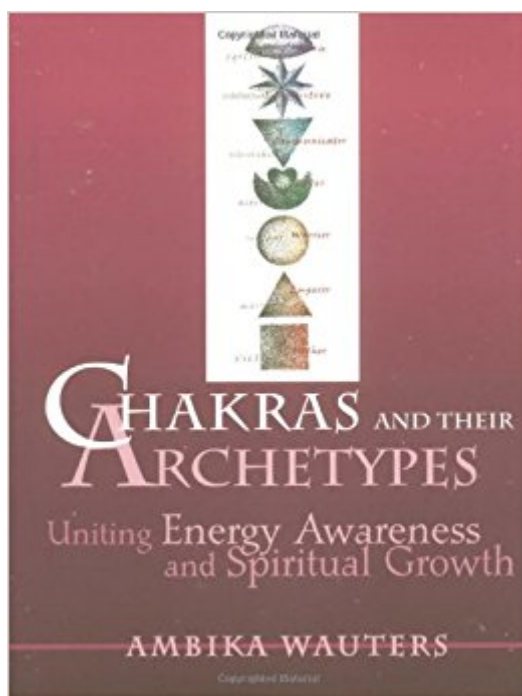


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# Chakras And Their Archetypes: Uniting Energy Awareness And Spiritual Growth



## 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

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## 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.

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