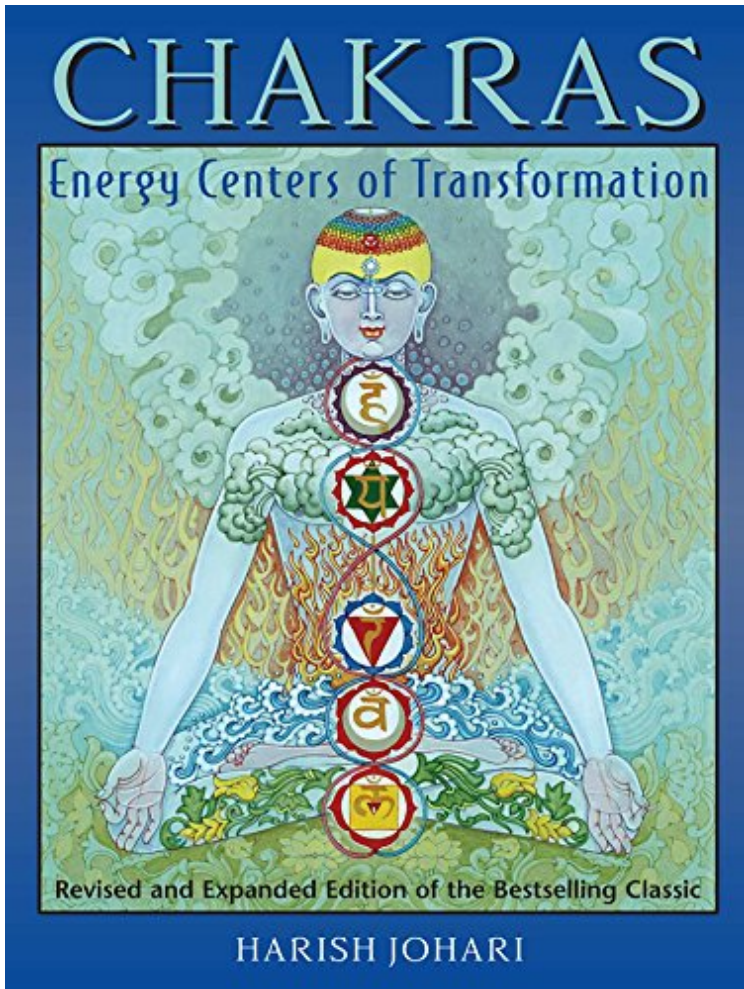


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Chakras: Energy Centers of Transformation (English Edition)



Par Harish Johari
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Description :

Prsentation de l'diteur Revised and expanded edition of the classic work on chakras by the renowned Indian scholar and tantra practitioner. Over 35,000 copies of the original edition sold. Includes full-color illustrations of the chakras to be used with the meditation exercises in the book and provides the tools necessary to activate these centers of transformative energy. In the ancient science of tantra, the human body is viewed as the most perfect instrument for the expression of consciousness, a perfection realized through the development of psychic centers known as chakras. Located within the cerebrospinal system, the chakras are the stage upon which the interaction between higher consciousness and desire is played out. Consequently, it is through understanding and utilizing the energies of the chakras that we ultimately reach an enlightened state of being. In Chakras, Indian scholar and tantra practitioner Harish Johari introduces the classical principles of the chakras as well as their practical application for today. In this expanded edition,

complete with new art and text, he unfolds the mysteries of these subtle centers of transformation with visualization techniques essential to a fully realized tantric practice. Unlike other books in its field, Chakras provides the tools to activate these centers of transformative energy and elevate one's intellectual knowledge to an experience of spiritual growth. Meditating on the beautiful, full-color illustrations of each chakra vitalizes the cerebrospinal centers and harmonizes the entire system both physically and psychically.

Explanations of each chakra elaborate on the chakra's connection to elements, colors, sounds, sense and work organs, desires, planets and deities, as well as on behavioral characteristics and particular effects of meditation. For scholars and spiritual aspirants of every level, Chakras is an invaluable, practical source of information and techniques. *Revue de presse* "Johari shows us the mysteries of these subtle centers of transformation with visualization techniques essential to a fully realized tantric practice." (Share Guide, March/April 2001)

"Unlike other books in its field, Chakras provides the tools to activate . . . and elevate one's intellectual knowledge to an experience of spiritual growth. Nowhere else will the Western reader find so much valuable information on this ancient tradition in one place." (Branches of Light, Spring into Summer 2001)

"Among the best of Western explications, combining traditional, visionary, and practical views...illustrated, detailed, and accessible to the neophyte." (East West)"A beautifully crafted book. Johari skillfully takes us into the machinery of Hindu metaphysics, a nerve system vehicle that navigates the invisible frontiers of consciousness...compressed with detail." (Hinduism Today)"For Harish Johari--artist, composer, teacher, tantric devotee--desire is the brush and the five senses are the palette." (Yoga Journal)

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