

Trace the healing power of the chakras  
to its roots in ancient Africa

## OPENING TO SPIRIT

CONTACTING THE HEALING POWER OF THE CHAKRAS  
& HONORING AFRICAN SPIRITUALITY

by Caroline Shola Arewa

new!

You probably think of the chakras as elements of Eastern philosophy, arising from the yogic traditions of India. But this accessible book traces the theory and practice of chakra work even farther back in our history, exploring its roots in the spiritual traditions of Africa and ancient Egypt—and offering a fresh perspective on the tools we can use to enhance the energy of our lives today.

Caroline Shola Arewa draws on African spirituality, mythology, and cosmology to create a many-faceted guide to our energy centers—from the root chakra, which is associated with the Yorùbá deities Onílẹ̀ and Odùdùwà and grounds our physical existence, to the crown chakra, which connects to Amen Ra and evokes the divine in each of us. You'll learn to:

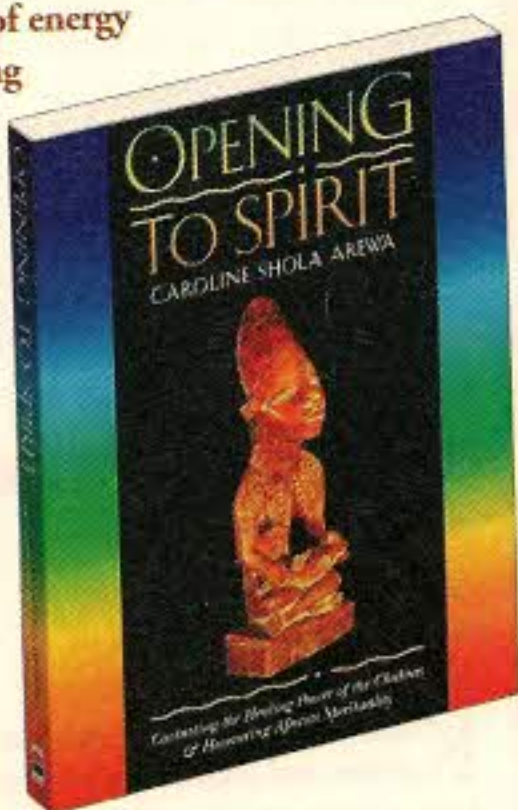
- Examine your own patterns of energy
- Prepare for chakra work using techniques such as fasting, meditation, and journaling
- Use rituals such as altar work specifically designed for each chakra



"Arewa has broken new ground," says Anodea Judith, author of *Wheels of Life*. "[This is] a refreshing new guidebook to the spiritual journey."

"One Spirit offers a wide variety of books in the areas of body, mind, and spirit, and we, the editors, do our best to cover a diversity of topics. However, as some recent members' letters pointed out, we've under-represented African-based spirituality and writers of color. This is the first of a number of books with an indigenous African slant. Thanks for the feedback, and let us know if there's anything else we're missing."

—Patricia Gift, One Spirit Editor



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