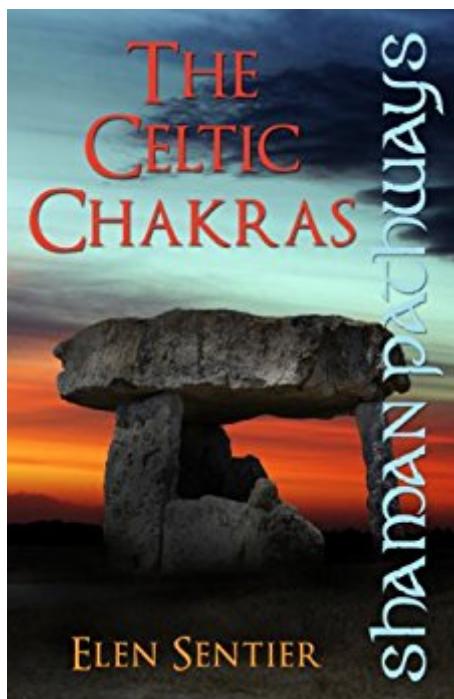


The book was found

Shaman Pathways - The Celtic Chakras



Synopsis

We've largely forgotten our ancient Celtic chakra heritage, indeed some people think there is no concept of chakras in the western tradition but this is not the case. The chakras are found throughout the mystery traditions all over the world, well known to our hunter-gather ancestors and the spirit keepers who led them. They are hidden deep in the ancient stories and myths of Britain. This book leads you through the lore of Arianrhod and her Spinning Towers, the riddling Gaelic poem The Cauldrons of Poesy, the rainbow bridge of Brighid and the ways and caers of the ancient British reindeer goddess, Elen of the Ways. There are journeys, meditations and exercises to help you get the feel of the Celtic chakra system into your bones.

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Customer Reviews

I have to admit, I was skeptical about this book before I began reading it. The title suggests it's yet another fluffy New Age volume that randomly and superficially connects the spiritual practices from one part of the world with those from another, with no real meat to it. Nothing could be further from the truth. Celtic Chakras demonstrates that an amazing amount of information is hidden in the folklore and magical traditions of the West. No, the Celts, their predecessors and neighbors

did not use the term 'chakras' but they were intimately familiar with the subtle energy system associated with the human body. This book takes the reader on a journey through this energy system, teaching how to approach and understand it through both explanation and meditative activities. It is obvious Ms. Sentier practices her subject and is intimately familiar with the workings, and dangers, of the bodyâ™s system of energy centers. She gives clear directions and warnings where appropriate, leading even the novice through the guided visualizations and rituals with confidence. I was fascinated to read about the spiral path through the body's energy centers (chakras). I have intuitively used a spiral path in my work as a Reiki master for a number of years; I must have been hooking into some ancestral knowledge and am gratified to have this practice affirmed. This book brings together the threads of tradition and symbolism for three goddesses: Elen of the Ways, Arianrhod and Ceridwen and relates them to the bodyâ™s energy system in a way that makes sense. If you are familiar with any of these goddesses, or interested in them, you will find a deeper layer of meaning in their mythology after reading Celtic Chakras. Ms.

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