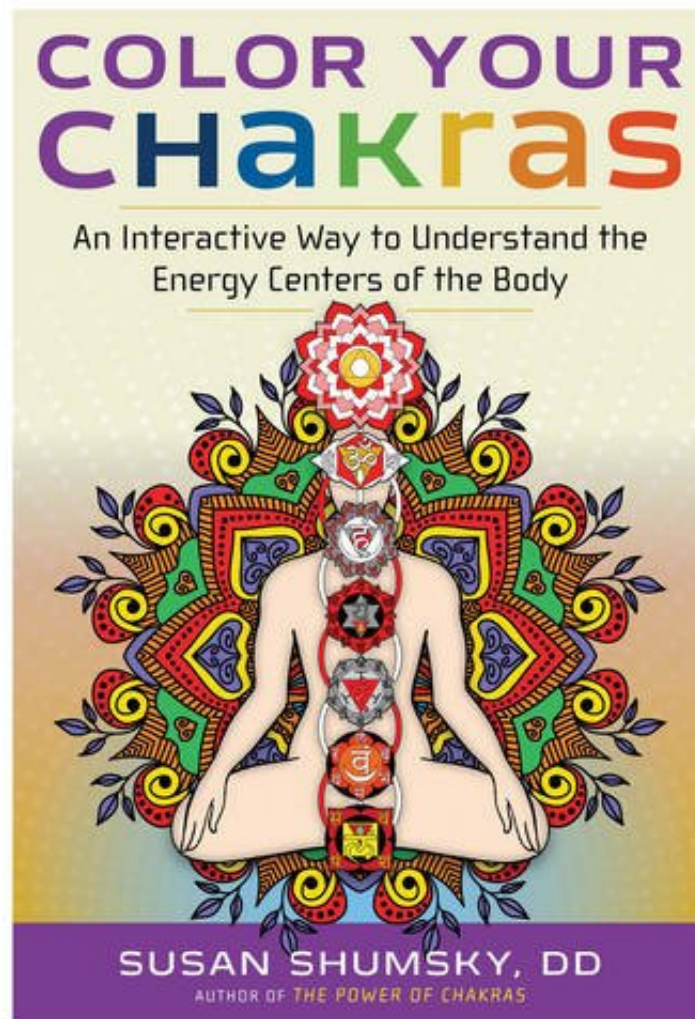


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## Color Your Chakras: An Interactive Way to Understand the Energy Centers of the Body

*Susan Shumsky*

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**Susan Shumsky : Color Your Chakras: An Interactive Way to Understand the Energy Centers of the Body** before purchasing it in order to gage whether or not it would be worth my time, and all praised Color Your Chakras: An Interactive Way to Understand the Energy Centers of the Body:

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Dr Susan Shumsky DD is a compendium of explanations which elucidate the major energy centers of the body. Our three part body consists of the gross physical body, the subtle body and the causal body. The gross physical body is what is seen by the eyes. The subtle body is visible through spiritual sight. The subtler bodies and sheaths surround and permeate the gross physical body. Five sheaths cover the luminous higher self. These sheaths are koshas, the physical sheath, the vital sheath, mental sheath, intellect and ego, as well as, the blissful sheath. Most of us see ourselves with reference to the physical body, thoughts and experiences. In reality, we are much more. In fact, we represent the sum total of an undifferentiated radiance of Brahman or pure consciousness. The Tree of Life from Kabbalah (Jewish mysticism) corresponds to the energy fields and chakras. The practice of yoga is about mastering these energy centers to facilitate health, wellness and a connection to the spiritual side of life and the light. Overall, this is a wonderful book which explains the rationale behind yoga and the various energy centers of the human body. Our health care system would benefit tremendously by having an understanding and honest application of yoga practiced in an integrative fashion with the conventional modalities. Immortality Commons

Color Your Chakras is a fun activity book for adults and children alike. The chakras are powerful energy centers located in your subtle body. Unknown to many people, these vortexes of life energy govern and regulate your physical body. According to the ancient Tantric and Vedic scriptures of India, there are 14 chakras, seven major ones along your spinal column, and seven others, most of which are located in your brain. Each chakra performs a specific function and is associated with discrete body parts and aspects of mind. Each chakra (or wheel) has a hub, where subtle energy conduits intersect; and spokes, which are radiations of subtle energy. Chakras are often likened to lotuses, and the radiations of energy are equated with lotus petals. The lotus petals on six of the seven major chakras comprise the entire Sanskrit alphabet, and the seventh major chakra vibrates all 50 letters of the Sanskrit alphabet. Each left-hand page in Color Your Chakras includes a description and explanation of each chakra or chakra deity. Each right-hand page is an appropriate drawing. The explanations include information about the drawings and the specific colors that are mentioned in the scriptures of ancient India.

Dr. Susan Shumsky is one of the most genuine, sincere spiritual teachers that I am privileged to personally know. She is a rare treasure who truly walks her talk, and her profound connection with inner divinity is obvious. Dannion Brinkley, author of *Saved By the Light* Shumsky has been there. That's what makes her a great teacher. Larry Dossey, best-selling author of *Healing Words* What a great way to learn about the chakra system! Open your creativity and learn as you go. A must have and a great contribution to the field. Anodea Judith, author of *Wheels Of Life and Eastern Body-Western Mind* What a fun and effective way to engage with and learn about your own chakras! Donna Eden, author of *Energy Medicine and The Energies of Love* About the Author Dr. Susan Shumsky is an award-winning, best-selling author of 13 books, published by New Page Books, Simon Schuster, and Random House. A pioneer in the human potential field for nearly 50 years, she has taught meditation, prayer, affirmation, and intuition to thousands worldwide. Her books include *The Power of Chakras*, *The Power of Auras*, *Awaken Your Third Eye*, *Exploring Meditation*, *Awaken Your Divine Intuition*, *Ascension*, and *Instant Healing*. Dr. Shumsky is a highly respected spiritual teacher and founder of Divine Revelation, a unique, field-proven technology for contacting the divine presence, hearing and testing the inner voice, and receiving clear divine guidance. For 22 years, her mentor was Maharishi Mahesh Yogiguru of the Beatles and of Deepak Chopra. She served on Maharishi's personal staff for seven years. Her Website is [www.drSusan.org](http://www.drSusan.org).