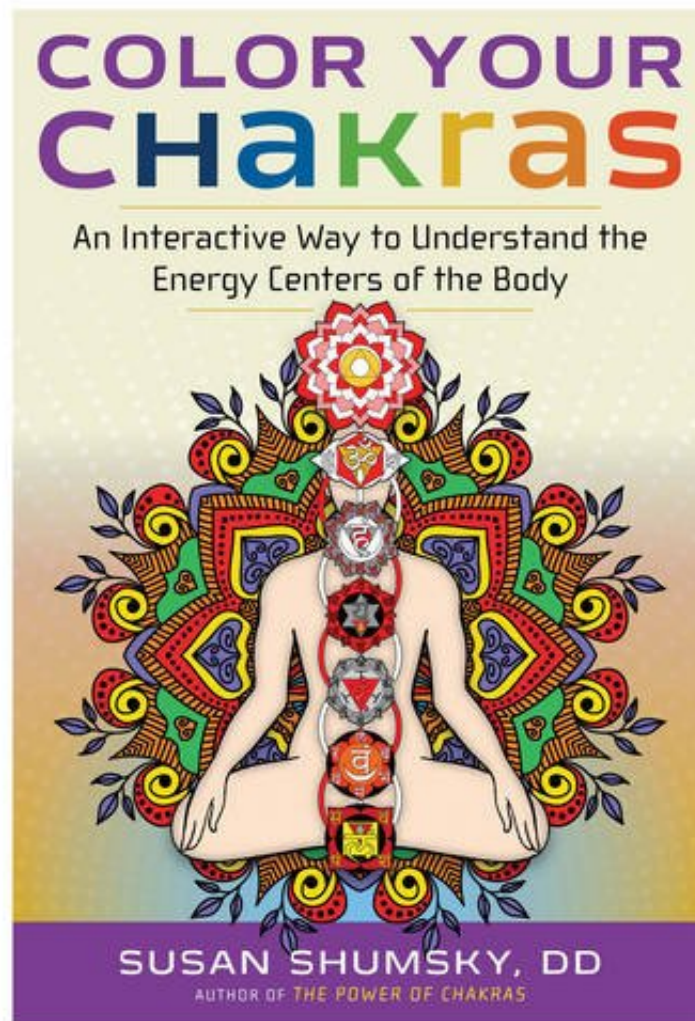


(Mobile pdf) Color Your Chakras: An Interactive Way to Understand the Energy Centers of the Body

Color Your Chakras: An Interactive Way to Understand the Energy Centers of the Body

Susan Shumsky

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Susan Shumsky : Color Your Chakras: An Interactive Way to Understand the Energy Centers of the Body before purchasing it in order to gage whether or not it would be worth my time, and all praised Color Your Chakras: An Interactive Way to Understand the Energy Centers of the Body:

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Dr Susan Shumsky DD is a compendium of explanations which elucidate the major energy centers of the body. Our three part body consists of the gross physical body, the subtle body and the causal body. The gross physical body is what is seen by the eyes. The subtle body is visible through spiritual sight. The subtler bodies and sheaths surround and permeate the gross physical body. Five sheaths cover the luminous higher self. These sheaths are koshas, the physical sheath, the vital sheath, mental sheath, intellect and ego, as well as, the blissful sheath. Most of us see ourselves with reference to the physical body, thoughts and experiences. In reality, we are much more. In fact, we represent the sum total of an undifferentiated radiance of Brahman or pure consciousness. The Tree of Life from Kabbalah (Jewish mysticism) corresponds to the energy fields and chakras. The practice of yoga is about mastering these energy centers to facilitate health, wellness and a connection to the spiritual side of life and the light. Overall, this is a wonderful book which explains the rationale behind yoga and the various energy centers of the human body. Our health care system would benefit tremendously by having an understanding and honest application of yoga practiced in an integrative fashion with the conventional modalities. Immortality Commons

Color Your Chakras is a fun activity book for adults and children alike. The chakras are powerful energy centers located in your subtle body. Unknown to many people, these vortexes of life energy govern and regulate your physical body. According to the ancient Tantric and Vedic scriptures of India, there are 14 chakras, seven major ones along your spinal column, and seven others, most of which are located in your brain. Each chakra performs a specific function and is associated with discrete body parts and aspects of mind. Each chakra (or wheel) has a hub, where subtle energy conduits intersect; and spokes, which are radiations of subtle energy. Chakras are often likened to lotuses, and the radiations of energy are equated with lotus petals. The lotus petals on six of the seven major chakras comprise the entire Sanskrit alphabet, and the seventh major chakra vibrates all 50 letters of the Sanskrit alphabet. Each left-hand page in Color Your Chakras includes a description and explanation of each chakra or chakra deity. Each right-hand page is an appropriate drawing. The explanations include information about the drawings and the specific colors that are mentioned in the scriptures of ancient India.