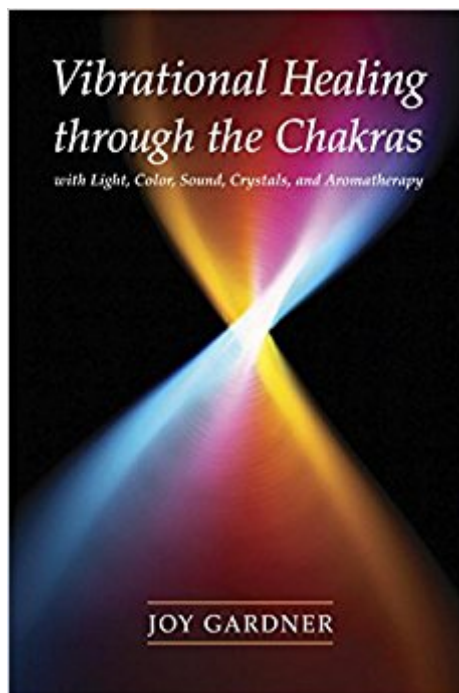




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Vibrational Healing Through The Chakras: With Light, Color, Sound, Crystals, And Aromatherapy



Synopsis

Every life form is made up of vibrations that coincide with the harmonic frequency to which all life is attuned. The vibrations of the body easily go out of tune when a person is exposed to physical or emotional stress. **VIBRATIONAL HEALING THROUGH THE CHAKRAS** provides the most up-to-date information on the use of vibrational tools such as crystals, aromas, sounds, bodywork, and homeopathy to help the body remember its own healthy harmonic resonance. Author Joy Gardner offers this in-depth look at vibrational healing for people interested in improving their own health and well-being, as well as those who want to become practitioners of this gentle art. Explore how to use vibrations to release old dysfunctional patterns in the body-mind and replace them with new patterns that resonate with the body's own healthy frequencies. An in-depth resource guide to using vibrational tools at the chakra points to heal the body and mind. Includes a detailed explanation of chakras and the human energy field and how to heal with a variety of tools including colors, crystals, aromatherapy, and light. Joy Gardner's books have sold over 175,000 copies.

Book Information

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Customer Reviews

*An in-depth resource guide to using vibrational tools at the chakra points to heal the body and mind. *Includes a detailed explanation of chakras and the human energy field and how to heal with a variety of tools including colors, crystals, aromatherapy, and light.

JOY GARDNER has been a holistic counselor, teacher, and author since 1972. She is the author of seven books, including *Healing Yourself*. She is the founder and director of the Vibrational Healing

Program in Kapaau, Hawaii.

I am so impressed with Joy's knowledge on both a metaphysical and scientific level! This book is educating me in so many ways. I feel so confident in sharing more info on the power of vibrations in color, sound, light, smell and crystals. She explains it in a way that just makes so much sense :)

I have two copies lent out and I NEEDED another copy so I bought it again. It's not the DEFINITIVE work on any one thing (vibration/sound, crystals, aromatherapy, herbs, etc) but it works as a good primer for understanding each a fair bit and REALLY works for understanding how and why they all overlap (which I think is more important than focusing 100% on any one of them). I've been really into crystals and I'm starting to get more into aromatherapy and my husband is getting into vibrational therapy, much of which is due to this book. Definitely worth reading.

Joy Gardner: Vibrational Healing through the Chakras
Joy Gardner's "Vibrational Healing through the Chakras with Light, Color, Sound, Crystals and Aromatherapy" (Crossing Press, Berkeley: 2006) was the first book I read about healing modalities in our contemporary society. Gardner has combined 30 years of study, experience and exploration in a comprehensive overview. Each section of the book integrates a review of literature and Gardner's experience applying the healing modality with clients. What appeals to me about this work is the recognition that we are all unique and Joy Gardner shies away from absolutes. She is very clear that what works for her, is her resonance with the stones or techniques and each practitioner needs to find their own truth in the process. Gardner gives clear instructions on how she approaches the different techniques and then examples from her own experience. She shows how having a clear intent and having a person who is receptive to this healing, is the key for success. The book is full of information and rather than give a synopsis of all of the systems, here is one highlight. A primary focus of my study is using sound. The process of using tone, our voice and instruments is one of the most ancient methods of healing. Our voices are ideas put to expression. On page 119 Gardner writes: The way the Australian Aborigines understand (or understood) reality is that energy ordinarily moves very fast. But when it gets an idea, it slows down. When it slows down considerably, it comes into physical manifestation. The word is the bridge between energy and material manifestation. energy becomes sound, and sound transports us into material reality..... This is a picture of how intent combined with vocalization creates a change in reality. We tend to think of ourselves and the world as a solid place. Physics gives this picture of the atom. Imagine the nucleus of a Helium atom being the size of a grain of rice. The extent of the first

energy shell would be outside of a major league football stadium. The two electrons could be anywhere within the stadium including inside of the nucleus. When this is extrapolated out to our bodies, we are 99.999% empty space. This means that we are really an electromagnetic vibrational being that is quite empty. Jonathan Goldman gives the image of the healthy body as a symphony orchestra. Gardner provides a variety of methods for helping the body to stay in tune by entraining it with the resonant frequencies of aromas, crystals, sound and light. Joy Gardner's book surveys all of the vibrational healing tools currently available to us today. I am quite happy that I was guided into reading this book for an introduction into the healing work of our era. It is humbling and exciting to know all of the possibilities for bringing the planet and humanity back into resonance for health and harmony. As I have continued on my work with the Music of the Periodic Table I wondered how to apply the tones. Joy Gardner provided an opportunity to explore the uses of these specific frequencies. About a month ago, just before my trip to Maui, I received an email from Joy asking if I had done the tones for Selenium. I hadn't, though I was in the process of doing some other recording and I went back to analyze this element. She determined that Selenium would help her fingernails, two of which tend to crack and split. As an experiment, she listened to and toned along with each of the tones of Selenium recording of the tone palette for two weeks. We met up for a walk and lunch by the ocean and she showed me the fingernails. They had healed and there was just a hint of the residual crack at the tip of the nails. This openness and ability to look at new systems and integrate them into her knowledge is reflected in her writing in the book. Joy Gardner is one of those rare individuals who can study and find the essence of a wide variety of forms used for vibrational healing. This book documents the research and methods that exist and also leaves open the possibility to modify them based upon the experience and intuition of the practitioner. Joy Gardner's website:[...]

If I could give this 10 stars I seriously would. This is a wonderfully exhaustive compilation about vibrational healing of all kinds. This is one of those epoch undertakings that is done so well. A great go to reference book on the subject that is not necessarily meant or needed to be read from cover to cover. Whether you are new to the idea of vibrational healing, or are on the rise as a healing pro, this book really does this topic justice.

This book presents some researched info on the topic. Not the usual hippy dippy touchy feely approach...thank goodness.

It is a good informational books. More technical information than I was hoping for, but if that is what one is looking for this is a good book.

I am new to the whole Vibrational Healing concept and have only been working with Chakra Energy for a short while so the book Vibrational Healing Through the Chakras was a great read for me. I have always gravitated to color and aromatherapy ~ now I have added sound, meditation, crystals and light to my day and have enjoyed the difference that it makes in my life. With a job in child welfare and all of the negative aspects of that life for 8 hours a day it is wonderful to come home and to have a sanctuary for the remainder of my day. All together a helpful book full of ideas and knowledge.

Loved this book!

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