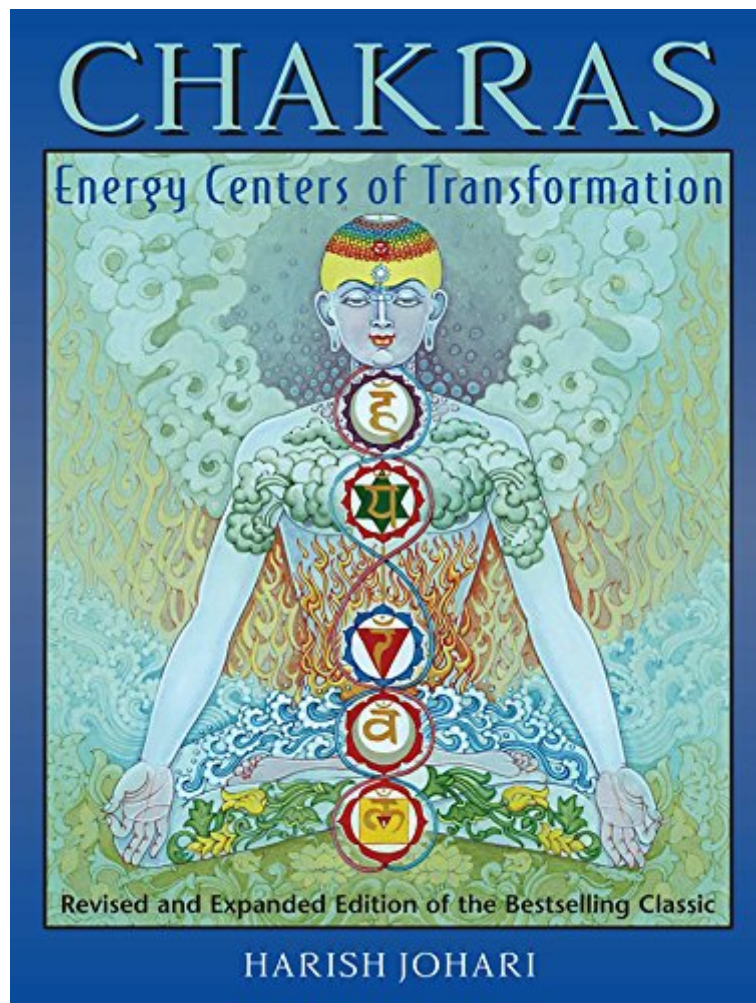




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# Chakras: Energy Centers Of Transformation



## Synopsis

â ¢ Revised and expanded edition of the classic work on chakras by the renowned Indian scholar and tantra practitioner. â ¢ Over 35,000 copies of the original edition sold. â ¢ Includes full-color illustrations of the chakras to be used with the meditation exercises in the book and provides the tools necessary to activate these centers of transformative energy. In the ancient science of tantra, the human body is viewed as the most perfect instrument for the expression of consciousness, a perfection realized through the development of psychic centers known as chakras. Located within the cerebrospinal system, the chakras are the stage upon which the interaction between higher consciousness and desire is played out. Consequently, it is through understanding and utilizing the energies of the chakras that we ultimately reach an enlightened state of being. In *Chakras*, Indian scholar and tantra practitioner Harish Johari introduces the classical principles of the chakras as well as their practical application for today. In this expanded edition, complete with new art and text, he unfolds the mysteries of these subtle centers of transformation with visualization techniques essential to a fully realized tantric practice. Unlike other books in its field, *Chakras* provides the tools to activate these centers of transformative energy and elevate one's intellectual knowledge to an experience of spiritual growth. Meditating on the beautiful, full-color illustrations of each chakra vitalizes the cerebrospinal centers and harmonizes the entire system both physically and psychically. Explanations of each chakra elaborate on the chakra's connection to elements, colors, sounds, sense and work organs, desires, planets and deities, as well as on behavioral characteristics and particular effects of meditation. For scholars and spiritual aspirants of every level, *Chakras* is an invaluable, practical source of information and techniques.

## Book Information

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## Customer Reviews

As a kirtan singer/chanter, (kirtan is also known as Bhakti Yoga, the yoga of devotion) I became very interested in traditional Indian teachings of the chakras because I knew they are associated with sounds; a beeja mantra or "seed sound" for each chakra, as well as each chakra petal having a one-syllable sound. A full and complete chanting practice of the chakras includes more than 50 sounds! This book not only informs one about the sounds for each chakra, the mantra, but also the yantra, the geometric symbol and color as well as the number and color of the petals, and gives in-depth explanations of the meanings of the symbols, along with descriptions of the elements, the ruling planets, the sense organs, the deities as well as other Natural and Symbolic information associated with each chakra. Techniques and effects for meditation practice are also included for each, as well as typical behavioral characteristics exhibited by people at each level of practice. For anyone interested in learning the raising of shakti (spiritual energy) through traditional Indian chakra practices, this is an excellent book. Jai Ganesh! Michelle (Shellie) Wood Author of Pilgrimage to India: An American Woman's Adventure Curator at Kirtan Community Blog of kirtan playlists.

This is so detailed, the first book worth my money

I'm a recreational reader and love tapping into all sorts of subjects. I find Harish Johari's work on the Chakras very informative and poetic. It's simple and easy to read and Johari writes from the heart. This book may very well become a prime reference for yoga instructors and eastern religious philosophers if it hasn't already. I'd highly recommend it as a Chakras reference book even if you've have read or own many.

With pretty colors and informative pictures that you could even hang on the wall if you framed properly. Pretty much everything you need to know about the chakras and what they represent. Can apply it to jyotish (eastern astrology) or just to energy work in general. Someone else said the sanskrit words were confusing. For true scholars, the sanskrit sounds are hold meaning in and of themselves; there aren't too many; it's authentic as is. Highly recommended.

Very well written; the author made it simple to understand the otherwise super complex metaphysical topic. Highly recommend for beginners or experienced mediators and all who wants to know deeply about mystic Yoga.

I loved the hardcopy version, and every once in a while I would look for the eBook version but to no avail, I never found it, until today, under a different name but with the same content. The old hardcopy has faded away, but now I get to keep this forever. No longer need I worry about damaging the hard copy, or carrying around it's extra weight. I can keep my surplus of 500 books with me wherever I go. I love how I can find anything in here, whereas with the hardcopy it took forever. I can highlight, take notes, and share with like-minded people without damaging it.

I was looking for something a little more straight forward, but the book goes into really interesting detail.

Great book, it reads like a text book so keep that in mind. Not a quick guide to chakras its very in depth and informative.

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