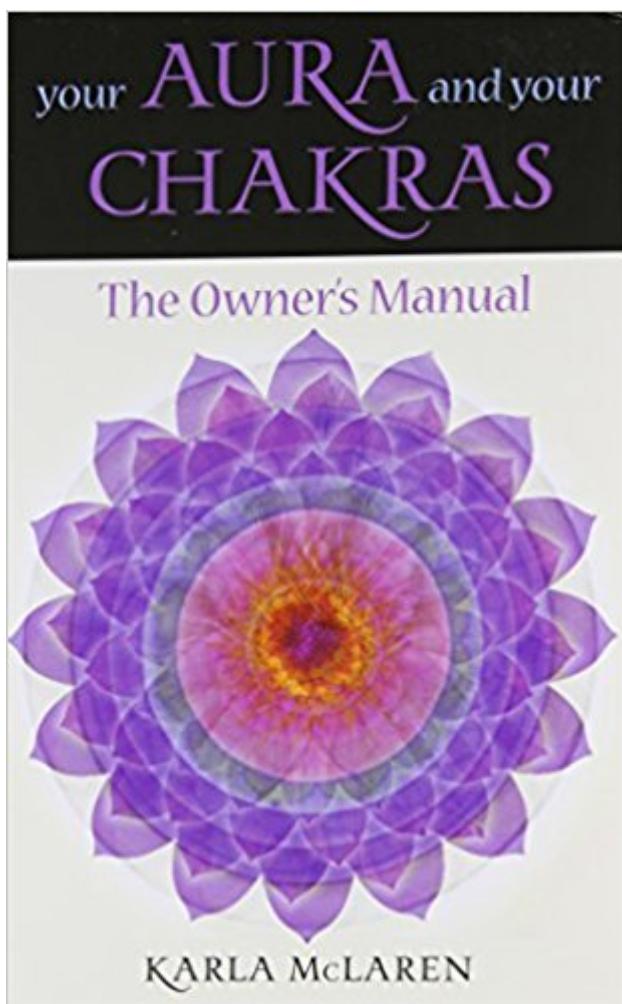


The book was found

Your Aura & Your Chakras: The Owner's Manual



Synopsis

A clear and comprehensive text for the restoration and maintenance of your subtle energy system. McLaren, who has worked with survivors of abuse and trauma, shows how to clear the chakras of old hurts and to cleanse and strengthen the aura for protection against invasive energy. Bibliography. Index.

Book Information

Paperback: 304 pages

Publisher: Weiser Books (October 1, 1998)

Language: English

ISBN-10: 1578630479

ISBN-13: 978-1578630479

Product Dimensions: 5.4 x 0.8 x 8.2 inches

Shipping Weight: 14.1 ounces (View shipping rates and policies)

Average Customer Review: 4.2 out of 5 stars 55 customer reviews

Best Sellers Rank: #96,168 in Books (See Top 100 in Books) #55 in Books > Religion & Spirituality > Hinduism > Chakras #67 in Books > Religion & Spirituality > Occult & Paranormal > Parapsychology > ESP #120 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing

Customer Reviews

Great book!!!

This is a great book that everyone should read, the world would be a better place it does not go into lengthy detail about typical new age stuff it is written by a grounded person with her feet on the ground who learned about the chakras from direct experience, and chakras and aura are not the only things presented in this book

Very informative book and it helps w/learning about the metaphysical and spiritual aspects of the Chakras. It is food for thought. I highly recommend this book. Also a good study tool. It is one of these books where you read a few pages and you will need to "think and absorb" what you just read. :-) Very in-depth. Enjoy!

Great book, however you will need to have an intermediate level of background knowledge in

chakras, and basic energetic medicine. This book is great at explaining the basics of the energy body, and explains some basic meditations practices for grounding and aura work which can be done by anyone, no matter what your level or ability. However, don't expect for it to be easy, the practices in this book require some time to master. Cheers.

I have been able to use so many of the techniques in this book and they have helped! I continue to go back to the book for a booster of ideas, ideologies, and recommendations. Anyone who is new to healing work or an expert but wants some new tools, this is a great option.

Your Aura & Your Chakras: The Owner's Manual is an informative read. The author clearly states in the beginning if you aren't studying your aura and chakras as a daily practice then you are just taking in the information from the book. The sections/chapters are broken down wonderfully, easy to understand and read. Excellent for beginning novices. I do recommend sticking with the studying and using this as a reference guide. Well written.

I bought this book years ago, and it saved my life. I was going through a tough teenage spell, and this book gave me the tools and knowledge i need, it's so well written, easy to understand and relate. I loved it so much i gave mycopy to a friend, and bought a new copy for myself!

This is a comprehensive book on the function and importance of the chakras. It is clear and concise and shows you exactly how to maintain and care for them in order to live a happy, healthy and balanced life.

[Download to continue reading...](#)

CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye)

CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga)

CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga) Your Aura & Your Chakras: The Owner's Manual Your Aura and Your Chakras: The Owner's Manual Chakras for Beginners: How to Balance Chakras, Strengthen Aura, and Radiate Energy Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [A Beginner's Guide to Opening and Balancing Your Chakras] (Mudra Healing Book 3) Chakras:

Chakras :Learning To Balance Your Chakras Made Simple (Chakra Alignment ,Chakra Healing, Chakra Balancing Book 1) Chakras: Purify and Strengthen Your Inner Self- Radiate Energy, Balance Chakras and Meditation Healing (Chakras, meditation,mindfulness,) Chakras: Chakras for Beginners, Awaken Your Internal Positive Energy, Healing, Spiritual Growth, Balancing, Essential Oil for the Chakras CHAKRAS: Chakras For Beginners: Step-by-Step Practical Guide to Awaken Your Internal Energy & Balancing the 7 Core Chakras Using Meditation Mudras (Spirituality, ... Emotional Physical or Mental Imbalances) Chakras: Awaken Your Internal Energy Balance Chakras, Radiate Energy and Healing Through Meditation (Chakras, Spirituality, Serenity) CHAKRAS: Mudras for Balancing and Awakening Chakras: The Powerful Personalised Meditation Guide, Cleanse And Activate Your 7 Chakras, Feel Energised And ... Mudras, Enlightenment, Spirituality) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) Chakras: Activate Your Internal Energy Centers And Heal Yourself - The Complete Guide To Chakras For Beginners: Balance Your Body, Mind And Soul Chakras: How to Awaken Your Internal Energy through Chakra Meditation (Chakras for Beginners) Chakras: Complete Beginner's Guide to Balance the Chakras and Heal Your Body Through Positive Energy Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy and Healing Through Meditation Chakras: Understanding the 7 Main Chakras for Beginners: The Ultimate Guide to Chakra Mindfulness, Balance and Healing Chakras Easy Guide for Beginners: Chakra Meditation, Understanding and Balancing the 7 Chakras

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)