

CHAKRAS

Bassano, Mary, *Healing with Music and Color: a Beginner's Guide*, 1992, 104 pages.

This practical handbook discusses the therapeutic uses of color and the tones of the diatonic scale as well as their relationships to each other and the chakras.

615.83 Bas HMC

Bruyere, Rosalyn L., *Wheels of Light: a Study of the Chakras*, 1989, 282 pages.

Within this illustrated volume, readers explore historical and religious perspectives on chakras as well as chakra legends from different cultures. The author discusses the nature of chakras and their relation to auras, karma, healing, kundalini energy, science, sexuality, disease, and dysfunction. The book contains an appendix on the clinical results of the Rolf Study (a scientific study on Rolfing and chakras).

610 Bru WL v. 1

Dale, Cyndi, *Llewellyn's Complete Book of Chakras: Your Definitive Source of Energy Center Knowledge for Health, Happiness and Spiritual Evolution*, 2016, 1006 pages.

This comprehensive volume defines the chakras and explains each in detail from the Hindu perspective. The author then describes chakra medicine methods "from mantras to gemstones and everything in-between" as well as historical, scientific and cross-cultural understandings.

610 DAL LCBC

Diemer, Deedre, *The ABC's of Chakra Therapy: a Workbook*, 1998, 174 pages.

Diemer presents the seven primary energy centers and includes the secondary chakras for hands and feet. A self-diagnostic questionnaire helps to identify problem areas and blockages in the energy system. For each of the chakras, she suggests therapies from several modalities: nature, sound, color, aroma, reflexology, gemstones, yoga, and physical/breathing exercises.

610 Die ABC

Feuerstein, Georg, *Tantra: the Path of Ecstasy*, 1998, 314 pages.

Dr. Feuerstein discusses Tantric Yoga, a teaching significant in Hinduism, Jainism, and Vajrayana Buddhism. A portion of the book covers the significance of the chakras and the nādīs, or energy channels, using Sanskrit terms.

H294.5511 Feu T

Frawley, David, *Yoga and Ayurveda: Self-Healing and Self-Realization*, 1999, 345 pages.

This book presents Yoga and Ayurveda as closely related disciplines that developed together in the Vedic tradition. The chapter “Kundalini and the Chakras” emphasizes the opening of the chakras and their role in healing. Another useful chapter is “The Nadis,” which discusses the subtle channels of energy and how they link to the seven major chakras and the secondary chakras.

H610.3 Fra YA

Goswami, Amit, *The Quantum Doctor: A Physicist's Guide to Health and Healing*, 2004, 299 pages.

This book reinterprets homeopathy, Chinese medicine, acupuncture, Ayurveda, and conventional medicine from the viewpoint of quantum physics. The chapter “Chakra Medicine” gives a summary of each chakra and discusses their medical implications.

610 Gos QD

Hall, Judy, *Thorsons Principles of Psychic Protection*, 1999, 154 pages.

A chapter of this manual covers the role of chakras in protection from psychic attacks and explains exercises for cleansing the chakras.

133.8 Hal TPPP

Hills, Christopher B., *Nuclear Evolution: Discovery of the Rainbow Body*, 1977, 1009 pages.

Within this large synthesis of scientific evidence and spiritual teachings, Hills devotes a chapter to each chakra as a level of consciousness. Excellent diagrams show the correspondences of chakras with levels of consciousness, auras, colors, electromagnetic fields, Jungian personality types, musical scales, the tree of life, kundalini, and the endocrine and nervous systems.

133.8 Hil NE

Judith, Anodea, *Eastern Body, Western Mind: Psychology and the Chakra System as a Path to the Self*, 1996, 502 pages.

Touching on Jungian psychology, spirituality, metaphysics, and somatic therapy, clinical psychologist Judith Anodea explains personality development and the chakra system by way of Western psychology. She devotes a chapter to each chakra and its body types, pathologies, and healing strategies.

150.198 Jud EBWM

Judith, Anodea, *Wheels of Life: A User's Guide to the Chakra System*, 1999, 502 pages.

The physical exercises, poetic meditations, and visualizations found within this fully illustrated classic will help you to ground, center, and increase your personal power and energy; balance your sexuality; use sound to open consciousness; develop and expand your intuition and awareness; and open your heart to love and compassion.

