

Chakras: Energy Centers of Transformation

By Harish Johari

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Chakras: Energy Centers of Transformation By Harish Johari

• Revised and expanded edition of the classic work on chakras by the renowned Indian scholar and tantra practitioner.

• Over 35,000 copies of the original edition sold.

• Includes full-color illustrations of the chakras to be used with the meditation exercises in the book and provides the tools necessary to activate these centers of transformative energy.

In the ancient science of tantra, the human body is viewed as the most perfect instrument for the expression of consciousness, a perfection realized through the development of psychic centers known as chakras. Located within the cerebrospinal system, the chakras are the stage upon which the interaction between higher consciousness and desire is played out. Consequently, it is through understanding and utilizing the energies of the chakras that we ultimately reach an enlightened state of being.

In *Chakras*, Indian scholar and tantra practitioner Harish Johari introduces the classical principles of the chakras as well as their practical application for today. In this expanded edition, complete with new art and text, he unfolds the mysteries of these subtle centers of transformation with visualization techniques essential to a fully realized tantric practice. Unlike other books in its field, *Chakras* provides the tools to activate these centers of transformative energy and elevate one's intellectual knowledge to an experience of spiritual growth.

Meditating on the beautiful, full-color illustrations of each chakra vitalizes the cerebrospinal centers and harmonizes the entire system both physically and psychically. Explanations of each chakra elaborate on the chakra's connection to elements, colors, sounds, sense and work organs, desires, planets and deities, as well as on behavioral characteristics and particular effects of meditation. For scholars and spiritual aspirants of every level, *Chakras* is an invaluable, practical source of information and techniques.

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Editorial Review

Review
"Johari shows us the mysteries of these subtle centers of transformation with visualization techniques essential to a fully realized tantric practice." (*Share Guide, March/April 2001*)

"Unlike other books in its field, *Chakras* provides the tools to activate . . . and elevate one's intellectual knowledge to an experience of spiritual growth. Nowhere else will the Western reader find so much valuable information on this ancient tradition in one place." (*Branches of Light, Spring into Summer 2001*)

"Among the best of Western explications, combining traditional, visionary, and practical views...illustrated, detailed, and accessible to the neophyte." (*East West*)

"A beautifully crafted book. Johari skillfully takes us into the machinery of Hindu metaphysics, a nerve system vehicle that navigates the invisible frontiers of consciousness...compressed with detail." (*Hinduism Today*)

"For Harish Johari--artist, composer, teacher, tantric devotee--desire is the brush and the five senses are the palette." (*Yoga Journal*)

From the Back Cover
EASTERN SPIRITUALITY / YOGA

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--*East West Journal*

In the ancient science of Tantra, the human body is viewed as the most perfect instrument for the expression of consciousness, a perfection realized through the development of psychic centers known as chakras. Located within the cerebrospinal system, the chakras are the stage upon which the interaction between higher consciousness and desire is played out. Consequently, it is through understanding and utilizing the energies of the chakras that we ultimately reach an enlightened state of being.

In *Chakras*, Indian scholar and Tantra practitioner Harish Johari introduces the classical principles of the chakras as well as their practical application for today. In this revised and expanded edition, complete with new color paintings and black-and-white illustrations, Johari unfolds the mysteries of these subtle centers of transformation with visualization techniques essential to a fully realized tantric practice. He explains each

chakra’s connection to colors, sounds, sense and work organs, desires, the elements, planets, and deities, as well as the behavioral characteristics and effects of meditation for the chakras.

Meditating on the beautiful, full-color paintings of each chakra vitalizes the cerebrospinal centers and harmonizes the entire system both physically and psychically. Coloring the black-and-white illustrations included in the book, following the prescribed order, helps the mind retain the images of the chakras and leads to deeper states of meditation. Scholars and spiritual aspirants of every level will find *Chakras* an invaluable and practical source of information, tools, and techniques to activate these centers of transformative energy and elevate one’s intellectual knowledge to an experience of spiritual growth.

HARISH JOHARI (1934-1999) was a painter, sculptor, and composer of Indian music. He authored twelve books on Eastern spirituality, including *Ayurvedic Massage*; *Ayurvedic Healing Cuisine*; *Breath, Mind, and Consciousness*; *The Birth of the Ganga*; *Dhanwantari*; and *Tools for Tantra*. He also produced several audiocassettes of mantra meditations, including *Sounds of Tantra, Chants to the Sun and Moon,* and *Sounds of the Chakras*.

About the Author
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