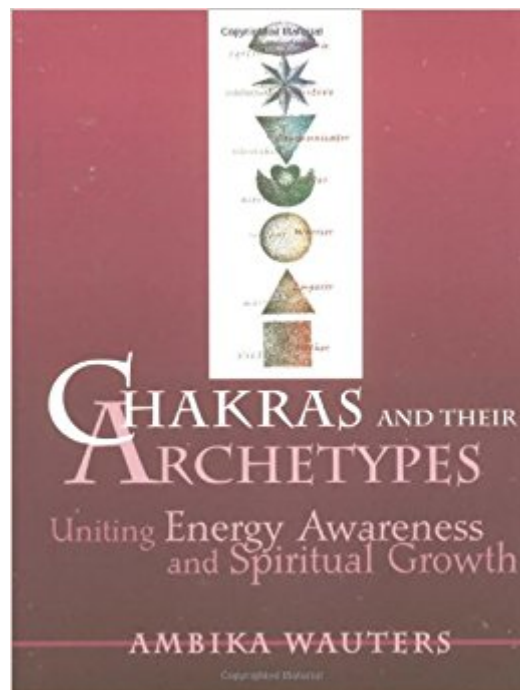




The book was found

Chakras And Their Archetypes: Uniting Energy Awareness And Spiritual Growth



Synopsis

Ambika Wauters explores how linking classic archetypes to the seven chakras in the human energy system can reveal unconscious ways of behaving and serve as a valuable tool for transformation and healing. Archetypes, which Carl Jung defined as ‘patterns of behavior,’ have emerged out of the core of human experience; the Mother and the Victim, the Lover and the Actor, the Warrior and the Servant. In CHAKRAS AND THEIR ARCHETYPES, Wauters shows that creating healthy archetypes is both liberating and fundamental to our well-being. In relating the archetypes to the chakras, she guides us on a journey to understand where our energy is blocked and which attitudes or emotional issues are responsible. Using a variety of exercises, meditations, and affirmations, she helps us to free ourselves from the negative archetypes, enabling us to rise to higher levels of awareness and empowerment; where we can transcend limitations, make healthy choices, release creativity, heal our pasts, and live with joy, vitality, and love.

Book Information

Paperback: 176 pages

Publisher: Crossing Press; Reprint, 1999 edition (August 1, 1997)

Language: English

ISBN-10: 9780895948915

ISBN-13: 978-0895948915

ASIN: 0895948915

Product Dimensions: 7 x 0.4 x 9 inches

Shipping Weight: 12 ounces (View shipping rates and policies)

Average Customer Review: 4.5 out of 5 stars 34 customer reviews

Best Sellers Rank: #128,816 in Books (See Top 100 in Books) #71 in Books > Religion & Spirituality > Hinduism > Chakras #183 in Books > Health, Fitness & Dieting > Alternative Medicine > Energy Healing #318 in Books > Religion & Spirituality > New Age & Spirituality > Spiritualism

Customer Reviews

AMBIKA WAUTERS, RSHom, is a homeopath, psychotherapist, and healer and the founder and director of the Institute for Life Energy Medicine. The author of 16 books, she lives in Tucson, Arizona.

By clearing our stuck energies, we are more able to find peace and happiness, allowing the energy

patterns within to flow more clearly. As within, so without. Clearing the inside first allows things on the outside also clear. Becoming aware of the inner glitches and clearing those makes a huge difference. So many times, we try to fix the outer stuff first, but those things are just symptoms of the real inner challenge and will reoccur if the inner balance is not achieved first. You can paint over the ugly old color of a wall, but the old color is just covered and remains underneath.

I thoroughly enjoyed absorbing the messages of this book. I knew very little about Chakras before reading this, and I am now fascinated with what they are and the awareness that has ensued from learning about them. Reading this book exercised my spiritual muscles, and I am grateful.

What I expected!

I found this book interesting but too commercialized by adding their website for further guidance re their beliefs which contained too many offshoot programs relating specifically to this book and too many pushy emails.

Great book for anybody interested in chakras. It not only explains what chakras are, but it gives practical examples of when chakras are not working properly plus excercises to improve the working of the chakras. Very complete, very clear, very informative. I always have this book on my nightstand and every once in a while I read specific parts of it, depending on what I feel me or somebody in my environment needs.

This is a powerful text about behaviors and how they relate to the way the individual's energy flows. Some chapters are better than others. Recommended.

For individuals just beginning to understand the Chakras, this book can be helpful. It is not closely aligned to the Vedic understandings of the Chakras, but for westerners it can be informative.

the information on the chakra systems was valid and interesting to read however i found the archetype system presented in the book lacking in accuracy it was too general for my liking but i still recommend the book as that it is a good read with a lot of good material in it.

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

Chakras and Their Archetypes: Uniting Energy Awareness and Spiritual Growth 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) Chakras: Chakras for Beginners, Awaken Your Internal Energy - Positive Energy, Healing, Spiritual Growth, Balancing, Essential Oil for the Chakras Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy and Healing Through Meditation (Chakras, Spirituality, Serenity) Chakras: Purify and Strengthen Your Inner Self- Radiate Energy, Balance Chakras and Meditation Healing (Chakras, meditation, mindfulness,) 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: Mudras for Balancing and Awakening Chakras: The Powerful Personalised Meditation Guide, Cleanse And Activate Your 7 Chakras, Feel Energised And ... Mudras, Enlightenment, Spirituality) 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) Collected Works of C.G. Jung, Volume 9 (Part 1): Archetypes and the Collective Unconscious: Archetypes and the Collective Unconscious: 9.1 Chakras: The Nature of the Energy Centers & How to Balance Them for Greater Peace, Healing & Spiritual Growth Reiki: The Healing Energy of Reiki - Beginner's Guide for Reiki Energy and Spiritual Healing: Reiki: Easy and Simple Energy Healing Techniques Using the ... Energy Healing for Beginners Book 1) Crystals: The Ultimate Guide To: Energy Fields, Auras, Chakras and Emotional Healing (Aura, Healing Stones, Crystal Energy, Crystal Healing, Energy Fields, Emotional Healing, Gemstone) Face to Face: Praying the Scriptures for Spiritual Growth: 2 (Face to Face / Spiritual Growth) Chakras: Activate Your Internal Energy Centers And Heal Yourself - The Complete Guide To Chakras For Beginners: Balance Your Body, Mind And Soul Chakras: Complete Beginner's Guide to Balance the Chakras and Heal Your Body Through Positive Energy Chakras for Beginners: How to Balance Chakras, Strengthen Aura, and Radiate Energy

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)