



Chakras for Beginners: A Guide to Balancing Your Chakra Energies a Guide to Balancing Your Chakra Energies

David Pond

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You may think that difficult situations and emotions you experience are caused by other people or random events. This book will convince you that inner imbalance is not caused by situations in the outer world--instead, your imbalances create the situations that interfere with your sense of well-being and peace.

Chakras for Beginners explains how to align your energy on many levels to achieve balance and health from the inside out. In everyday terms, you will learn the function of the seven body-spirit energy vortexes called chakras. Practical exercises, meditations, and powerful techniques for working with your energy flow will help you overcome imbalances that block your spiritual progress.

Discover colors and crystals that activate each chakra Explore the balanced and unbalanced expressions of each chakra's energies: survival, sexuality, power, love, creativity, intuition, and spirituality Practice spiritual exercises, visualizations, and meditations that bring your energies into balance

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Storm says

Seeing as I have an older copy of the book, consisting only of 161 pages, I can only comment for my copy, though it has the same ISBN as the version pictured.

It's a bit of a dry read, one I was sorely tempted to skip to the 'good' parts, the section on the chakras, and even some of those were dry reads, actually I found the whole thing a dry read, but it's good info for someone looking for info on the subject. I haven't tried the exercises yet so I can't comment on those or the meditations. Still, it's an okay book.

Lexy Luna says

For such a small book, I am surprised how repetitive it was. Example: "Everyone has chakras. This inclusive statement should relieve those of you who are concerned about whether you have all of the chakras or not." Yes this book is for beginners but if we are reading it, I'm sure we understand the function of a sentence. Clearly that sentence isn't for people who believe they have chakras. Also I understand that all religion is connected, but chakras are not mentioned in Christianity. David Pond makes many references to Jesus, God, heaven, prayer, so it just becomes a little muddled.

Jen Hlavka-mcguire says

I was awakened to broadening my horizons as I read this book. I enjoyed the read and was like a sponge to take in the information to help take the steps to learn to balance my Chakras. It is definitely a great reference to have when needing to take time out for meditation and learning what to focus on. I have started to take the steps to making me more balanced and in tune with my surroundings

Kim says

A lot of folks might think a book like this is too wacky and New Age-y for them. But truly, it offers a clear, logical way to approach various aspects of spirituality and personality. Even if you don't really believe in chakras, it helps to imagine each segment of the soul according to colors. This book helped me sort out some messy stuff going on in my head. I can't promise it will do the same for everyone, but I'd highly recommend trying.

Jeanne says

This is not a long book, but is packed with a fresh look at how to understand and work with the dynamics of the major energy centers. A clear summary chart in the appendix highlights the main points of each chakra. There is a Reference and Suggested Reading section. I found the chapter on the 5th chakra especially valuable as it gave me a whole new perspective on that center. The discussion of stage fright and writer's block, while not extensive, was most useful to me, as were the remarks about "polite listening vs. inability to assert your ideas."

Martina Johnson says

"beginners" is a really gentle term to describe what this book is for. this is more aimed at the completely uninitiated, those 100% oblivious to alternative faith ideas. as a novice, what i would call a beginner, i found this book increasingly harder to follow as it went on. in discussing the higher chakras, Pond becomes very vague and fluffy, to the point i had to read passages several times over before they would stick in my head, if they would at all. not an author i'll look to again, not a book i'll probably ever go back to.

Rachel says

This is exactly what it says, a guide for beginners. I'd been interested in chakras for some time, and this book aided me in understanding and beginning to unlock my chakras. I really enjoyed the breakdowns of each individual one and the meditations provided for them. Great read!

Alisa says

ok.. I picked up this book because I will admitt that i was having an emotional rollercoaster type of time and there wasnt a real reason for it.. everything was going fine, i just had this terrible feeling and a need to cry ALL the Friggin Time..lol.. this book has helped, I believe, because I am not wheeping at the drop of a hat.. and i still emotional, of corse.. just not ridiculously now....

Colleen Kronman says

An excellent and readable guide for understanding the rudiments of the Chakras. Told in plain english. no steeping in mysticism here. Pond is quite eloquent.

Sandra says

I have to say this was an eye opener for me... To see things from a different perspective... Looking at emotions as a form of energy that can be translated into stages of life, growth and development... I like the

little insights into this middle eastern knowledge with a few christian view points... I feel enlightened already from reading this... makes me feel like maybe I'm not so far off the mark from where I should be at physically, emotionally, mentally and spiritually... Gives me hope! ;)

Sae-chan says

This is the first book about chakra that I read. I'm very satisfied with the way the subject is presented here. The author also kept an open mind of the many different ways readers might approach this subject, which is refreshing. It is not patronizing, rather encouraging the readers to find their own way of understanding and working with their chakras. Definitely a book to be kept for a long time.

kisha says

For a person who really isn't into the whole chakras, meditation, yoga whole get up, I must admit it was a good read. I thought that I would go into this book fighting everything that the author believed in. I was very defensive. But I must say it a pleasant learning experience for me. Do I believe EVERYTHING that was written in the book? No. But the general idea of it all is life changing for me. Teaching me to be a more positive, balanced, and calmer person.

Heather says

What I love about Chakras for Beginners is that it's both beautifully-written and spiritually meaningful, AND, it has practical suggestions on how to clear and open each chakra.

The chakras can be a complex system, and Pond clearly knows his stuff because he's able to fine-tune suggestions and descriptions in ways that are easily accessible, yet spiritually rich.

Though I've read many books and taken an intensive, year long class on chakras, Pond's book remains one of my favorites! This book is a gift to the senses and to our greatest well-being!

Mandy Sue says

This is a great introduction to the seven chakras (or inner energy) with practical spiritual exercises, visualizations and meditations.

The techniques offered in the book will teach you to shift your focus away from the problem mindset and focus on realigning with the inner energy that is causing an imbalance.

Great for anyone looking for balance in their lives.

Verónica says

É um ótimo guia para quem quer saber mais sobre o que são os chakras e como tomar consciência destes no próprio corpo. Muito bem organizado e inspirador, deixa a vontade de saber mais.
