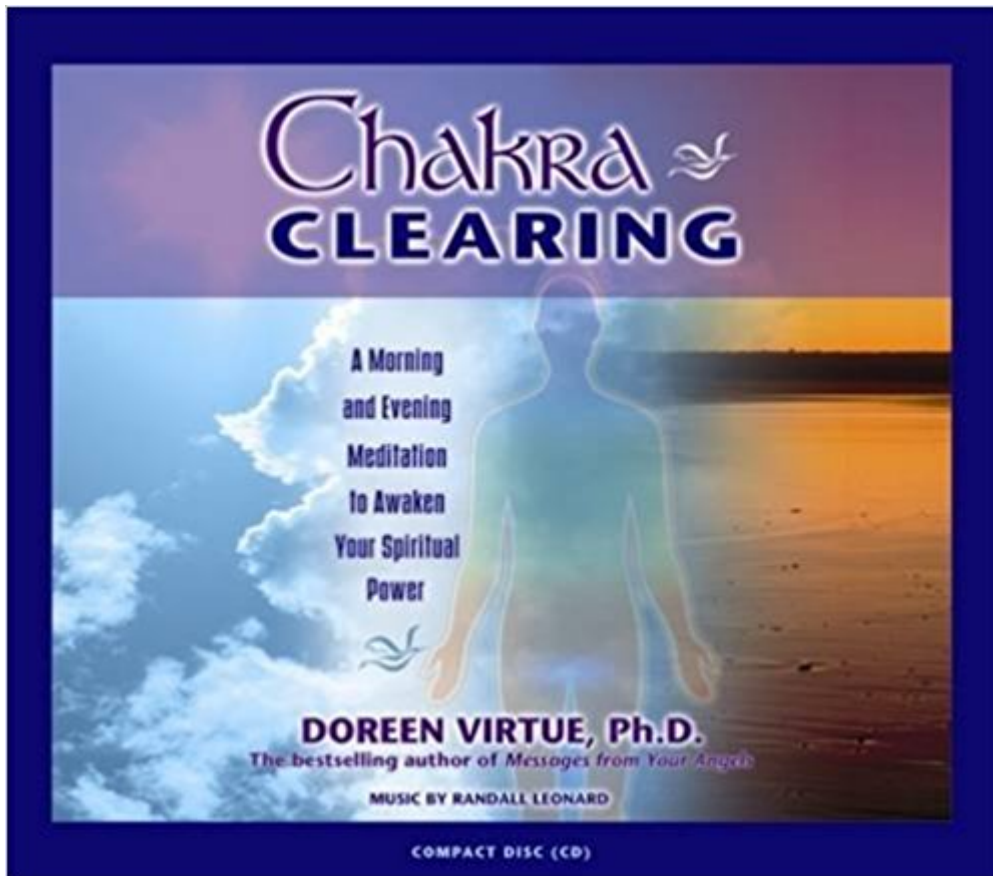


The book was found

Chakra Clearing



Synopsis

Chakra Clearing, by Doreen Virtue, Ph.D. is a unique experiential guide to activating your natural spiritual powers of psychic and spiritual healing through the opening, cleansing, and balancing of the body's energy centers ("chakras"). Using this CD on a regular basis will keep your chakras attuned and cleansed for maximum intuitive powers. During this CD, you will be guided and instructed simultaneously. You will hear the various functions of each chakra while simultaneously cleansing that chakra. You will learn how to "scan" (that is, clairvoyantly see) your own and other people's chakras, for use in psychic healing work. In addition, this CD will include guided exercises to clear and release negative energy and ego-based thoughts.

