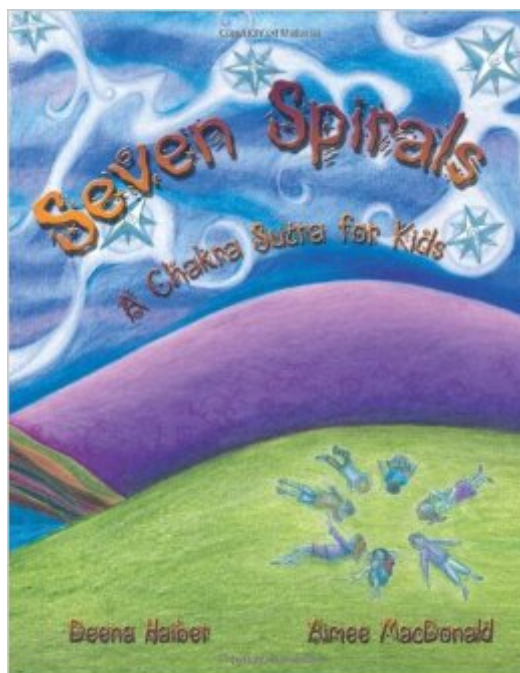


The book was found

# Seven Spirals: A Chakra Sutra For Kids



## Synopsis

A beautifully illustrated and engaging storybook that follows seven everyday-kids through a weekend of their lives. Seven Spirals gives us a glimpse at the meaning of the seven chakras, and how they affect us all, every day. It's been a labor of love, and we hope you enjoy it as much as we enjoyed creating it for you.

## Book Information

Age Range: 2 and up

Hardcover: 32 pages

Publisher: Mushroom Hollow Press; 1st edition (January 1, 2009)

Language: English

ISBN-10: 0615241859

ISBN-13: 978-0615241852

Product Dimensions: 11 x 8.6 x 0.3 inches

Shipping Weight: 12.8 ounces

Average Customer Review: 4.5 out of 5 stars [See all reviews](#) (15 customer reviews)

Best Sellers Rank: #1,336,870 in Books (See Top 100 in Books) #70 in [Books > Children's Books > Religions > Eastern](#) #692 in [Books > Religion & Spirituality > Hinduism > Chakras](#) #3952 in [Books > Children's Books > Growing Up & Facts of Life > Health](#)

## Customer Reviews

This is a great introduction to the chakras for anyone interested, although it's targeted to children ages 4-10 or so (my 3-year old twins also liked it for the pictures, although the text was a bit much for them to handle.) For each of the 7 core chakras (within the system Westerners are most familiar with - there are actually other systems), there is first a page featuring a mandala-type picture with the color, English, and Sanskrit name of the chakra. Then there is a brief vignette featuring a child - kind of a story, but really more of a 'scene' or setting that corresponds to the energies that chakra represents. So for example, for the root chakra, a little girl 'talks' to a tree, saying she wishes she had 'roots' too, and the tree explains to her how she does. And for the heart chakra, a little boy helps some elderly neighbors, and then they tell him the story of how they first met and fell in love. There is a final reference page that lists the locations of the chakras within this system, and provides an overview of how to meditate on them. The pictures are colorful and fanciful. Overall, a lovely book!

This book is a gorgeous introduction to the chakras, for children and adults alike. Each chakra is demonstrated through a short vignette and beautiful illustrations, both of which capture the chakra's essence in a way that children can identify with, and that make adults say, "Ahh! I get it!". The focal colors in the illustrations for each chakra are perfect, and we can't get enough of looking at them! Each time we turn the page, we say, "THIS one is my favorite. No, actually, THIS one is my favorite!" It's absolutely beautiful.

We purchased *Seven Spirals* as soon as it came out. As a pagan family we are always looking for good pagan-friendly books for our children. Our children LOVE this book! The artwork is breathtaking and so inspiring. The story is just perfect for kids. I've been telling everyone about this book.

"*Seven Spirals: A Chakra Sutra for Kids*" is a kid-oriented explanatory book about the seven chakras and what they pertain to in daily life experiences. To illustrate each chakra, a different child describes experiences that reflect that chakra and its color. There are simple chakra explanations also at the end, and there is both the English and the Sanskrit term for each chakra on its page, with its accompanying color. Finally, there are simple suggestions for simple meditation exercises that kids can easily perform, general or specific to each chakra. Gently calming and positive in its message and outlook, "*Seven Spirals*" may be a key component to aid and assist children diagnosed with ADHD in learning and dealing with daily life stresses that interfere with learning and getting along with others. "*Seven Spirals*" is beautifully illustrated with mixed media works that enhance the tranquil effect of the chakra teaching and the meditational directions. "*Seven Spirals*" will be effective with a wide age range of young readers because of the depth of its content, combined with its simplicity in presentation.

Well I thought this book looked really beautiful and colorful... which it is, but it did not keep my kids interest and I didnt really enjoy reading it myself. Maybe when they're older. I was hoping for something more simple.

Love the book!!!! love the story and the illustrations. My son loves books and this is perfect for him. The funky new age vibe fits our household. Can't wait for next one from this author.

An easy to understand story on chakras. Every chakra is beautifully illustrated and explained in a

way that children can easily understand.

I echo the sentiments of another rater. Beautiful artwork, but poorly written story. :( I was so sad, as I was really excited about sharing this with my children.

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