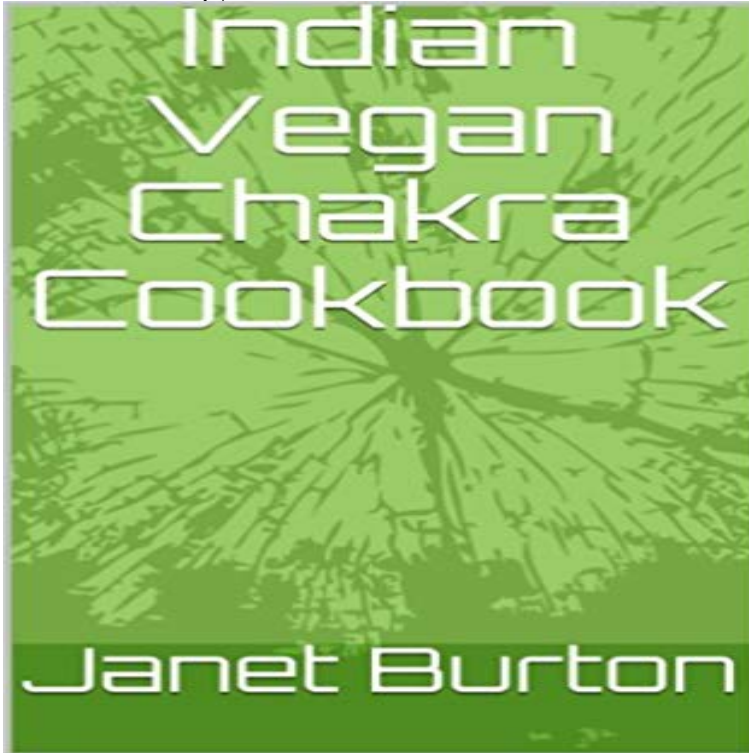


Indian Vegan Chakra Cookbook-2013/2014



Chakra is a Sanskrit word (The ancient language of India in which most religious and spiritual literature was written) that literally means wheel, or Vortex. The chakras are interpreted as wheels of energy and as they spin they move the energy up and down the body. They run up the center of the body, parallel to the spinal column. There are seven chakras associated with Human mind and body. 1st Root Chakra (physical body) is located at the base of the spine and is known as Muladhara Chakra, meaning root support. 2nd Spleen Chakra (emotional body) is located below navel in the lower belly and is known as Swadhisthana Chakra, meaning sacred home of the self. 3rd Navel Chakra (intellectual body) is located between the ribs and navel and is known as Manipura Chakra, meaning city of shining petals. 4th Heart Chakra (heart center) is in the middle of the chest and is called Anahata Chakra, meaning un-struck. 5th Throat Chakra (etheric body) is in middle of the throat and is known as Vishuddha Chakra, meaning pure place. 6th Brow Chakra (celestial body) is located between the eye brows and is called Ajna Chakra. 7th Crown Chakra (spirit) is located at the crown or top of the head, it is called Sahasrara Chakra. These chakras, or energy centers, function as pumps or valves, regulating the flow of energy through our energy system by rotating the flow of energy in a clockwise direction. Vegan Chakra revolves around all these factors from Head to toe. Vegan Chakra is a plant based diet and everything evolves around the plant from top of the plant to the root of the plant. Every parts of the plant has useful purposes in our diet. Choosing a healthy diet is very essential in our day to day lives. Ayurveda and Ayurvedic is an ancient and traditional way of healing the ailments in human body. Hence my Indian Vegan Chakra has deeper and inner healing powers for our new age generation with the plant based nutrition.

The lotus is also a symbol of the centers of consciousness within the body (the chakra centers). It is associated with 7 Chakras within our body. The highest chakra, known as the crown chakra or sahasrara chakra, is referred to as a thousand petaled lotus flower. The lotus is associated with creation, the afterlife, enlightenment, fertility and sensuality, purity, and health. Also Lotus is the national flower of India. Hence I choose Lotus to be the symbol of my Vegan Chakra book for its divinity and purity.

Resources:
<http://www.Livingwordsofwisdom.com>,
<http://www.Chakrameaning.com>,
<http://www.energy-healing-info.com>

[\[PDF\] Modern Macroeconomics \(MIT Press\)](#)

[\[PDF\] Development and Underdevelopment: The Political Economy of Global Inequality](#)

[\[PDF\] A Future for the Excluded - Job creation and Income generation by the Poor. Clodomir Santos de Morais and the Organization Workshop](#)

[\[PDF\] LMazeltov: Your Personal Guide to Jewish Childbirth Education](#)

[\[PDF\] Abhängigkeits- und Konzernierungstatbestände bei der Abschreibungs-KG: Ein Beitrag zum Konzernrecht der Personengesellschaft \(Europäische ... Universitaires Europeennes\) \(German Edition\)](#)

[\[PDF\] Northern DLights: Another Hilarious Account of Growing Up North \(Northern Mania!\)](#)

[\[PDF\] The Distribution of Wealth](#)

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