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# 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

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## Customer Reviews

Seven Spirals: A Chakra Sutra for Kids is a wondrous book that is right for all ages. Authors Deena Haiber and Aimee MacDonald have combined fantastical and wildly colorful images with a simple story of seven kids through a seemingly normal day. Combining their pictures with an approachable story to enlighten children and their parents to the meaning of the seven chakras was a wise choice. The book is suitable for children of most ages from three to 10 years. Younger children may fascinate on the vivid and colorful imagery, while older children can engage in a conversation about the seven wheels of energy located along the spine. Haiber and MacDonald tell a sweet story while tapping into the essence of each of the chakras. For example, root chakra is told as tree reminding a girl of her home base, her needs being met and her comfort. While younger children may not be able to grasp the idea of a chakra or internal energy per se --Hartford Yoga ExaminerSeven 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. --Midwest Book Review

Seven Spirals: A Chakra Sutra for Kids is a picture book by two stay-at-home moms from Florida. It is designed to introduce children to the seven chakras of the body, by illustrating the principles of each through short stories. Each story is loosely connected to the next one, and features a group of children. The first story, in which Tree explains human roots to young Rowan, is probably the easiest story to understand, as it is almost the most concrete of the seven spirals. The others will require much more thought, as they are increasingly abstract. I think that the stories and concepts are a little too abstract for young readers, but older, elementary-aged children would be able to glean some understanding through conversation about each one. The authors include a glossary of sorts in the back, which can help adults explain the meaning of each. Conversation with children can include brainstorming other ways in which each spiral can be used. Children of all ages will fall in love with the gorgeous, colorful illustrations accompanying each story. The youngest can learn the most about the seven chakras through the associated colors. Red is root, orange is sacral, yellow is navel, green is heart, blue is throat, indigo is forehead, and violet is crown. Make it more concrete by doing a life-sized body tracing, putting the colors in the appropriate locations, or by putting stickers directly on the child's body. Also at the end of the book, following the glossary, is a paragraph explaining how to "tune up" the chakras by sitting cross-legged and breathing slowly to empty and calm the mind. This concept will be the easiest for the youngest children to understand, and can help lay the foundation for later chakra exploration.

--BookPleasures.com

About five years ago, Deena and Aimee bonded over several hundred cups of coffee and a mutual interest in Eastern philosophy. Along the way, they also discovered that they were both recovering art-school geeks. Although they pretty much never agree on movies and, on music, forget it -- this apples-and-oranges duo did discover that, despite their differences, they really kind of dug each others writing and artwork. In fact, against all odds, these two silly kitchen-witches seemed to like

hanging out together -- with a little bit of drawing, writing and painting thrown in every now and then.

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!

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.

This book has been put together beautifully. Written simply so that the message being conveyed can be understood by those of all ages.

This was a great book for my children to read and understand. It helps me to explain and remind as we discuss being out of balance.

This book has beautiful illustrations, especially of the chakra symbols, but the story is poorly written. I was quite disappointed with the content.

Beautiful and fun!

Book was in great condition. Excited to give it to my niece.

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.

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