Book Information

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Customer Reviews

For readers who seek a straightforward guidebook on learning about the chakra system and how to keep it healthy, this is an excellent resource. Virtue, who is a bestselling author (Messages From Your Angels, Healing With the Angels) and clairvoyant doctor of psychology, identifies the placements and functions of these "energy centers" in the body. She then teaches readers how to keep these chakras clear and clean, leading to greater health and energy. The chakras themselves are a beautiful progression of shifting colors, starting with the red root chakra at the base of the spine and moving up the body, shade-by-shade, and ending with the royal purple "crown" chakra at the top of the head. Each chakra interacts with a person's issues and concerns in the world. For instance, the root chakra relates to basic survival, such as money, shelter, and material needs, according to Virtue. If a person feels stable in this arena, the "root chakra looks like a brilliant ruby

held under a spotlight," she explains. However, if people feel fearful about money or become overly obsessed with their career or possessions, this chakra will become "dirty" and have a muddy, dark red color. Virtue offers an extensive assortment of original, guided meditations that are effective in cleaning and clearing all the chakras. The information is well organized and clearly presented with a corresponding CD to help readers integrate the meditations into daily life. She also touches upon other cleaning tools, such as what foods and crystals support the chakra system. Advanced energy workers may find this material basic, but beginners should find it an outstanding primer. --Gail Hudson --This text refers to the Audible Audio Edition edition.

"This book and CD will help you understand the functions of the major chakras, and esoteric methods for clearing them of fear. Your natural slate is one of high energy, intuition, and creativity. You don't need to add anything to yourself to enjoy these characteristics--you already own them within yourself. Just like a sculptor needs to chip away the parts of the statue that aren't part of the ultimate creation, you only need to clear away fear to reveal your innate qualities. --This text refers to the Audible Audio Edition edition.

VERY easy to follow along and not real long which is good since it is divided into two parts--morning meditation and evening and I don't have a lot of time in the mornings. Doreen is very descriptive and it helps to visualize making meditation easier. I'm new at it so it takes me a little practice to focus on my Chakras.

I was stuck in a rut, couldn't express myself as words kept coming out wrong... my mind was fogged and I couldn't think clearly, I couldn't make decisions... But I was AMAZED AND DELIGHTED how just after one use of Doreen's guided Chakra cleaning, how great I felt and how clear my mind and speech became...who knew cleaning your chakras was so important...smile Good stuff

I haven't read all of it, more or less thumbed through and read at random, and what I read was very heart warming. I thought it was going to be more like an information type book, but it's a book of other people's stories and their own experiences with signs from above. It reminds me of the books "small miracles" 1 and 2.

Not a beginner's guide for people wanting to learn about chakras or meditations. But an excellent resource for people who want to practice meditation or clearing their chakras. Doreen's voice (on

the enclosed CD) is very soothing - although I confess I sometimes find it just the tiniest bit smarmy. The book is beautiful to look at, and uplifting to read.

Made me more aware of the environment, as I've always thought it was just pennies from Heaven--there is more to pay attention to!

I agree with one of the other posts that there might be too many personal stories contained in the book. It seems a little repetitive. However, there is a lot of good information in the book on ways to recognize signs from the angels. In hindsight, after reading this book, I now recognize ways in which angels have communicated with me. Overall I think the book is a good read.

I am a young adult, who realized not too long ago, there were other crystalline souls like me. I have read "Earth Angels" by Ms. Virtue as well, & find her knowledge on the spiritual world to be reassuring and explained well. As a Crystal child myself, I really enjoyed reading this book. While I may not agree with every explanation Ms. Virtue has, I think this is a highly accurate description of Crystal children. I could relate to so many details! I think this a good book not only for parents/family, but for older Crystal children who may be finding their place & balance on this earthly plane. Earthly life as a Crystal, or any "lightworker", can be quite overwhelming at times; but every moment is valuable, knowing we are sent from God with a specific mission, helping many others along our journey. The message I took from this book is to treasure these very special & pure children/adults, and to nurture every aspect of their spirituality. Many hugs & blessings for all of you!

This book came at a point in my life where I was ready to give up. I tried for over 50 plus years to go out and find who I am and my purpose. This book answered this for me and pieces started calling into place. Never give up. Let Earth Angels speak to your soul. Blessings to all who read this message.

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