



Chakra Mastery: 7 Keys to Discover Your Inner Wisdom

Carolyn Joy White PhD

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When you were born, did you come with an owner's manual? If not then how can you achieve life mastery or even know the Human Energy System? Chakra Mastery: 7 Keys to Discover Your Inner Wisdom, the latest contribution from Dr. Carolyn, demystifies the Human Energy System (HES)—the aura and chakras. What is Energy? Humans are made of energy, yet how do we describe or measure something so nebulous and intangible? Light is an expression of energy. Is it a particle or a wave? Science tells us it behaves as both yet does this debate over functionality negate its existence or validity? Light is necessary for our very existence as physical beings yet the mechanics behind this energy is at best metaphoric. Even the familiar model of the atom—a nucleus of protons and neutrons, orbited by electrons as if a mini solar system—is also a metaphor. In actuality it looks nothing like its model, yet that doesn't negate its existence. What are chakras? For many, the chakras are “things” that supposedly reside inside the human body. What they are and their connection to the human body often remains unclear. Chakra Mastery: 7 Keys to Discover Your Inner Wisdom is a modern metaphor for ancient wisdom—the wisdom imparted by understanding. Metaphors tend to take you from that confined, 3-D world and lead you on a journey of inner exploration, that intangible "place" where you discover your Inner Wisdom. This book is conversational and engages you in an exploration of your HES. Learn the nature of “energy” and the characteristics and relevance of each chakra and their influence on your HES, Discover how the 7 major chakras affect your body/mind and spirit. With Chakra Mastery: 7 Keys to Discover Your Inner Wisdom you learn about each chakra’s characteristics, purpose and relevance to your health and wellness. The 20 Playercises (exercises) interspersed throughout the book map out the Master’s Path, empowering you to discover your Inner Wisdom through the seven major chakras. Dr. Carolyn holds up the Looking Glass for you, taking you through the steps of Chakra Mastery in a very down-to-earth and practical way. It’s up to you to start the journey. Chakra Mastery: 7 Keys to Discover Your Inner Wisdom is a must read primer on the Human Energy System for your pursuit of self-mastery.

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Mildred Hall:

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Dona Cole:

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