



# Chakra Meditation

*Layne Redmond*

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**Note:** This book includes a spoken-word audio CD, which is not available with the digital ebook edition.

Seven." What secret does this number hold? For thousands of years, ancient wisdom traditions have taught us that there are seven heavens, seven planes of experience, or seven dimensions of consciousness that must be awakened to obtain spiritual enlightenment. They are said to exist within our own minds and bodies, and are known in the Indian yogic tradition as chakras. Now, Layne Redmond—acclaimed author of *When the Drummers Were Women*—gives readers an interactive journey through these seven vital energy centers with *Chakra Meditation*. Accompanied by an interactive CD, she teaches us the traditional practices used to balance each of the chakras. These practices are designed to remove energetic obstacles and blockages in order to transform and revitalize our tissues and cells, not only to create a radiant body and mind, but also to increase that internal flow of energy that will dissolve troubling and repressed memories of the past, cleanse our minds of anxiety and tension, and increase our natural intuition.

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