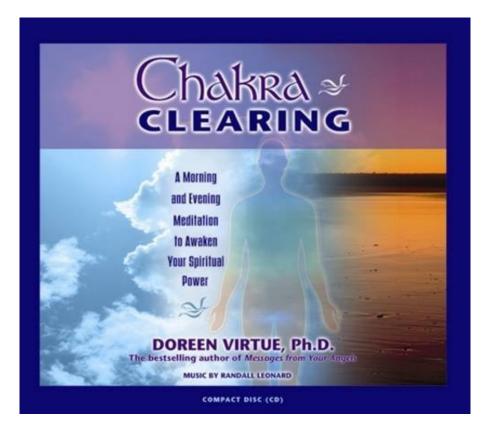


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### Amazon.com Review

For readers who seek a straightforward guidebook on learning about the chakra system and how to keep it healthy, this is an excellent resource. Virtue, who is a bestselling author (Messages From Your Angels, Healing With the Angels) and clairvoyant doctor of psychology, identifies the placements and functions of these "energy centers" in the body. She then teaches readers how to keep these chakras clear and clean, leading to greater health and energy.

The chakras themselves are a beautiful progression of shifting colors, starting with the red root chakra at the base of the spine and moving up the body, shade-by-shade, and ending with the royal purple "crown" chakra at the top of the head. Each chakra interacts with a person's issues and concerns in the world. For instance, the root chakra relates to basic survival, such as money, shelter, and material needs, according to Virtue. If a person feels stable in this arena, the "root chakra looks like a brilliant ruby held under a spotlight," she explains. However, if people feel fearful about money or become overly obsessed with their career or possessions, this chakra will be come "dirty" and have a muddy, dark red color.

Virtue offers an extensive assortment of original, guided meditations that are effective in cleaning and clearing all the chakras. The information is well organized and clearly presented with a corresponding CD to help readers integrate the meditations into daily life. She also touches upon other cleaning tools, such as what foods and crystals support the chakra system. Advanced energy workers may find this material basic, but beginners should find it an outstanding primer. --Gail Hudson

#### Review

""This book and CD will helpyou understand the functions of the major chakras, and esoteric methods for clearing them of fear. Your natural slate is one of high energy, intuition, and creativity. You don't need to add anything to yourself to enjoy these characteristics--you already own them within yourself. Just like a sculptor needs to chip away the parts of the statue that aren't part of the ultimate creation, you only need to clear away fear to reveal your innate qualities.

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Chakra Clearing, by Doreen Virtue, Ph,D. is a unique experiential guide to activating your natural spiritual powers of psychic and spiritual healing through the opening, cleansing, and balancing of the body's energy centers ("chakras").

Using this CD on a regular basis will keep your chakras attuned and cleansed for maximum intuitive powers.

During this CD, you will be guided and instructed simultaneously. You will hear the various functions of each chakra while simultaneously cleansing that chakra. You will learn how to "scan" (that is, clairvoyantly see) your own and other people's chakras, for use in psychic healing work. In addition, this CD will include guided exercises to clear and release negative energy and ego-based thoughts.

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Most helpful customer reviews

78 of 82 people found the following review helpful. Warm, energizing and enlightening guided meditation

By A Customer

Even if you don't believe in chakras, it can't hurt to give chakra cleansing a try. I highly recommend this wonderful guided mediation! The morning meditation will energize you and uplift you immensely. The evening meditation will create a sense of peace within you beyond compare. My only warning is that introduction to any of Doreen Virtue's tapes may create a hunger for more.

44 of 45 people found the following review helpful.

The Best Meditation/Sleep Tape Ever!!!

By Jean P. Martin

I can't say enough good things about this tape. It never fails to put me to sleep in the evening (and that's a good thing). I rarely use the a.m. side as I never have time in the morning but the p.m. side is just about the best thing that's ever helped me with my chronic insomnia, pain, anxiety, stress, and even nasal congestion.

By the middle of the tape, I'm usually asleep and I feel well rested in the morning (and not wake up intermittently during the night). The only small complaint I have is that this would have been better as a CD because as soon as the tape is over, my tape players make a loud popping sound to stop playing it. Then I wake up, which defeats the purpose of it helping me to fall asleep. But then I do fall asleep immediately and it gives me time to take the headphones off and put my earplugs on. So I guess it's okay.

The other things this tape really helps me with is releasing any stressful interactions I've had with people that day and worries about the next day.

It takes a little bit of thought the first few times I listened to it (to know what to do... sometimes relaxing is harder than being stressed) but now my body knows how to just go along with it without much effort.

What a lifesaver this tape has been in my life specially recently when I've had to take care of health problems with my husband and my cat. It helps me take care of myself to be there for them.

18 of 18 people found the following review helpful.

lovely. simply lovely

By faeryamanita

i've tried a few different chakra balancing guided meditations, and this is my favorite. i find doreen to be a very important mentor in my life, and i simply love this cd. i think if you enjoy her books and the way she presents her spiritual concepts, you'll probably get a lot of benefit out of this. her affirmations really resonate

with me, and i enjoy using them...FEELING them! we are all here on this crazy planet to let go and attract what we want...to feel our way to what our heart truly desires :) and this little dilly does really help keep me in balance and centered so i can do just that.

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