610 Jud WL

Karagulla, Shafica, and Dora van Gelder Kunz, *The Chakras and the Human Energy Fields*, 1989, 243 pages.

Neuropsychiatrist Shafica Karagulla and clairvoyant healer Dora Kunz worked together researching “the disease process in relation to the chakras.” This book describes the energy fields of the human body, the use of clairvoyance as a diagnostic tool, psychic observations of disease, and the role of consciousness in healing. An appendix provides case histories related to each of the chakras.

610 Kar CHEF

Kunz, Dora, and Dolores Krieger, *The Spiritual Dimension of Therapeutic Touch*, 2004, 262 pages.

Pioneering health researchers Dolores Krieger and Dora Kunz discuss consciousness as it relates to the healing process. The fourth section, devoted to chakras, describes the “centers of consciousness” and their relationship to disease and beneficial influences—especially Therapeutic Touch.

615.851 Kun SDDT

Lansdowne, Zachary F., *The Chakras and Esoteric Healing*, 1986, 144 pages.

Lansdowne gives a clear explanation of the chakras and the seven planes of human constitution. He also discusses healing methods—pranic, telepathic, and radiatory—and provides appendices full of practical healing information.

610 Lan CEH

Leadbeater, C. W., *The Chakras*, 2013, 160 pages.

This illustrated classic of occult literature explains what each chakra means regarding well-being, insight, and personal power and describes their forms and functions. The clairvoyant author refers to Hindu, Christian, and Masonic writings. This edition includes a foreword by Anodea Judith and annotations by Kurt Leland.

T L469 C

Leland, Kurt, *Rainbow Body: A History of the Western Chakra System from Blavatsky to Brennan*, 2016, 160 pages.

This scholarly work contains color illustrations, charts, and diagrams that help illustrate the evolution of Western thought about chakras, including the notions about chakra qualities and colors. Although the Hindu chakra system can be traced from the 1st through the 16th centuries, the West did not see a coherent system evolve until around 1977. Leland presents this lineage in a provocative and well-researched study.

T L469 C

Mégemont, Florence, *The Metaphysical Book of Gems and Crystals*, 2008, 312 pages.

This illustrated guide contains a section about each chakra's nature, methods for balancing, and corresponding stones.

615.88 Meg MBGC

Motoyama, Hiroshi, *Science and the Evolution of Consciousness: Chakras, Ki, and Psi*, 1978, 149 pages.

Dr. Motoyama—a physician, acupuncturist, parapsychologist, psychic, yogi, and engineer—provides revolutionary research demonstrating the validity of the ancient Indian Kundalini yoga teachings and the Chinese theory of acupuncture. He explains how phenomena such as psychic healing, clairvoyance, and chakras really work.

128.2 Mot SEC

Motoyama, Hiroshi, *Theories of the Chakras*, 1981, 293 pages.

Beginning with yogic material, the author draws together comparative information about chakras from several Hindu sources. He describes his own experience in awakening the energy centers and his scientific research regarding the chakras. He also details the works of Charles Leadbeater and Swami Satyananda.

H181.45 Mot TOC

Nelson, John E., *Healing the Split: Integrating the Spirit into Our Understanding of the Mentally Ill*, 1994, 442 pages.

Nelson looks at modern brain science, tantric yoga, and chakras for a synthesis that weaves brain, psyche, and spirit into a compelling new conception of mental illness.

616.89 Nel HS

Ozaniec, Naomi, *The Elements of the Chakras*, 1990, 136 pages.

Ozaniec provides yogic asanas and breathing exercises, visualizations, affirmations, and a glossary. The guide contains extensive information about the chakras and their correspondences with elements, organs, color, symbols, emotions, and deities.

610 Oza EC

Rendel, Peter, *Introduction to the Chakras*, 1979, 96 pages.

The viewpoints of the Eastern yogic tradition and the Western mystery teachings enshrined in Qabalah, hermeticism, alchemy, and astrology provide insight into the body's energy system and chakras. Rendel details this occult anatomy of man and the practical application of these principles through yoga and self-training.

