



# BOOK SUMMARY

## The Power of Chakras

By Dr. Susan Shumsky

**DR. SUSAN SHUMSKY**, author of this revolutionary, unique look at the chakra system, has delved deeply into ancient literature to uncover the hidden mysteries of the ages. Until now, much of this wisdom has been locked in secret hiding places in the forests and caves of India and Tibet. *The Power of Chakras* uncovers these new understandings about the subtle energy field.

*The Power of Chakras* opens the door to the potent, mysterious force called kundalini. Kundalini shakti is a mysterious, dormant, potent force within the body that, when awakened, can bring spiritual enlightenment. *The Power of Chakras* provides easy, step-by-step methods to help you begin to gently awaken your kundalini energy in a safe, reliable, and systematic way. These meditations, yoga postures, and yoga breathing methods are traditional, reliable, field-proven practices. By reading this valuable book, you will:

- Discover your subtle body and energy field.
- Learn about prana and how it functions in your body, mind, and spirit.
- Gain understanding of kundalini energy and the chakra system.
- Learn to heal blockages in your subtle body.
- Learn to maintain health of your energy field.
- Empower yourself as a multidimensional being.

*The Power of Chakras* uncovers the chakra system, a network of energy within your subtle body. Inside you will discover the 14 main chakras responsible for physical, mental, and spiritual activity and evolution. As you delve deeply into the anatomy of this subtle energy system, you will find many keys to unlock the secret of the ages: the mystery of your origin as well as your destination.

Beginners as well as advanced students can benefit from the information and methods presented in *The Power of Chakras*. The book's authority rests not only on Susan's personal experiences but also on ancient scriptural sources.