

# LIVING TRADITIONS



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## TEAR SHEET LIVING TRADITIONS APRIL MAY 2007

### Chakra Magic

Masterworks International

Web: <http://www.masterworksinternational.com>

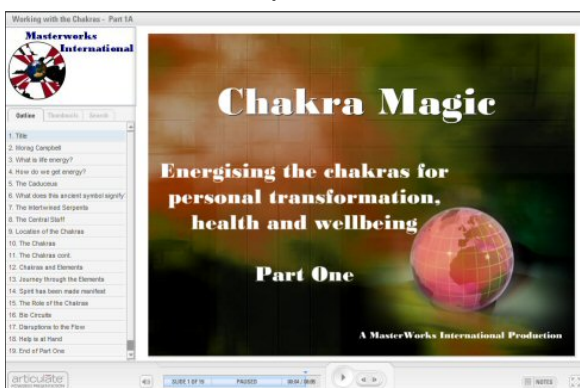
Chakras are wheels of energy which exist throughout the body. The term itself comes from the Indian continent and the classic system of Chakra usage as brought into the west has seven chakras. While originating within Hindu and Buddhist thought, "wheels of power" have also been found through western schools of esotericism. These centres of energy have a wide range of associations including colours and sounds as well as taking different roles in the bio-energetics of the body.

Chakra Magic is a high quality web based course which uses a multi-media presentation based on Macromedia's Flash technology (the viewer is a free internet download). The course is hosted by Morag Campbell and is easy to understand and use. It has a central window with the various menu items on the left and can be easily paused for reflection or to take notes. It uses audio, text, presentations, graphics and short videos to illustrate what is being discussed.



There are some 30 sections offering a very extensive coverage of both the theory and practice of Chakra energy work. Sections include "What is Life Energy", "The Caduceus," "Location of the Chakras," "Chakras and Elements," "Bio Circuits" , "Disruptions to the Flow" and "Chakra Connections".

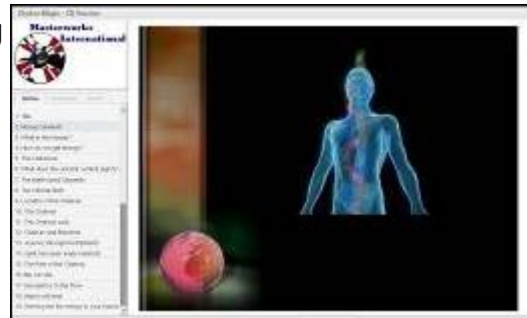
It starts with a simple outline of what the Chakras are and how they work and hence is of exceptional value to beginners new to the field of energy medicine or the metaphysics of the human body. At the same time the depth of the material presented means even those who have some knowledge with come away learning more than they realize.



The focus, however, is not simply on what the Chakras are and how they work. Bluntly, there are way too many books on

that already! This course focuses on working with the Chakra system to balance energy.

Since the author comes from a “Polarity Therapy” background she has a real grasp of the bio-energetics of the human body and how to use the Chakras in a healing manner. So rather than simply offering Chakra meditations or visualizations, which do have their place, she focuses on the energetic use of the Chakras, something which is not covered in many other courses.



Some notable aspects of the course include:

- A comprehensive examination of assessing which Chakras to use via the hand, pendulum and/or correspondences between the Chakras and parts of the body and related illnesses or deficiencies.
- Connections between the Chakras and healing locations on the body and relating them to the fingers and toes.
- Videos showing both the Chakra stimulation and balance techniques.

Following the course, students are offered an online test, and, if they pass, they can request a certificate of completion.

Chakra Magic is a superb example of what web based education can be. It is well presented, high in content yet offered in a manner which will work for both the beginner and advanced student. Using video to illustrate the techniques communicates ever so well and avoids misunderstandings which so often occur in print based training. The quality of this course cannot be faulted and considering the low price (\$19.95 US), I think anyone interested in healing cannot afford to miss this opportunity.



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