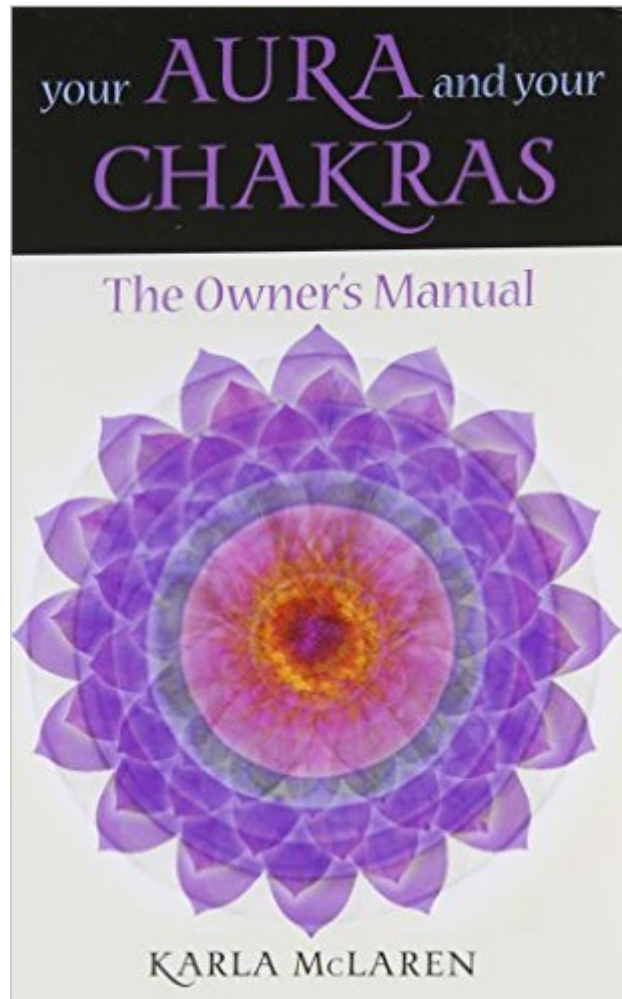


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Your Aura & Your Chakras: The Owner's Manual



Synopsis

A clear and comprehensive text for the restoration and maintenance of your subtle energy system. McLaren, who has worked with survivors of abuse and trauma, shows how to clear the chakras of old hurts and to cleanse and strengthen the aura for protection against invasive energy.

Bibliography. Index.

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Customer Reviews

I never thought "spiritual healing" and "kick butt" could be used in the same sentence, but that's exactly what this owner's manual does. Or should I say -- kicks first chakra! Ms. McLaren states that she has learned all she knows about chakras directly from the chakras themselves, and has never read a book about the chakra system. Well, I must have read them all, and even the best ones left me with a sneaking suspicion that everyone owns an aura and chakras except me! "The Owner's Manual" demonstrated to my great relief that this is not the case. Ms. McLaren provides even the most spiritually stupefied like myself with accessible tools with which to tune into our subtle energies, heal ourselves, take control of our lives, and have fun in the process. I endorse her book with gratitude.

First I can't say enough good things about this book. I have to disagree with the poor reviews that it has been given. First to the rator that said this book was Preachy, I never felt that the author was trying shove her beliefs onto me or that she was "lets be light all the time". This book has one

defining quality and that is that it gives you definite advise on how to "ground" yourself and your life so that your living for you and your living in a place that that promotes healthy boundries and then she goes to depth on how people fall into unhealthy practices that are unhealthy ways that people go about their lives. That to me isn't "light all the time". Unless you mean that she actually stresses the importance on creating healthy boundries... then she gives healthy practices from her experience that creates a positive atmosphere and yet defines boundries. That is all only half of the book though... I have have looked through many books on Auras and this book is the only one that I have found that doesn't try to Sell itself and it walks away from the cookie cutter commercailized book! I found that the Chackras and my Aura become real rather then an uninfluentual intellectual exercise of trying to gather a metaphysical power. I was surprised that one rater said this book said that this author does not mention the Goddess and that this is just a continuation of the male society... This book does not focus on God or Goddess (or any diety) and the referances of a "God-connection" or "God" refers mostly to the "higher self" or the seventh chackra which I think the auther did an amazing job... and the rater who was offended by the use of "God" has mentioned is clearly very sensitive about any mention of the other God based religions as that raters reviews clearly point out. I would give a detailed discription of the insides of this books except has the "look inside" for this book and the contents are one of the pages. Overall I can't suggest this book enough... I just bought four other books from this author just because I was so impressed with this book. Blessed be

This is simply the best book on working with the aura and charkas that I have found. People will often tell you at the beginning of a meditation, yoga, chakra balancing class, or any other "new age" class to ground and center yourself but very few tell you how. They assume you know. So we begin by looking around the class and trying to imitate what the others are doing. Karla actually gives you practical techniques to center and ground yourself that you can do anywhere, even in traffic, or in the middle of a boring (or frustrating or irritating) staff meeting. You will be better able to focus and no one need know that you are doing it. Many New Age techniques are quite passive and reactive, and in my experience are not very effective in the long term. They sometimes have to be repeated several times a day, every day, forever. Her techniques are proactive and anything but passive, which means that you do the work. No one can do this kind of work for you. The techniques can be very empowering, and maybe slightly uncomfortable at first, as you realize that you are responsible for the positive changes in your energy bodies and your life. Who could ask for more. I am a nationally certified massage therapist and Reiki Master. I have used her techniques before sessions

to ground and center myself to great effect. I have also used her techniques after sessions to clear my aura & chakras if I have picked up anything from my client. Since using Karlas techniques, there have been changes in many of my relationships with family, friends, coworkers, & bosses. The negative relationships either improved or fell away and the positive relationships were enhanced. I cannot say enough good things about this book. Everyone should own this book and practice her techniques if they are serious about effecting positive change in their life.

Your Aura And Your Chakras is more than an excellent book. It is one of those books about psychic/human development which themselves "carry" a psychic boost. Karla's deep understanding and clarity of purpose directly support our own healing, skill and understanding. Her descriptions are clear, organized and practical. I also have written a book, Basic Psychic Development: A User's Guide To Auras, Chakras, And Clairvoyance, covering the same underlying system, though from a quite different and complementary perspective. I am always thrilled when I can learn from other perspectives and I have so enjoyed and learned from Karla's. I highly recommend this book to my friends and students, to both beginners and advanced practitioners. Thank you Karla for a wonderful resource for us all. John Friedlander

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