



Chakras. Correspondencias y vitalidad energética. (Spanish Edition)

Sebastián Ross

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El Universo nos ofrece energía y todas las civilizaciones han sido por demás conscientes de ello. Los antiguos chinos la denominaron Chi y basaron buena parte de su medicina tradicional en ella. Los japoneses, por su parte, la llamaron Ki. Los hindúes, a su vez, la denominaron Prana. Y es precisamente de la rica tradición hindú de donde se deriva la noción de chakras: núcleos energéticos ubicados en una suerte de línea vertical imaginaria que va desde el perineo hasta la zona del aura que está por encima de la coronilla. Los chakras son siete (al menos, los que considera como principales la tradición hindú) y cada uno de ellos tiene una vibración energética determinada, se relaciona con un aspecto de nuestra vida, influye sobre una serie de órganos y funciones del organismo, modela parte de nuestro aspecto psicológico, emocional y espiritual y abre toda una serie de correspondencias. Este libro nos invita a un fascinante recorrido por ellos para alcanzar la verdadera vitalidad energética.

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