

Bestselling Author and Spiritual Teacher Susan Shumsky Releases A New Perspective on Chakras

The Power of Chakras provides a wealth of information and inspiration.
– LARRY DOSSEY, D.D., author, *Reinventing Medicine & Healing Words*

San Francisco, CA (December 23, 2013) — Adding to her parade of bestselling books, **Susan Shumsky, D.D.** is releasing a groundbreaking title: *The Power of Chakras: Unlock Your 7 Energy Centers for Healing, Happiness, and Transformation* (an updated, new edition of a COVR award-winning book).

For more than 45 years, Shumsky has taught thousands of people meditation, yoga, prayer, affirmation, and intuition. The founder of Divine Revelation®, a entirely unique technology for clearly hearing and testing intuition, she is a world-renowned spiritual teacher, a sought-after retreat leader and media guest, and tour guide to sacred destinations.

Delving into ancient Tantric and Vedic literature and other sources to uncover the invaluable mysteries of the ages, *The Power of Chakras* unveils previously undiscovered truths and guidance.

Focusing on the human energy field, Shumsky presents well-founded new information about the seven chakras and seven sub-chakras. The quintessential reference on the subject, the book helps readers:

- Discover the subtle body and energy field
- Learn how prana functions in body, mind, and spirit
- Understand kundalini energy
- Learn about the details and influence of the chakra system
- Practice gentle yoga, meditation and breathing exercises
- Heal blockages and maintain health

Kundalini shakti is a mysterious, dormant, and potent force within the body that, when awakened, brings spiritual enlightenment. *The Power of Chakras* provides easy, step-by-step methods to gently awaken kundalini energy in a safe, reliable, and systematic way.

Shumsky's unique tools, tips, and techniques guide her vast audience of readers to connect with their subtle nervous systems and amplify inner experiences.

The Power of Chakras is a roadmap to inner realms. Says Yogi Amrit Desai, founder of Kripalu Yoga: "A much-needed guide to help seekers discover their own intelligence within."

About the Author

Susan Shumsky, D.D. has appeared on more than 600 media venues, from Fox TV, network TV and radio, to Coast to Coast, to "Weird or What" with William Shatner; and in myriad publications such as *Women's World*, *GQ*, *Cosmopolitan*, the *LA Times* and many others.

Dr. Shumsky is the author of:

- *The Power of Auras: Tap Into Your Energy Field for Clarity, Peace of Mind, and Well-Being*
- *Divine Revelation*, top-10 selection of the Book-of-the-Month Club, in its 17th continuous year of printing
- *Exploring Meditation: Master the Ancient Art of Relaxation and Enlightenment*
- *Ascension: Connecting With the Immortal Masters and Beings of Light*
- *Miracle Prayer: Nine Steps to Creating Prayers That Get Results*
- *Instant Healing*
- *How to Hear the Voice of God*

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