



# Chakras and Their Archetypes: Uniting Energy Awareness and Spiritual Growth

*Ambika Wauters*

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**Chakras and Their Archetypes: Uniting Energy Awareness and Spiritual Growth** Ambika Wauters explores how linking classic archetypes to the seven chakras in the human energy system can reveal unconscious ways of behaving and serve as a valuable tool for transformation and healing. Archetypes, which Carl Jung defined as “patterns of behavior,” have emerged out of the core of human experience—the Mother and the Victim, the Lover and the Actor, the Warrior and the Servant. In CHAKRAS AND THEIR ARCHETYPES, Wauters shows that creating healthy archetypes is both liberating and fundamental to our well-being. In relating the archetypes to the chakras, she guides us on a journey to understand where our energy is blocked and which attitudes or emotional issues are responsible. Using a variety of exercises, meditations, and affirmations, she helps us to free ourselves from the negative archetypes, enabling us to rise to higher levels of awareness and empowerment—where we can transcend limitations, make healthy choices, release creativity, heal our pasts, and live with joy, vitality, and love.



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