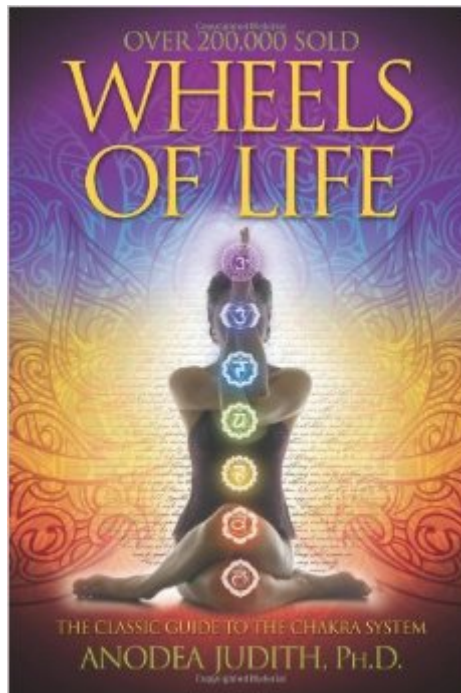


The book was found

Wheels Of Life: A User's Guide To The Chakra System (Llewellyn's New Age Series)



Synopsis

> *Wheels of Life* takes you on a powerful journey through progressively transcendent levels of consciousness. View this ancient metaphysical system through the light of new metaphors, ranging from quantum physics to child development. Learn how to explore and balance your own chakras using poetic meditations and simple yoga movementsâ•along with gaining spiritual wisdom, youâ™ll experience better health, more energy, enhanced creativity, and the ability to manifest your dreams. Praise: âœ*Wheels of Life* is the most significant and influential book on the chakras ever written.â•
• John Friend, founder of Anusara Yoga

Book Information

Series: Llewellyn's New Age Series

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Average Customer Review: 4.7 out of 5 starsÂ• See all reviewsÂ• (231 customer reviews)

Best Sellers Rank: #2,982 in Books (See Top 100 in Books) #1 inÂ• Books > Religion & Spirituality > Hinduism > Chakras #3 inÂ• Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #6 inÂ• Books > Health, Fitness & Dieting > Exercise & Fitness > Injuries & Rehabilitation

Customer Reviews

I bought this book , after reading all the reviews written by Yoga teachers on this page. I was kind of disappointed with the quality of information in the book in quite many ways. This book preaches a lot of good and useful things , right from diet to exercise to visualization. I liked the concept of balancing of chakras for kids and would help guide new or to-be parents. Also the fact presented in the book that women are ignored in most yogic scriptures which explain self realization. But, there are some major doubts on the main subject being discussed in this book. 1. The author has suggested that use of LSD or Marijuana might be good to get a glimpse of what to expect when higher chakras get excited. There is no mention of which research led her to conclude the same. Please Do not believe this!! 2. For every Chakra the author mentions the Tarot Suit, Sephira, Archangel names. But there is not mention of why is there this association. 3. There is no or very

less reference to Kundalini power. I would have expected a chapter dedicated to this with detailed references to the Nadis in the appendix. Any serious book on chakras would do that.4. Too much visualization and imagery , and a lot less information of Mantra Yoga (Chanting Yoga used to steady the mind).5. Well , Jogging a aerobic exercises have been suggested to help balance the chakras. I agree , aerobic exercises and weights are excellent workout (I myself am a kettlebell fan).But these activities actually increase excitation and the author seems to have left out important information on Pranayama. Seems strange for a PHD and Yoga teacher.6.

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