



True Balance: A Commonsense Guide for Renewing Your Spirit

Sonia Choquette

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"When you balance your seven energy centers, you reclaim your natural rights and reestablish your natural order. You begin to undo the damage that was caused by living your life backward, from the head first, forgetting the body and spirit altogether. As with everything in nature, if your life isn't supported by a grounded source of energy, it will wither and lose its vitality. As you learn about the chakras, you will discover that balancing them isn't particularly hard, especially if you think of it as a process of not just living your life, but actually loving your life." -- From the Introduction

How can we balance our time and energy when our days are so hectic? How can we find harmony in mind, body, and spirit? In True Balance, renowned intuitive and spiritual healer Sonia Choquette presents a step-by-step workbook for finding balance within our seven essential energy centers, or chakras. Drawing upon her deep personal experience and practice, she offers a wise and down-to-earth guide to achieving harmony. With supportive questionnaires, practical advice, and many specific remedies, Choquette leads us to a balanced life filled with creativity and blessings.

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Carolyn Amundson says

A non-traditional and less-intellectual approach to the chakras. Each chakra (starting at the root) is described, with its physical and emotional effects on the body. There are questions to figure out whether each chakra is/not in balance and some ideas of addressing imbalances. Humorously, there are movie recommendations for balancing each chakra.

Leanne Holitza says

Great book for beginners on chakras.

Katie says

So many practical ways to increase your confidence and balance all of the day's responsibilities and activities. I highly recommend this book.

Lisa says

loving this- so far i find it to be the best book on chakra balancing i have read (or have tried to read!!) she's a great writer, and the information is very easy to absorb and make sense of.

Carolyn says

Very eye opening. Gave me some wonderful ideas on how to really tap into ones intuition

Lori Wolf-Heffner says

I only made it half-way. It is a good book, gives you lots to think about (if you're into "new age" type stuff). Unfortunately, though, it didn't hold my attention long enough to finish. I've since moved on to a million other books. I very likely will come back to it, but not right now.

Hayley says

Good book, that explores the chakra system, and helps you understand if you might have imbalances, and

things you can do to balance them.

Kimberley says

I absolutely loved this book. It had a ton of great ideas on how to balance my chakras and they were easy. This book is not your typical read on chakra clearing. There are practical everyday things you can do in this book. It's worth a read.

Krista says

I turned to this book to better understand how Chakras work in the physical body. I firmly believe in the mind-body-spirit connection. I find the book inspiring with sections to help me understand what I can do to balance my energy centers.

YorkshireSue says

Just browsing thru it from time to time with plans to read and work through it more thoroughly as time permits. Seems to be very basic but clear re chakras and their energies.

Christine says

Quite honestly this book changed my life by causing a spiritual awakening. It made me look at the world around me differently in the sense that I felt more empowered to change things in my life that weren't serving me anymore or giving me ideas to bring things into my life that could nurture my spirit. Before this book I was simply blind to this power within myself.

TJ says

This was on our yoga teacher training book list. It goes through our seven chakras (energy centers) and asks questions on how to tell if they're low or high and how to balance them.
