



Los chakras: centros energéticos de la transformación

By Harish Johari

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In the ancient science of tantra, the human body is viewed as the most perfect instrument for the expression of consciousness, a perfection realized through the development of psychic centers known as chakras. Located within the cerebrospinal system, the chakras are the stage upon which the interaction between higher consciousness and desire is played out. Consequently, it is through understanding and utilizing the energies of the chakras that we ultimately reach an enlightened state of being.

In *Chakras*, Indian scholar and tantra practitioner Harish Johari introduces the classical principles of the chakras as well as their practical application for today. Unlike other books in its field, *Chakras* provides the tools to activate subtle centers of transformative energy and elevate one's intellectual knowledge to an experience of spiritual growth.

Meditating on the beautiful, full-color illustrations of each chakra vitalizes the cerebrospinal centers and harmonizes the entire system both physically and psychically. Explanations of each chakra elaborate on the chakra's connection to elements, colors, sounds, sense and work organs, desires, planets and deities, as well as on behavioral characteristics and particular effects of meditation. For scholars and spiritual aspirants of every level, *Chakras* is an invaluable, practical source of information and techniques.

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Editorial Review

Review

"Johari shows us the mysteries of these subtle centers of transformation with visualization techniques essential to a fully realized tantric practice." (*Share Guide, March/April 2001*)

"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." (*Branches of Light, Spring into Summer 2001*)

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

"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." (*Hinduism Today*)

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

From the Back Cover

LOS CHAKRAS

En la ciencia antigua del *tantra* se considera al cuerpo como el instrumento más perfecto para la expresión de la conciencia. Esa perfección se lleva a cabo gracias al desarrollo de los centros psíquicos, o *chakras*. Localizados en el sistema cerebroespinal, los chakras son el escenario sobre el que se representa la interacción entre la conciencia superior y el deseo. En consecuencia, conseguiremos un estado iluminado del ser mediante la comprensión y utilización de la energía de los chakras.

Harish Johari, estudiante y practicante indio del tantra, nos presenta los principios clásicos de los chakras, así como la aplicación práctica que tienen actualmente. Despliega los misterios de estos centros sutiles de la transformación con técnicas de visualización que son esenciales para la práctica y la comprensión tántrica.

Con bellas ilustraciones a todo color. Johari nos proporciona imágenes, al mismo tiempo tradicionales y visionarias, de cada chakra; la meditación sobre esas imágenes vitaliza los centros cerebroespinales al tiempo que armoniza física y psíquicamente todo el sistema. Los dibujos lineales permiten al aspirante colorear las imágenes a modo de ejercicio de visualización y contemplación de los chakras. Las secciones dedicadas a cada uno de ellos revelan las correspondencias que tienen con los mantras, colores, signos astrológicos y deidades, así como con los diversos tipos de personalidad y las características conductuales.

A diferencia de otros libros sobre el tema, éste proporciona las herramientas que permiten activar los centros de la energía transformadora y elevar el conocimiento intelectual, convirtiéndolo en una experiencia del crecimiento espiritual. Sólo en este libro encontrará el lector occidental reunida tanta información valiosa sobre esta antigua tradición. *Los chakras* será una valiosísima fuente de información y conocimiento técnico tanto para el estudiante como para el aspirante espiritual de cualquier nivel.

Además de haber dedicado todo su vida al estudio y la práctica del tantra. Harish Johari es pintor, escultor y compositor de música indú. 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.

Users Review

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