128.3 Ren IC

Simpson, Liz, *The Book of Chakra Healing*, 1999, 143 pages.

This book has been described as “a colorful feast of ways to work on your chakras using associations, crystals, meditation, visualization, foods, music, and exercise.” It explains how chakras tie into various healing disciplines.

610 SIM BCH

Steiner, Rudolf, *Start Now! A Book of Soul and Spiritual Exercises*, 2004, 269 pages.

Chakra development is one of the many topics covered within this guide to Steiner's spiritual instructions, meditations, verses, and visualizations.

T St35 SN

White, Ruth, *Working with Your Chakras: A Physical, Emotional, and Spiritual Approach*, 1994, 193 pages.

Providing a Western perspective, White tells us about each chakra's associated archetypes and relays case studies illustrating potential blockages. She also describes how children's chakras are affected during their stages of development.

610 Whi WWYC

Wright, Susan J., *The Chakras in Shamanic Practice: Eight Stages of Healing and Transformation*, 2007, 257 pages.

Shaman, Gestalt psychotherapist, social worker, and yoga teacher Susan Wright shows the link between chakras and stages of emotional and spiritual development. She explains physical exercises and meditations that can heal traumas lodged within the energy body.

610 Wri CSP

Audio Recordings

Braschler, Von, *Reading Auras and Chakras for Energy Healing of People and Pets*, 2006, 70 minutes.

The listener will learn how to read auras and stimulate stressed chakras to assist other people with rejuvenating their natural healing processes.

CDA 0112

Goldman, Jonathan and Crystal Tones, *Crystal Bowls Chakra Chants*, 2009, 74 minutes.

The sounds of over 20 different quartz crystal bowls and Goldman's vocal chants attune listeners to powerful transformative energies for each chakra. The recordings create a soothing sonic environment for energy work, chakra healing, yoga, meditation, stress reduction, sleep enhancement, and deep relaxation.

CDA 0780

Kunz, Dora, *The Chakras and Human Energy Fields*, 1989, 144 minutes.

Clairvoyant healer Dora Kunz shares her special insights into the nature and function of chakras and energy fields and discusses the many years of medical research that she and neuropsychiatrist Dr. Shafica Karagulla performed.

CDA 0592

Kunz, Dora, *Inner Structure of Man and Its Effects on Daily Life*, 1983, 154 minutes.

Dora Kunz describes the inner constitution of the human being, including the aura and the chakras, and relates their functioning to our health and sense of well-being.

CDA 0273-2

Leadbeater, C. W., *The Chakras*, 2014, 359 minutes.

Paul Meier narrates an audio masterpiece of C.W. Leadbeater's *The Chakras*, the book that introduced the ancient Hindu concept of the chakras to the West. It includes a foreword by Anodea Judith and annotations by Kurt Leland.

CDA 0883

Redmond, Layne, *Chanting the Chakras: Roots of Awakening*, 2001, 46 minutes.

Chanting the Chakras combines trance drumming with authentic yogic chant to retune the body's seven vital energy centers, balance physical, mental, and spiritual energies, and encourage inner awareness. It includes a 24-page booklet with diagrams and a full explanation of the chants.

CDA 0771

Sellon, Emily B., *The Significance of Prana and the Chakras in Human Life*, 1978, 78 minutes.

Emily Sellon examines consciousness as a field containing various modes of knowing—bodily sensations, emotional sensitivity, and perception of ideas /intuitive knowing. Meditation helps to channel the higher energies flowing through us via the chakras.

CDA 0171

Video Recordings

Eden, Donna, *Energy Medicine: The Essential Techniques*, 2009, 360 minutes.

Learn from a world-renowned pioneer of energy medicine how to improve memory, learning skills, and overall vitality; strengthen the immune, circulatory, lymphatic, and respiratory systems; work with your chakras, meridians, aura, strange flows, and the five elements.

DVD 0851

Kaur, Gurutej, and Kelly Holland, *Chakra Yoga for Mental Clarity*, 2004, 60 minutes.

Master yoga instructor Kaur teaches techniques for balancing the hemispheres of the brain and heightening mental acuity by revitalizing the body's seven energy centers, dissolving emotional blockages, and opening the mind/heart connection.

DVD 0010