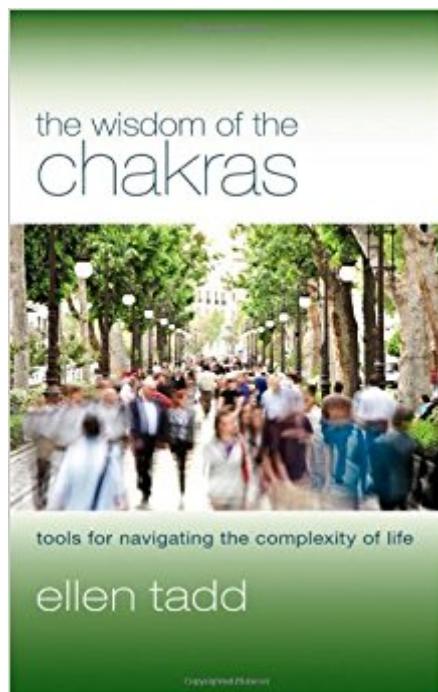


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The Wisdom Of The Chakras: Tools For Navigating The Complexity Of Life



Synopsis

Some people are extremely bright yet emotionally crippled. Others are very loving, yet their daily lives are chaotic. Many have great faith but little clarity, while others are creative but stymied by a lack of confidence. Why are people so lopsided in their development? Why do some of us feel love but find ourselves unable to express it? Why do some of us commit ourselves to an endeavor “from the heart” only to become disenchanted? Why do some of us feel confident and powerful within ourselves, yet become frightened when we try to realize our potential? Answers to such questions may be found in the chakra system, the seven ethereal centers that both reflect and influence the qualities of our nature. Some twenty years ago, the author—a clairvoyant from youth—began her examination of the chakra system to explain the imbalances so prevalent in people today and found that it does much more. In addition to correcting imbalances that prevent us from reaching our aspirations in life, the chakras also help us realize the spiritual beings we truly are already. The Wisdom of the Chakras is the result of Ellen Tadd’s years of spiritual exploration and counseling work. She shows how the chakra system functions in everyday life, how our thoughts, words, and actions affect this system, and how the chakras in turn shape us. She also provides practical exercises that can be integrated easily into daily life to heal each chakra and attain the alignment needed for a healthy and spiritual life. The author describes each of the seven chakras, their functions, and their individual and interconnected qualities and components. Although each chakra is discussed independently, each nonetheless functions as part of an interdependent cooperative whole. As a result, the chakra system offers a framework and the tools needed to understand numerous common imbalances, individually and in combination, helping the reader to integrate the various characteristics and create greater harmony and balance in daily life. For those who find themselves and their lives out of balance, the practical answers in *The Wisdom of the Chakras* will encourage them to look more deeply into our common nature and begin to see that our human nature is also the nature of the larger cosmos.

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Customer Reviews

Ellen Tadd has taught, lectured, and counseled on actualizing spiritual potential in everyday life for more than thirty years. Shortly after completing her freshman year of college, she had the remarkable experience of being able to contact her deceased mother. That event healed her childhood trauma of denying her clairvoyant and clairaudient gifts and transformed her worldview. She soon began to have contact with guides from spiritual realms and discovered that she could serve as an intermediary between the material and spiritual worlds. Ellen has two grown children and lives in Massachusetts with her companion. Visit her website at www.ellentadd.com.

My first thought at seeing Ellen Tadd's "The Wisdom of the Chakras" was "oh dear, another book on the chakras," and I was leery of finding thin new age slogans about chakras as a kind of substitute for deep experiential knowing. I didn't need to worry. This is like no other book on the chakras that I have read, and I have read quite a few, from classics like Patanjali's "Yoga Aphorisms" and John Woodroffe's "Serpent Power" to the more contemporary study by Gopi Krishna in his riveting "Kundalini." I have also spent a great deal of time in yogic practice and have experienced the energetic openings associated with the chakras, so I have some knowledge as well as experience and, thus, a fairly well-developed BS detector when it comes to such books. Straight out: This is the best book on the chakras that I have read. It is clear that Tadd is NOT an academic, has not read and absorbed the scholarly literature on the chakras, and her language is disarmingly simple. This book is written by someone whose knowledge of chakras comes not through scholarship--she admits this in the Introduction--but by what she has seen and felt when she looks at people. What an idea! Have a clairvoyant, someone who actually sees etheric energies, describe what she sees. And Tadd is a very intelligent reporter who writes with subtlety and nuance. The value of this book for me is this. Although I have spent years experiencing these energies, I have never read anyone explain how each of the chakras is intimately related with all the others and how they are expressed in our affective states. What Tadd does remarkably well is to describe how the energy of these

centers is felt in our daily life, in our emotional habits, habits that become so deeply ingrained that we do not even recognize them. In her description of the chakras--beginning from the crown and moving down--Tadd describes both the energetic experience of the chakra as well as its affective expression in our day to day life. It is this latter aspect, describing how our affective states are a reflection of the chakras, where Tadd is particularly gifted. Anyone who has meditated and been empowered by releasing these energies but finds that they still stumble in their endeavors and relationships should read this book. The language is so simple you might not initially recognize what you're reading. It is nothing less than a precise description of the energies of the chakras in our embodied life with helpful guidelines of how to integrate these energies in a way that ennobles us and benefits those around us. Gregory Shaw, author of "Theurgy and the Soul: the Neoplatonism of Iamblichus"

I've been studying the chakras through books, cds and lectures for about 20 years, making some headway. This book clarified many aspects of the 7 energy centers and gave practical information on the centers when they are out of balance and when in balance with each other. The emphasis on the Third Eye for clarity of perception about all the others, keeping them all in balance through utilizing the Third Eye, has helped me a lot. Tadd also gives meditation affirmations for the chakras to counter-balance any tendency to be in the negative aspects. I found this application to the chakras the **MOST PRACTICAL** I have ever found. Not airy-fairy, but down-to-earth practical.

Whereas most explanations of the Chakra system start with the base chakra, Ellen Tadd starts at the top with the crown chakra. She emphasizes integration of the Third Eye chakra with other chakras more than other authors that I have read. Even if you think you know the chakra system, this book is well worth reading.

This book associates the chakras with crucial areas of potential life fulfillment from a focus for spiritual transformation and healing. Readily adaptable exercises for the development of each chakra are included and then integrated into an understanding of how the chakras working together become a dynamic tool for achieving balance, spiritual harmony and self-fulfillment in our lives.

I have been a fan of Ellen Tadd for a few years. I've read this book twice through, with many underlined passages and tabbed pages! It will remain on my bedside table to read over and over again. There is so much wisdom and practical advice, in simple and easy to understand language.

The wisdom of the chakra system makes so much sense now and Ellen's explanations and guidance are perfect. Thank you for this life changing book!

It is always great to have many God given sources to refer to for healing and finding one's way through life. Ms. Tadd's special gift is awakened in her and she communicates it well for assisting others in their life path. We suffer for what we don't know in our human experience and she helps to bring to one's awareness, our blindness, how to see again and choose again to make our life work.

Ellen Tadd was a mentor of my mentor so I have heard wonderful things about her. This book is an easy read and brief review of the chakras. Ellen starts with the Crown Chakra as she believes it is most important to have the Crown and Third Eye chakras open first. Solid read.

Presenting this crucial information for living life on earth from the top down should be a learning requirement for all.

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