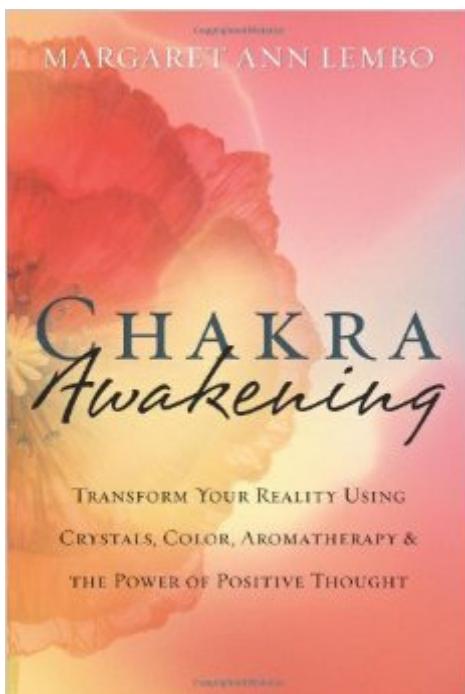


The book was found

Chakra Awakening: Transform Your Reality Using Crystals, Color, Aromatherapy & The Power Of Positive Thought



Synopsis

It is possible to design your own reality and live each day with prosperity, joy, and complete health. With gemstones, crystals, and the power of focused intent, you can transform your life using the amazing energy within the chakras. Drawing on ancient spiritual wisdom and the law of attraction, this practical guide shows you how to activate and balance the seven main chakras—energy centers in the body that influence everything from migraines and fertility to creative expression and intuition. Perform simple techniques using gems, crystals, colors, essential oils, and other effective tools to foster healing and create positive change for your physical, emotional, and spiritual well-being. Chakra Awakening includes color photos of more than seventy gemstones, plus step-by-step exercises to help you bring true balance to every facet of your life.

•Identify areas that may need adjustment
•Clear negative energy
•Align each of your chakras
•Create sacred space with sound and herbs

Praise: "This book can truly help you balance all of your chakras (and your life) with ease and joy!"

•DENISE LINN, BESTSELLING AUTHOR OF SACRED SPACE

Book Information

Paperback: 264 pages

Publisher: Llewellyn Publications (April 8, 2011)

Language: English

ISBN-10: 0738714852

ISBN-13: 978-0738714851

Product Dimensions: 0.8 x 6.2 x 9.2 inches

Shipping Weight: 14.4 ounces (View shipping rates and policies)

Average Customer Review: 4.8 out of 5 stars

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Best Sellers Rank: #80,423 in Books (See Top 100 in Books) #36 in Books > Religion & Spirituality > New Age & Spirituality > Divination > Crystals #45 in Books > Religion & Spirituality > Hinduism > Chakras #94 in Books > Health, Fitness & Dieting > Alternative Medicine > Aromatherapy

Customer Reviews

Margaret Ann Lembo has done a wonderful job with this book. There are connections between the gemstones, colors, the chakras, and the plant essences (essential oils) with regards to energy balance or clearing, and her ability to describe these connections while arranging the information in an easy and pleasant to read manner is a gift. Everything that someone just learning or refreshing their knowledge of the gemstones and their qualities with regards to the chakras, energy, colors,

and plant essences is contained together in one location-instead of spread out peicemeal over the internet or a variety of books or other publishings.I would recommend this book and her other publishings to anyone interested in truly learning about gemstones, angels, plant essences, energy healing, etc. Her extensive knowledge of the subjects at hand combined with her gift to arrange the information in an easy to understand manner are a valuable resource for anyone interested in learning more on these subjects.Well done!

Margaret Ann Lembo has produced one of the most complete guides to colors, crystals and the effect they have on us!! But the best part is it's a joy to read! This book has all this wisdom and knowledge wrapped up in great stories. The stories stretch from her childhood, to work as a banker to her 23 year career as owner of The Crystal Garden metaphysical store in Boynton Beach, Florida. It is a treat to share this journey with Margaret as she teaches and entertains. it is a pleasure to get to know Margaret through these pages and share the lessons of her life as well as the wonders of colors and crystals. I think Margaret gives you the knowledge for you to set your intentions for what you want in your life and gives you the tools to make it so. Thanks Margaret can't wait for the next one!!

Novice or old timer, the information in Margaret's book is simple and compete.The reader can acess information easily and understand how to use the tools(aromatherapy, affirmations etc.)Margret is a motivating writer, wonderful teacher and gift for creating this book.

I have finished Chakra Awakening. I must say it is one of the BEST books I have read on the subject. I have several dozen books on Chakras and Crystals .. Yours has everything and the combinations of crystals as well as affirmations, not to mention deeper levels of healing crystals as we are all different in our..manifestations..is wonderful...I am a Reiki Master and this is a valuable addition to my library and will help me as I grow on my Path! THANK YOU ..I HIGHLY recommend this book to any one..whether new to the subject or Advanced on their Path!!!!

I was eagerly awaiting the advent of this book, since its author, Margaret Ann Lembo, is such a respected (and even beloved)contributor to the world of spiritual development. The book did not disappoint. It was loaded with information, suggestions, and all kinds of helpful commentary. My favorite part is Margaret's affirmations, all of which are precise and worth noting. I would highly recommend this book to anyone seeking either an initial, or a deeper understanding of

psychic/spiritual issues.

I'm wearing indigo blue today to attend an important meeting where I need to know what the audience is thinking. I placed a blue tiger's eye stone under my pillow last night so I could tune into my angels and spirit guides as I dreamed of making a good impression on potential investors in my latest business. Last night, I changed the background of my PowerPoint slides to dark blue and purple..well closer to periwinkle. My ears, brain and eyes will be ready for the tough questions I know I'll be asked today. Holding a kyanite stone in my hand, I review my slides one more time and know they are right on target! I affirm that I will not be oversensitive today, drop the stone into a small blue silk bag (bought at the Crystal Garden)and place it in my briefcase. Spraying a little perfume with grapefruit , frankincense and a hint of sandalwood (only a hint since it is also an aphrodisiac) onto each wrist, I leave my house whistling the A musical note and place a quick overdue call to my sister. She says, "Oh, I was just thinking of you!" (Telepathy?) I get in the car, turn on my favorite CD, "Think Good Thoughts" by Margaret Ann Lembo and I'm ready for a positive meeting. "I know it! I just know it!"My intention is establised and my third eye is balanced and activated.You have to read this book! You have to visit the Crystal Garden! You have to meet this woman!

Chakra Awakenting by Margaret Ann Lembo is a guidebook for helping you transform your reality through the use of aromatherapy, crystals, color, and the power of positive thought. The author restates ancient wisdom and spiritual beliefs about the law of attraction and tells the reader how to create a happy, healthy, successful life using the simple and time worn methods of aligning your full energy system and tapping into the Universal energy by balacing your chakras with these unique methods. You may feel some of these ways are a bit absurd, but if you try them and put them into daily practice for awhile, you will see amazing results in the way you think, feel, and create a better life and health for yourself and others. After all, these have been the ways of ancient peoples which worked long before there were any scientists! Interesting, if just for a laugh!

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