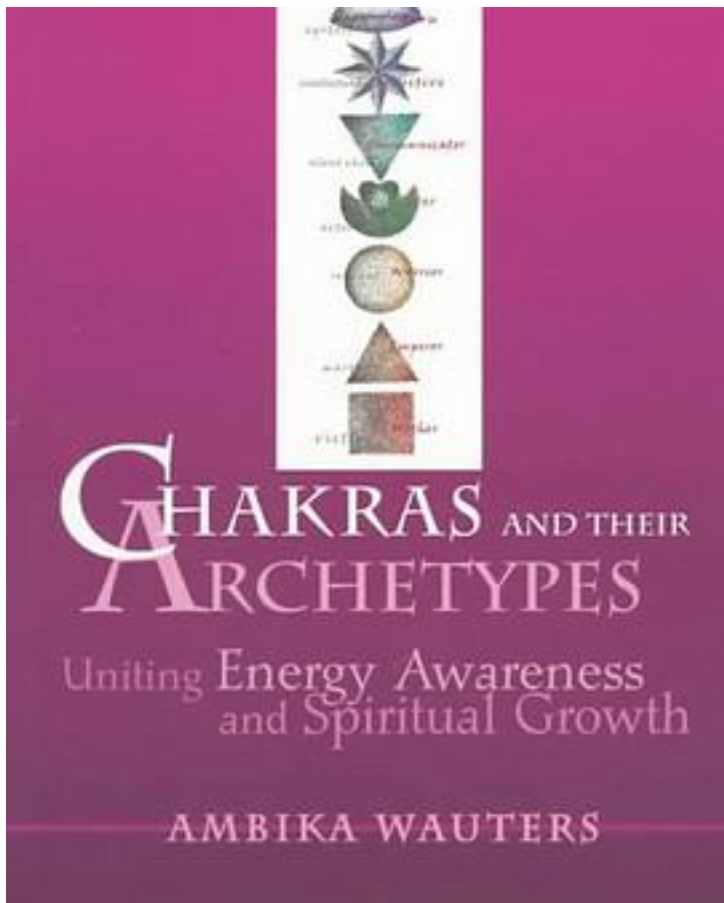


Chakras and Their Archetypes



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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.

作者介绍:

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标签

评论

这书是一个对印度佛教中讲的三脉七轮感兴趣并研究的犹太女人写的，通过三脉七轮讲每一轮代表的原型，从最低一级能量级的受害者到最高层次的灵魂导师，但是个人感觉写得欠火候，目前这类书在大陆还是一片空白的状态。

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书评

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