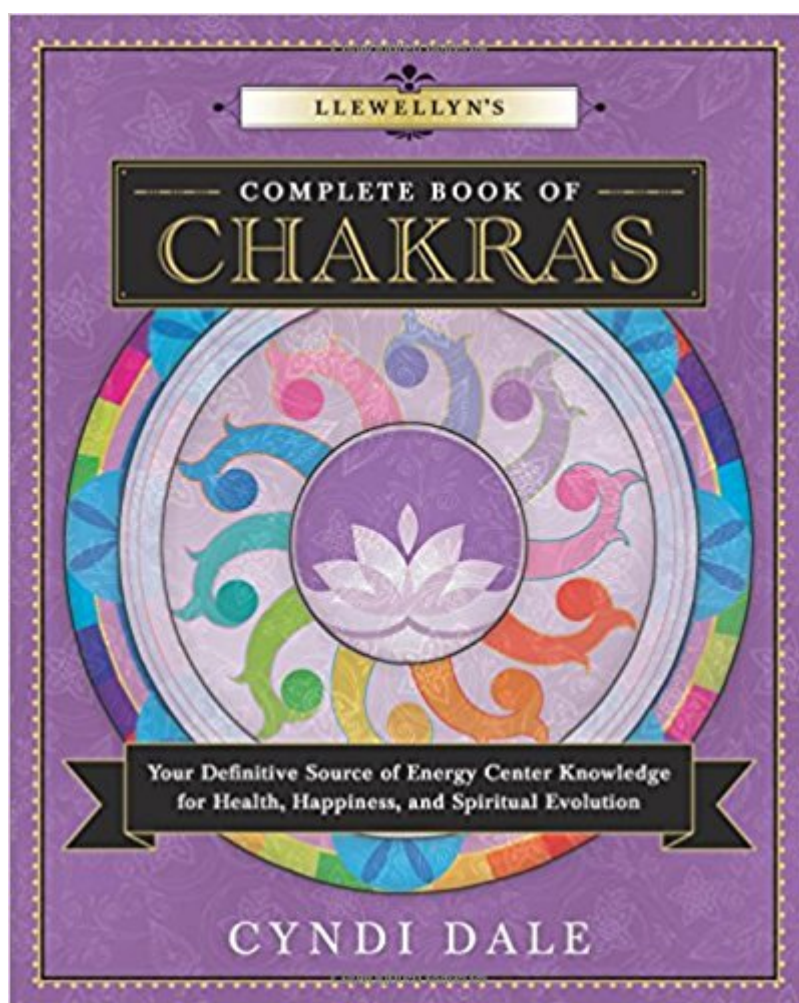


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# Llewellyn's Complete Book Of Chakras: Your Definitive Source Of Energy Center Knowledge For Health, Happiness, And Spiritual Evolution (Llewellyn's Complete Book Series)





## Synopsis

The Ultimate Guide to Chakras and Energy Systems As powerful centers of subtle energy, the chakras have fascinated humanity for thousands of years. Llewellyn's Complete Book of Chakras is a unique and empowering resource that provides comprehensive insights into these foundational sources of vitality and strength. Discover what chakras and chakra systems are, how to work with them for personal growth and healing, and the ways our understanding of chakras has transformed throughout time and across cultures. Lively and accessible, this definitive reference explores the science, history, practices, and structures of our subtle energy. With an abundance of illustrations and a wealth of practical exercises, Cyndi Dale shows you how to use chakras for improving wellness, attracting what you need, obtaining guidance, and expanding your consciousness. Praise: "In one thoroughly researched and beautifully written book you can learn . . . what it took ancient seekers a lifetime to uncover." —Steven A. Ross, PhD, CEO of the World Research Foundation and author of *And Nothing Happened . . . But You Can Make It Happen* "A shining constellation of timeless wisdom and brilliant insights on chakras. This groundbreaking book is an essential conduit to whole-self healing." —Dr. Deanna Minich, founder of Food & Spirit "Expertly researched, well written, and easy to understand. The go-to guide for understanding subtle energy systems." —Madisyn Taylor, bestselling author and editor-in-chief of DailyOM "Cyndi's exploration of cross-cultural systems is stunningly complete . . . Very impressive." —Margaret Ann Lembo, author of *Chakra Awakening*

## Book Information

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## Customer Reviews

Cyndi Dale (Minneapolis, MN) is an internationally renowned author, speaker, healer, and business consultant. She is president of Life Systems Services, through which she has conducted over 35,000 client sessions and presented training classes throughout Europe, Asia, and the Americas. Visit her online at [CyndiDale.com](http://CyndiDale.com).

WOW-this is the most beautiful and comprehensive book that spans every relevant and pertinent topic of overall healing and evolution of consciousness that I have ever seen. The blood, sweat, tears, and pure love and extensive knowledge/experience that went into this gem is evident on every single page. All possible questions (medical, anatomical, spiritual, emotional, biological, psychological, physiological, etc.) are answered in this carefully planned and delightfully engaging map to understanding our whole health and vitality within the pages of this masterpiece-I am blown away by the sheer positive energy and light that it emits just by holding it! It is clearly written and organized in an interesting and helpful way, and I imagine that it will become a staple in the library of those who wish to improve their lives and understand more about what goes on beyond our physical perception. It covers so much more than what we have ever learned about Chakras from other sources as well as our energetic beings, that I imagine it must have been quite challenging to give it a title-the possibilities are endless and this takes summer reading to a WHOLE (and healthy) new level. I have had the privilege of being on the receiving end of Cyndi Dale's incredible gifts through different modalities, including her other exceptional books, and just when I thought that she has covered it all, she has provided us with the tool of all tools to continue on this fascinating journey of self-discovery and assistance with helping others to be the best that they can be. The realms of awareness and clarity that are covered in this unique resource book are astounding, and for me, it also reiterates the comforting concept that we are all connected and are on this path together. Not much can be written in a review that could possibly come close to doing it justice, but I wanted to express my sincere gratitude to Cyndi and her team for sharing this with the world. If you are looking for a gift for anyone and everyone, either in the field of helping those on their journey toward enlightenment or someone special who appreciates the truth about the source of deep, genuine happiness and health that we all deserve and yearn for, please know that this book will make the world a better place, one reader at a time...and make sure to also grab that copy for

yourself and you will be thrilled that you did. Thank you Cyndi!!! Best of luck to you all on your journey toward being your most authentic and true self and shining that light onto all who are lucky enough to cross your path...xo

I'm not done reading this book yet, but I am loving it. It is full of so much information, history, and exercises that help with Chakras. Hopefully, I'll remember to post all of my thoughts when I'm done! This is a good book for people who are really wanting to dive into the world of chakra and not just dabble in it. This book takes commitment!

Very detailed book on chakras Covers many beliefs and practices with an easy to read format, something that is difficult to achieve when there is so much information to present to us. I bought the book rather than the digital version as recommended from other reviewers who said the charts and pictures were hard to see in that version. Thanks to them for that tip as the diagrams Etc are worth having clearly. Thanks.

The most informative and interesting of all the book from Cyndi Dale, who is an amazing teacher and author. I wish I could give more stars. This book is about 4 inches thick.

The book is seriously thick!! Definitely a resource to buy. Lots of information!! Worth the price.

This book is huge and full of information. You won't be disappointed. Arrived sooner than expected.

This book is huge! This is the one and only book you will ever need about the Chakras subject. It's very detailed.

Excellent compendium on chakras!

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