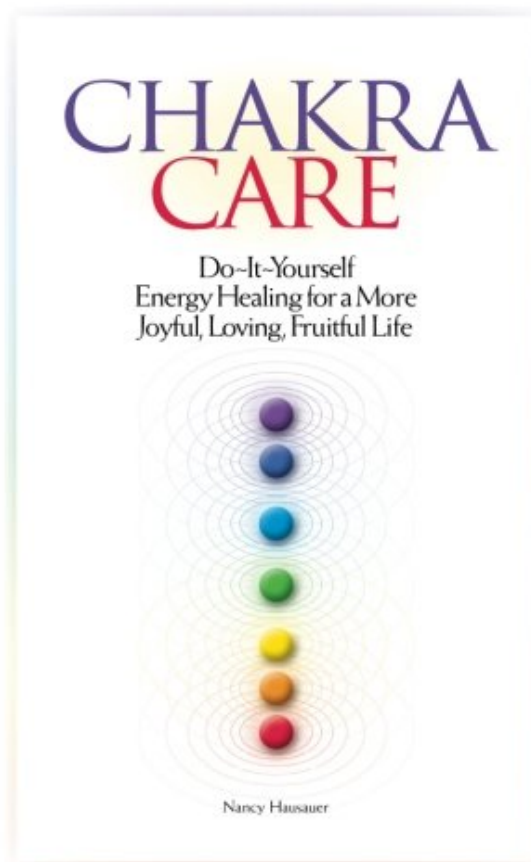


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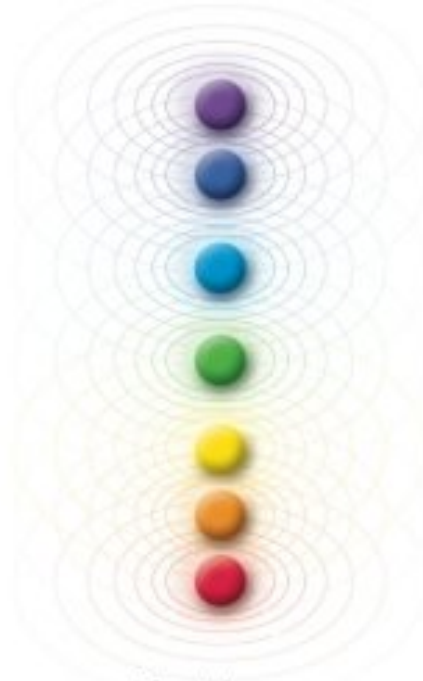


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Nancy Hausauer has been practicing energy healing since 1993, when her infant daughter developed a medical problem that needed more help than conventional medicine could offer. Her website, TheEnergyHealingSite.com, is a resource widely used by people around the globe who are interested in wellness, expanded awareness and personal evolution.

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A Handbook for the Sacred Energy Centers That Shape Your Life

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Terrific Book on Chakra Healing

By Carrie Washburn

This is a book that is well written with the reader foremost in mind. Many books in this genre often make the author the main subject--not so here. The tone throughout this book is one of invitation and restraint. Ms. Hausauer invites you into the world of Chakra healing but she doesn't overwhelm you with jargon and esoteric detail. She has laid it out in an easy-to-follow format that enables you to first be introduced to the Chakra system as a whole and then to focus on each individual chakra. It is eminently useful as a manual. And it is chock full of good information. Ms Hausauer knows this system well and communicates it clearly. In a way this is a basic primer for beginners. The information is clear and practical. Yet it will be very useful to anyone already familiar with the Chakra system for the same reasons. Ms Hausauer gives the reader many ways to access the energies of the various chakras and to do simple everyday things to balance one's chakras. She shows how a person can use knowledge of the health of their chakras in their life to enhance their joy in living—on all levels, physical, emotional and intellectual, and spiritual. One caveat: the lists of things one can do to work with each chakra is often daunting, but once you remember it is a list to choose from and not a list of items one should accomplish, it becomes extremely useful. Her approach to Chakra healing does not require you to completely revise your belief systems; it just asks for a recognition that the universe we all live in is composed of energies, including the energy centers in our own bodies. How fortunate we are to have such a clear explanation of the Chakra system and an invitation to participate in self healing presented in this book.

2 of 2 people found the following review helpful.

Chakra Care

By Laurie Bock

I have used this book extensively in my life for ideas, suggestions, and inspiration when I have needed it. I've worked with energy for many years, and this book is the most wonderful resource for me. However, I think it would be great for beginners as well, since it explains energy and energy healing in an easy to understand way.

The variety of ideas, suggestions and simple affirmations always give me a new way to try to work with whatever is on my mind at the moment. I always find something new to try in this wonderful resource.

1 of 1 people found the following review helpful.

Written in a manner which is easy to understand and a good reference

By Ellen Ann Brown

I never understood Chakras before reading this book. Written in a manner which is easy to understand and a good reference. You need to buy this book as you will refer to it over and over and discover new things that are relevant each time you open it. The chapters are set up to either read through from start to end or focus in on the areas where you need information and assistance. A true gem.

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