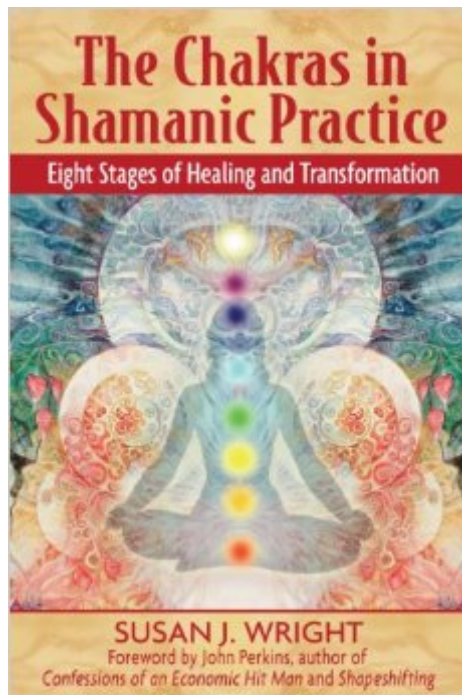


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# The Chakras In Shamanic Practice: Eight Stages Of Healing And Transformation



## Synopsis

How to work with the chakra centers to heal unresolved psychic wounds • Reveals how psychic injuries become lodged within the energy body • Links one major developmental stage with each major chakra • Provides a detailed guide to healing and clearing the tensions each chakra holds

The chakra system identifies eight centers in the psycho-anatomy of humans, each one associated with a different part of the physical or energy body. Susan J. Wright, a practicing shaman and Gestalt psychotherapist, uses her own life journey to show that each chakra also is linked to a different stage of emotional and spiritual development. In *The Chakras in Shamanic Practice*, she identifies eight key developmental stages of life, from birth to old age/death. Each of these life stages has various developmental challenges and potential traumatic events that will likely occur and affect the health and well-being of the individual. Wright explains that life traumas experienced in particular developmental stages become lodged within the energy body as they cling to their corresponding chakra. By identifying and working with the chakra involved, a doorway can be opened to a world of transformative images, allowing powerful shamanic techniques to heal these psychic wounds. Providing both physical exercises and guided meditations that utilize the techniques of soul retrieval, working with power animals, and transcending trauma, Wright offers practitioners a way to gather and nurture the fragmented parts of their energy body and lead themselves to physical, emotional, and spiritual well-being.

## Book Information

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## Customer Reviews

Book is well written and you can tell the author did her homework in researching and living her

shamanic and yogic experiences. I was interested in how to access the Chakras and work with them and this book does cover this information somewhat but is too yoga centered for me. The photos were also outdated and overall I thought the idea was there but the subject could have been delivered in a better way.

Ms. Wright's book is very easy to read and it combines 2 spiritual topics in a way that I've never seen before. I have read many books on Shamanism, but none has linked the chakras in the way that they are here. It is very enlightening to combine some yoga principles with Shamanic ideas and practise. This book is a must for anyone who is interested in Shamanism and wants to find a new way to think about it.

There are many texts on shamanism, ones that I glance at and some I spend diligent time attempting to absorb. However, the seminal text is just this and no other. Ms. Susan Wright gives you the most enthralling account of how she came to be a shaman via pp 6-7. Her vast, eclectic experiential knowledge of Ericksonian principles, Gestalt therapy, yoga practice, kundalini energy and her interpretations of pivotal life experiences propel the energy and create the depth of the text. At times, it doesn't necessarily feel like you are reading a book, but indeed developing the openness for your own shamanic journey. The chakras are the vehicle. This is truly an enlightening read.

Well written and instructional. Even in pagan worship the "8th chakra" or Akasha, is recognized. It is a spiritual connection with the divine, beyond the physical.

I purchased the book with hopes of gaining a greater understanding of Chakras, Susan knows little of this most important topic. For starters, there are 7 major Chakras, not 8. The book leads one into a path of confusion and into mis-information. The study of chakras is a true science of most important significance for all. This book does not further the study but discredits the topic. I would not recommend the book.

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