

Color Your Chakras

An Interactive Way to Understand the Energy Centers of the Body

by Susan Shumsky



Non-Fiction - Spiritual/Supernatural

120 Pages

Reviewed on 05/17/2016

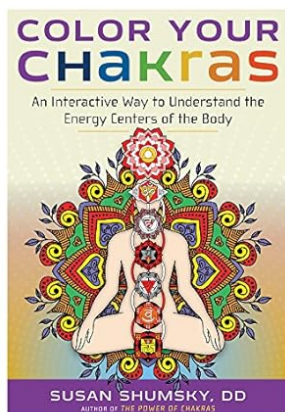
Book Review



Reviewed by Carla Trueheart for Readers' Favorite

Color Your Chakras by Susan Shumsky is a highly unique and informative interactive coloring book. I've seen many adult coloring books, but I have not seen one like this before. It is like getting two books in one, with one part information on the different chakras located in the body, and one part interactive coloring book. There is so much information on these pages! Each bit of instruction on the chakras precedes an intricate coloring page for your use. Within these coloring pages and instructions, the reader will find yin and yang, deities, doorkeepers to each chakra, hieroglyphics, meditations, and mantras. This will aid in memorizing the chakras and also serves as a fun way to use the colors and your own imagination.

While I chose this book, assuming it was an adult coloring book, I was pleasantly surprised at all of the information provided about chakras, the main energy centers in the body, and the lotuses. Author Susan Shumsky explains so many different energies of chakras that I could hardly believe it was so involved! There are chakras in your skull — who knew that? I also enjoyed the information about the deities, and especially liked the Color Wheel and the Wish-Fulfilling Tree. It was a brilliant idea to link a coloring book with the chakras! Color Your Chakras should be a welcome addition to any spiritual library, and I recommend the book to readers interested in chakras or those who would like to use their imaginations for coloring beautiful images while learning something new.



Color Your Chakras

An Interactive Way to Understand the Energy Centers of the Body

by Susan Shumsky



Non-Fiction - Spiritual/Supernatural

120 Pages

Reviewed on 05/17/2016

Author Biography



Dr. Susan Shumsky has dedicated her life to helping people take command of their lives in highly effective, powerful, positive ways. She is the best-selling author of 13 books, published by Simon & Schuster, Random House, and New Page. A pioneer in the human potential field, she has spent nearly 50 years teaching thousands of people meditation, prayer, affirmation, and intuition. Her book titles include Miracle Prayer, Divine Revelation, Exploring Meditation, Exploring Auras, Exploring Chakras, How to Hear the Voice of God, Ascension, Instant Healing, The Power of Auras, The Power of Chakras, Awaken Your Third Eye, Awaken Your Divine Intuition, and Color Your Chakras.

Dr. Shumsky is a highly respected spiritual teacher, award-winning author, and founder of Divine Revelation®—a unique field-proven technology for contacting the divine presence, hearing and testing the inner voice, and receiving clear divine guidance. For 22 years, her mentor was Maharishi Mahesh Yogi, who was guru of the Beatles and guru of Deepak Chopra. Dr. Shumsky served on Maharishi's personal staff for 7 years.

A sought-after media guest and highly acclaimed professional speaker, Dr. Shumsky has done over 600 speaking engagements and over 800 media appearances since her first book was published, including Woman's World, GQ, Cosmopolitan, Los Angeles Times, nationally syndicated TV and radio on ABC, NBC, CBS, and FOX news, Coast to Coast AM with George Noory, and William Shatner's Weird or What? She is featured in the movie Three Magic Words and The Illumined Ones.

Her websites are www.drsusan.org and www.divinetravels.com.