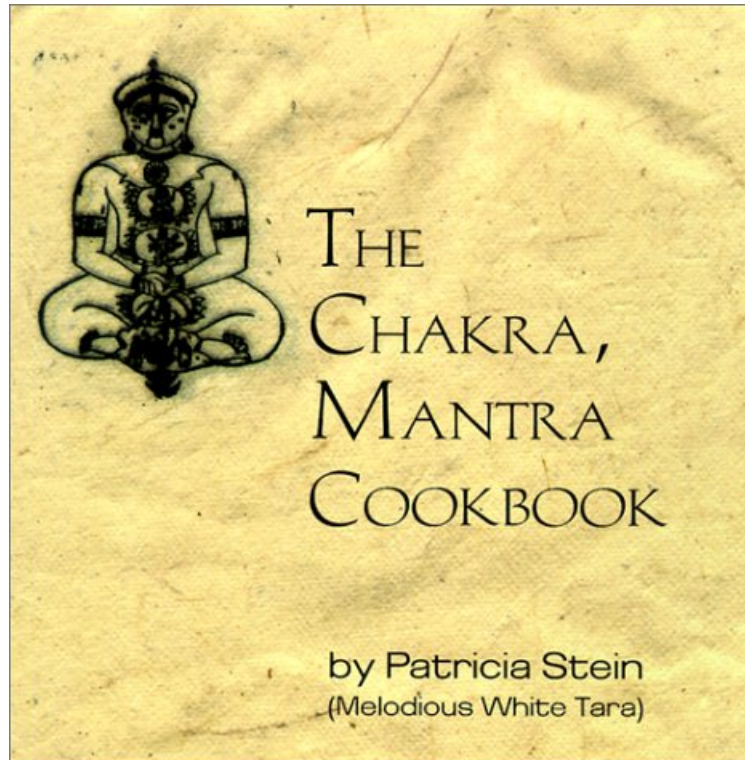


## The Chakra Mantra Cookbook

Patricia Stein

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**Patricia Stein : The Chakra Mantra Cookbook** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Chakra Mantra Cookbook:

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The Chakra Mantra Cookbook is both beautifully artistic and philosophically inspiring. It emphasizes choosing the proper ingredients for their high nutritional content and purity, as well as enhancing your energy through proper food preparation and chanted mantra. It is a spiritually inspired cookbook based on the colors of the chakras as well as Tibetan doctors approaches to treating energetic imbalances in the body.

About the Author Given the name Melodious White Tara in 1998 by Llama Norla, a disciple of the late Kalu Rinpoche; holder of the kagyü lineage, Patricia Stein is both student and teacher of kundalini yoga with 11 years experience as well as a life-time devotee of Tantra vajrayana Buddhism. A vegetarian for 10 years, she is author of The Chakra Mantra Cookbook, a vegetarian, spiritual cookbook for the Millennium, based on the colors of the chakras and various food properties used in Tibetan medicine to treat energetic imbalances in the body. The Chakra Mantra Cookbook is your guide to bringing up your energy as well the energy of the food you are preparing through mantra and right mindfulness. Patricia is President of Steindzine, a digital design company in Manhattan. Currently she is working on a documentary on alternative healing and a videotape workout combining yoga and tai chi.