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# CHAKRA Centers Chart, Rainbow: Body-Mind-Spirit Connections



## **Synopsis**

8.5 x 11 in., 2-sided, laminated. The only vivid, full Rainbow coded and thorough Chart illustrating and describing the Mental, Emotional, Spiritual, and other qualities associated with the 7 Chakras. The most comprehensive chart available anywhere. This Inner Light Resources Chakra chart (and Inner Light's Reflexology, Aromatherapy, Iridology, and other charts) are used by massage schools, Reiki teachers and other healers across the U.S. and other countries for teaching and healing practices. Color illustrations make it easy to understand also for novices. Includes everything from A to Z- Gemstones, Musical notes, Foods, Planets, Aromatherapy Essential oils, Kabbala correlations, and much, much, more. Also includes leading-edge Addictions information associated with all of the Chakras. Also a visualization exercise and instructions with steps to clearing and balancing the Chakras. Additional illustrations of the body's and physical, mental, emotional, and causal electrical field layers and the higher self.

## **Book Information**

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Average Customer Review: 4.3 out of 5 stars See all reviews (144 customer reviews)

Best Sellers Rank: #3,396 in Books (See Top 100 in Books) #21 in Books > Self-Help > Stress Management #32 in Books > Religion & Spirituality > Worship & Devotion #90 in Books > Health, Fitness & Dieting > Alternative Medicine

## **Customer Reviews**

I love this chart. Very nice Chakra chart which not only highlights the chakras and describes in pretty good detail for a chart, but also discusses issues that result from imbalance. Nice larger size. Very happy with this.

Easy to read and understand. The colors really help pull it all together. Everything I wanted to know was there and in an easy format.

Very helpful chart. The coloring of the chart is not simply cheerful and prompting one to look at it closely... it is part of the wonderful lesson. Highly Recommend this for anyone developing their spiritual side, or who meditates on a regular or spotty schedule because it has wonderous insights to offer to anyone to depeen their relationship with their Higher Self.....

I bought the hand and foot reflexology charts along with this one and I like them all, they are very easy to read and understand, they are convenient to look at quickly so that I don't need to search through one of my books when I need to look something up.

This gives a quick reminder and helps to memorize the core concepts. I can take this with me anywhere, so I use it when I teach meditation classes or as a quick reminder when my memory fails me!

Great double-sided infographic. I like that it's stiff, so I can prop it up and refer to it with ease. I'll probably give one to each of my Reiki students, too.

I received this as a gift and I like the bright colors and that it's a hard laminated object; like a restaurant menu.I also received Chakra stones, so they go together quite well for me.I don't have to worry about it wrinkling or anything when I need to put it away, under my pillow, or in the side of my couch as I'm cleansing, or meditating.I would recommend this to anyone, especially for the price.

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