



## Viaje a través de los chakras

By Ravi Ratan y Mino Ratan

Editorial Edaf. Book Condition: New. Partiendo de la sabiduría tradicional de la India y enmarcado en el contexto de su cultura ancestral, pocos libros reúnen tanta y tan valiosa información sobre los chakras como este. Con una explicación de los aspectos y vínculos anatómicos y fisiológicos de los chakras, aborda la importancia de estos en nuestra salud y bienestar proporcionando algunas herramientas clásicas para curar y equilibrar los chakras, siendo especialmente valiosos los consejos sobre los aceites esenciales y sus aplicaciones para cada chakra. Además muestra toda su simbología, atributos y relaciones con los nadis o canales, los granthis o nudos, los tres gunas o atributos de la naturaleza, los vayu o cinco focos energéticos y los cinco elementos. Todo ello dentro de la tradición "kundalini-tantra". Una guía indispensable para toda persona que esté seriamente interesada en el estudio de los chakras.

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