



# HEAL YOUR SELF WITH THE CHAKRAS

Beginning mental, emotional, physical and spiritual  
healing with the Chakras.

By Gouthum Karadi



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## Foreword

In this book, I seek to give a model of Chakra healing that can assist all of us in healing ourselves, our families, our communities, and human relation. It all starts with the self and works outwards. As I shared with a great woman I admire:

“The reason the world is corrupt is because our nations are corrupt.  
The reason our nations are corrupt is because our localities are corrupt.  
The reason our localities are corrupt is because our hearts are corrupt.”

If you want to heal the world, heal yourself. If you want to heal human relations, heal your relationship with yourself.

Thank you,  
Gouthum Karadi

## Introduction

Writing this book has created quite a bit of turmoil in my experience. As when I start anything new, I start with one topic and as I master that I start an endless journey that leads back to my starting place. Because this is the Age of Synthesis or a second Renaissance in our time, our knowledge shows a cohesive quality once again. As a result of this, the project grew beyond tenability.

So after struggles and problems, I went surfing one day only to return extremely tired and pensive. A day spent alternately whining, meditating, reading, and writing lead to a night of what I might call good sleep – several contiguous hours! I awoke remembering the adage I learned in the Army, “KISS,” or, “Keep It Simple Stupid.” (You non-warriors can change the Stupid to something suitably softer.)

Thus was born iteration two of this book: “Here are the Chakras and some of the basic areas they affect.” When you are ready to learn more, take our online training or seminars through OmMyGod.com or PerfectParadox.org.

# BOOK SAMPLER

## Summary

This introductory text seeks to show the daily practitioner and healer how to utilize Chakric energy in their routines. These powerful concepts allow one to focus and accelerate the body’s own healing processes. Please understand that no single solution ever heals or lasts forever. Life, the universe, and you constantly flow and adapt. Hence, I offer these tools directly to the client for use on a daily basis. When you find yourself thirsting for more, hands-on instruction, or just a lovely treatment, please contact Perfect Paradox, or OmMyGod to find out the latest offerings.

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