exploring themselves more deeply.

I keep the workbook in my night stand and refer to it frequently. I've read other chakra books but by far this is the best. It contains a lot of good information about the chakras but what I love most are the physical exercises. I feel completely rejuvenated after performing them. Each chakra has its own chapter detailing the characteristics, suggestions for deepening your connection, psychological issues and activities for healing and balancing. It is well laid out and is spiral bound so it lays flat which makes it easy to refer to while doing the exercises.

I am relatively new to the field of Chakras - and I found that this "kit" was very helpful and informative. I learned a lot not only about myself, but why I act and react the way I do. I highly recommend this book - or kit - to anyone that needs to learn more about themselves. From the very first exercise, I learned why I had ended up in some of the "messes" that I continued to find myself in. It was amazing.

This kit is wonderful and it forces you to do the work without skipping ahead, which is one of my tendencies. I have not yet finished all of the exercises, but the first exercise is incredible in helping you to get centered.

This book and the CDs are very helpful. The clear layout of the book makes it an easy read. The meditation on the first CD is excellent stuff. The chakra cards are beautifully drawn and very useful as quick reference.

This is a good book for beginners. It shows how to balance your chakras, how they interact within them, how the non balanced chakra might manifest a specific condition..

I bought this because I am a beginner in the realm of chakras. These 2 DVDs (in the kit) have given me a concrete basis off which to work. The "workbook" gives me the opportunity to keep track of

how I am doing/progressing. Some people will find this far too basic but it is a perfect fit for a true rank beginner.

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