



Los Chakras: Centros Energeticos de La Transformacion (Inner Traditions)

Harish Johari

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132 pages

Review

" For Harish Johari--artist, composer, teacher, tantric devotee--desire is the brush and the five senses are the palette."

" Johari shows us the mysteries of these subtle centers of transformation with visualization techniques essential to a fully realized tantric practice."

" Among the best of Western explications, combining traditional, visionary, and practical views. . . illustrated, detailed, and accessible to the neophyte."

" A beautifully crafted book. Johari skillfully takes us into the machinery of Hindu metaphysics, a nerve system vehicle that navigates the invisible frontiers of consciousness. . . compressed with detail."

" Unlike other books in its field, "Chakras" provides the tools to activate . . . and elevate one's intellectual knowledge to an experience of spiritual growth.? Nowhere else will the Western reader find so much valuable information on this ancient tradition in one place."

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"Johari shows us the mysteries of these subtle centers of transformation with visualization techniques essential to a fully realized tantric practice." From the Back Cover

LOS CHAKRAS En la ciencia antigua del tantra se considera al cuerpo como el instrumento mas perfecto para la expresion de la conciencia. Esa perfeccion se lleva a cabo gracias al desarrollo de los centros psicicos, o chakras. Localizados en el sistema cerebrospinal, los chakras son el escenario sobre el que se representa la interaccion entre la conciencia superior y el deseo. En consecuencia, conseguiremos un estado iluminado del ser mediante la comprension y utilizacion de la energia de los chakras. Harish Johari, estudioso y practicante indu del tantra, nos presenta los principios clasicos de los chakras, asi como la aplicacion practica que tienen actualmente. Despliega los misterios de estos centros sutiles de la transformacion con tecnicas de visulizacion que son esenciales para la practica y la comprension tantrica. Con bellas ilustraciones a todo color. Johari nos proporciona imagenes, al mismo tiempo tradicionales y visionarias, de cada chakra; la meditacion sobre esas imagenes vitaliza los centros cerebroespinales al tiempo que armoniza fisica y psiquicamente todo el sistema. Los dibujos lineales permiten al aspirante colorear las imagenes a modo de ejercicio de visualizacion y contemplacion de los chakras. Las secciones dedicadas a cada uno de ellos revelan las correspondencias que tienen con los mantras, colores, signos astrologicos y deidades, asi como con los diversos tipos de personalidad y las caracteristicas conductuales. A diferencia de otros libros sobre el tema, este proporciona las herramientas que permiten activar los centros de la energia transformadora y elevar el conocimiento intelectual, convirtiendolo en una experiencia del crecimiento espiritual. Solo en este libro encontrara el lector occidental reunida tanta informacion valiosa sobre esta antigua tradicion. Los chakras sera una valiosisima fuente de informacion y conocimiento tecnico tanto para el estudioso como para el aspirante espiritual de cualquier nivel. Ademas de haber dedicado todo su vida al estudio y la practica del tantra. Harish Johari es pintor, escultor y compositor de musica indu. Otros libros suyos son Tools for Tantra (Inner Traditions, 1986), Ancient Indian Massage (Coronet Books, 1984) y Leela (Routledge and Kegan Paul, 1980). About the Author

Harish Johari (1934-1999) was a well-known author, scholar, artist, and composer who made it his life's work to introduce the culture of his homeland to the West.

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