

# [PDF] Chakra Clearing

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## Books Details:

Title: Chakra Clearing

Author:

Released: 2004-01-01

Language:

Pages: 160

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## Description:

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 (, ) 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*

**Review** ""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.

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