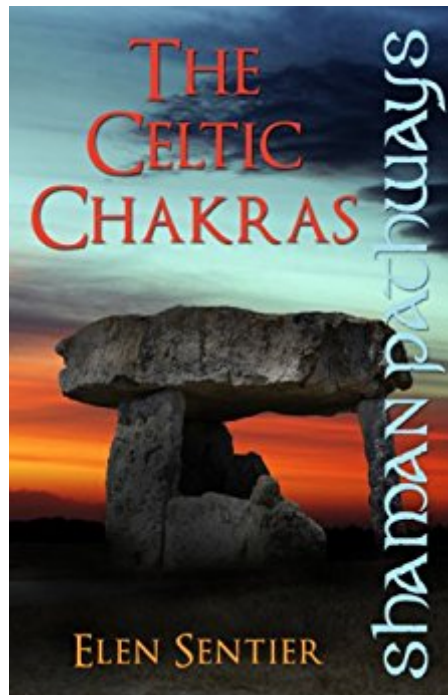




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Shaman Pathways - The Celtic Chakras



Synopsis

We've largely forgotten our ancient Celtic chakra heritage, indeed some people think there is no concept of chakras in the western tradition but this is not the case. The chakras are found throughout the mystery traditions all over the world, well known to our hunter-gather ancestors and the spirit keepers who led them. They are hidden deep in the ancient stories and myths of Britain. This book leads you through the lore of Arianrhod and her Spinning Towers, the riddling Gaelic poem The Cauldrons of Poesy, the rainbow bridge of Brighid and the ways and caers of the ancient British reindeer goddess, Elen of the Ways. There are journeys, meditations and exercises to help you get the feel of the Celtic chakra system into your bones.

Book Information

File Size: 760 KB

Print Length: 86 pages

Publisher: John Hunt Publishing (December 31, 2012)

Publication Date: December 31, 2012

Sold by: Digital Services LLC

Language: English

ASIN: B00ATLPTR0

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #261,743 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #45

in Kindle Store > Kindle eBooks > Religion & Spirituality > Earth-Based Religions > Celtic #100

in Books > Religion & Spirituality > New Age & Spirituality > Celtic #216 in Books > Religion & Spirituality > Hinduism > Chakras

Customer Reviews

This book is very simply explained and presents a wonderful subject. I am in the educational process of becoming a healer and energy worker, and wanted to find something about the energy centers that was not based in Eastern Chakra tradition. I personally really resonate with ancient Celtic history and tradition, and was looking for something on the Celtic idea of Chakras (exactly this book) to help me piece that into my work. For me, it's absolutely a no-brainer that the Druids

meditated and understood/utilized the energy centers and pathways in their practice. To find the spiral working here also makes so much more sense to me than the linear model of the East. I really appreciate this book, and I'm grateful it was written!

I can scarcely describe how beneficial this book has been for me... Suffice to say, After years of searching through tiresome and endless volumes- I've finally found a connection to the information I've been in dire need of reading within this book. I can only assume I will soon be reading and rereading the rest of her (the author's) material, and would like to thank her deeply for making this available. For those of you along the path, or something similar- this book is a must have.-Jesse

Presents the Western concept of "chakras" and a system through which to explore them that reveals itself as based on universal truths, yet distinctly rooted in the ancient Celtic Druidry of the native people of the Isles. For anyone working within the Western Mystery Tradition, this offers a much more authentic and compatible approach than slapping on bits from the Far East could ever do. Highly recommended.

As far as I know the 7 chakras system does not belong to celtic tradition; anyway she does an excellent relationship among the chakra system, the 3 cauldrons and celtic myths explained with such simplicity that anyone can understand it. I enjoy very much all journeys (meditations guided) which also demonstrate how well her point of view gear up all this knowledge.

This book blew my mind wide open! I really like how Elen Sentier weaves lore and science into being. All things spiral in and out, in pairs that compliment, not exclude. The concept of and/and is brilliant! Inclusion makes sense. In all things. Duality in pairs creates a whole. I will be rereading this book (many more times) for the sheer pleasure of the Spiral Dance that we do every single day of our lives.

While I find chakras as something that wouldn't be truly celtic I was glad to have finally finished this book and see how he took a well know system and relate to celtic beliefs. over all I found it a quick read and it was enjoyable but something was missing a feel maybe more detail or something.

This is a book to be read more than once in order to fully grasp all the deeper meanings contained within. I did find several typos and a few grammatical errors, which lead to some confusion. On the

whole it is a very compelling read.

I love work with the chakras in energy work and yoga. I love that this book is not a technical approach to the chakras but instead experiential while connecting the threads of Celtic lore and symbols to the chakras. I'm looking forward to continuing to use this book for meditation and rituals!

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