



Your Aura and Your Chakras: The Owner's Manual

Karla McLaren

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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.

Your Aura and Your Chakras: The Owner's Manual Details

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From Reader Review Your Aura and Your Chakras: The Owner's Manual for online ebook

Amanda at Nerdification Reviews says

This book was recommended to me when I first started working with meditation, visualization, and reiki. It is a wonderfully easy way to wrap your head around the concepts regarding your energetic body. There is some focus on overcoming trauma, which not everyone may relate to, but the information is still useful.

Aquarian Spirit says

Very clear explanations. Great meditations and exercises.

LemontreeLime says

A very different chakra book. I only have one thing to say: 'WHY does it always HAVE to be roses?'

Erica says

a fantastic way to learn how to get rid of stress

Rob says

a very different approach to chakra and aura therapy, rooting technique is very useful for some patients I take care of.

Recommended.

The only think I don't like so much is the way she deliver some meanings, but for some people I know it had worked.

Julie says

a must read

Dilettante Militante says

This is one of the best books on the subject and I've read many of them.

Madeleine says

Did not enjoy this. I was really excited to read this and was hoping to find general information about auras and chakras but was instead given one person's interpretation of the subject. It felt like someone was constantly lecturing me through the pages. Not fun.

Robin Drury says

really enjoying the down-to-earth tools this woman presents, and her clear instructions on cultivating our own awareness. she's about learning to control and protect yourself, and she doesn't get "woo-woo" about any of it.

Andrew Cook says

a bit white light and fluffy, especially the roses, but sound advice and practices otherwise.

Stephanie Larsen says

I read this book years ago and still use some of the techniques within its pages. The author gets very serious about how to protect your energy, and I have used her techniques with my clients. If you're looking to take care of your energy and your chakras, this book is for you.

Wendy says

Karla McLaren has a different approach to Auras that really resonates for me! She doesn't focus on seeing and reading auras. She is all about learning to manage your aura to improve inner/spiritual health, and to create a buffer to the psychic/spiritual world around us. She suggests many great techniques for grounding, centering and improving the health of our many kinds of relationships. Technically, I'm not finished reading this book, as the Chakras have not been a primary focus for me. Someday I will get to that section, while I still like to skim through and refresh my aura techniques.

Amethyst Shadow says

I am constantly going back to review and start this book so that I can get each phase down pat.

Emily Potter says

This is a good beginning book in learning to identify the spiritual body. The author describes these ethereal experiences almost scientifically. She made it easy for me to form a vocabulary in discussing these things with others.

Chelsea says

This is one of the best books I've found on Chakras. It doesn't focus on all the obscure Ayurvedic framework. It is definitely from a "new age" perspective, but is a great conduit for creativity, cleansing and karmic boundary setting. The visualization techniques she offers are highly useful, and will put you in touch with the psychic body as well as the physical one. Try it out! Everyone interested in chakra theory can get into this one.
