



2011 Products Catalog
and Daily Practices Guide



awaken your inner pharmacy



Just as the body is made from the food we eat, the mind is created by the input we receive from our five senses. By choosing nourishing sounds, touch, sights, tastes, and smells, we can awaken the mind's innate healing powers and experience our natural vitality, wholeness, and wellbeing.





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section one
the wisdom of
AYURVEDA

From the five elements, the three doshas are derived—Vata, Pitta, and Kapha. Known as mind-body types, the doshas express particular patterns of energy—unique blends of physical, emotional, and mental characteristics.

In Ayurveda, health is defined as the dynamic state of balance between mind, body, and environment. It is possible for each of us to achieve and maintain a vibrant and joyful state of health by identifying our mind-body type and then creating a lifestyle that sustains and nurtures our unique nature.

please take our quiz on the next page to determine

WHAT'S YOUR DOSHA?



Understanding your unique mind-body type

This quiz is designed to give you an indication of your mind-body type. Your highest score is your predominant dosha. If your two top scores are similar, you might be bi-doshic, meaning that more than one dosha predominates in your physiology. For a complete evaluation, we invite you to participate in an integrated mind-body consultation at the Chopra Center for Wellbeing.

dosha mind-body quiz PART ONE

INSTRUCTIONS: *(Please read carefully!)*

Rank each characteristic with either **5, 3, or 1**. For each row, use each number one time. Each row should add up to **9**. VATA TOTAL, PITTA TOTAL, and KAPHA TOTAL should add up to **90**.

5 = Most accurately represents me **3** = Secondly represents me **1** = Rarely represents me

EXAMPLE	<input type="checkbox"/> 3 Vata	<input type="checkbox"/> 5 Pitta	<input type="checkbox"/> 1 Kapha
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CHARACTERISTICS	VATA	PITTA	KAPHA
FRAME	<input type="checkbox"/> I am thin, lanky and slender with prominent joints and thin muscles.	<input type="checkbox"/> I have a medium, symmetrical build with good muscle development	<input type="checkbox"/> I have a large, round or stocky build. My frame is broad, stout or thick.
WEIGHT	<input type="checkbox"/> LOW; I may forget to eat or have a tendency to lose weight.	<input type="checkbox"/> MODERATE; it is easy for me to gain or lose weight if I put my mind to it.	<input type="checkbox"/> HEAVY; I gain weight easily and have difficulty losing it.
EYES	<input type="checkbox"/> My eyes are small and active.	<input type="checkbox"/> I have a penetrating gaze.	<input type="checkbox"/> I have large pleasant eyes.
COMPLEXION	<input type="checkbox"/> My skin is dry, rough or thin.	<input type="checkbox"/> My skin is warm, reddish in color and prone to irritation.	<input type="checkbox"/> My skin is thick, moist and smooth.
HAIR	<input type="checkbox"/> My hair is dry, brittle or frizzy.	<input type="checkbox"/> My hair is fine with a tendency towards early thinning or graying.	<input type="checkbox"/> I have abundant, thick and oily hair.
JOINTS	<input type="checkbox"/> My joints are thin and prominent and have a tendency to crack.	<input type="checkbox"/> My joints are loose and flexible.	<input type="checkbox"/> My joints are large, well knit and padded.
SLEEP PATTERN	<input type="checkbox"/> I am a light sleeper with a tendency to awaken easily.	<input type="checkbox"/> I am a moderately sound sleeper, usually needing less than eight hours to feel rested.	<input type="checkbox"/> My sleep is deep and long. I tend to awaken slowly in the morning.
BODY TEMPERATURE	<input type="checkbox"/> My hands and feet are usually cold and I prefer warm environments.	<input type="checkbox"/> I am usually warm, regardless of the season, and prefer cooler environments.	<input type="checkbox"/> I am adaptable to most temperatures but do not like cold, wet days.
TEMPERAMENT	<input type="checkbox"/> I am lively and enthusiastic by nature. I like to change.	<input type="checkbox"/> I am purposeful and intense. I like to convince.	<input type="checkbox"/> I am easy going and accepting. I like to support.
UNDER STRESS...	<input type="checkbox"/> I become anxious and/or worried.	<input type="checkbox"/> I become irritable and/or aggressive.	<input type="checkbox"/> I become withdrawn and/or reclusive.
TOTAL	_____ VATA TOTAL	_____ PITTA TOTAL	_____ KAPHA TOTAL

To take Part 2 of the Dosha quiz, visit chopra.com/part2

the three doshas

VATA **Vata** is the principle of movement and change. It can be identified as the Wind element. People with a predominance of Vata in their nature tend to be thin, light, and quick in their thought and action. Change is a constant part of their life. When Vata is balanced, it generates creativity, enthusiasm, and liveliness. If Vata becomes excessive, it creates anxiety, insomnia, dry skin or irregular digestion.

PITTA **Pitta** is the principle of transformation represented in digestion of ideas, sensory experiences, emotions, and food. It is associated with the Fire element. People with a predominance of Pitta in their nature tend to be muscular, smart, and determined. If balanced, Pitta supports warmth, intelligence, and good leadership. If out of balance, Pitta can make us critical, irritable, and aggressive.

KAPHA **Kapha** is the principle of protection, nourishment, and stability. It is associated with the Earth element. People with a predominance of Kapha in their nature tend to have a heavier frame, think and move more leisurely, and are stable. When balanced, it creates calmness, sweetness, and loyalty. When excessive, Kapha can cause weight gain, congestion, and resistance to healthy change.

Now that you have a basic understanding about your unique mind-body type, the next step towards Perfect Health is creating a harmonized daily routine. This is done by recognizing that the human body has an inner pharmacy, capable of naturally generating the chemistry of happiness and health. Integrating dosha-balancing sounds, sensations, sights, tastes, and smells into your inner and outer daily routine is the first step on your path to timeless health.

To learn more about your dosha or to shop by your specific dosha type, visit chopra.com/productlibrary

meditation and yoga

Meditation is a practice that benefits mind, body, and spirit. Through inner exploration, meditation awakens creativity, healing, and transformation. We spend most of our lives looking outward to the world of form and phenomena, believing that the source of happiness, peace, and fulfillment lies external to ourselves. Meditation allows us to explore our essential inner nature, restoring the memory of wholeness in our lives.

The Sanskrit word *yoga* means union – union of environment, the senses, body, mind, and soul. Through the practice of asanas (postures), you can experience a progressive settling of the mind to a state of pure silence which is usually overshadowed by the activity of the mind.

The Seven Spiritual Laws of Yoga Guidebook



The Seven Spiritual Laws of Yoga Guidebook is a map for the conscious explorer – a travel guide highlighting the essential landmarks along the journey to wholeness. As we expand our awareness through the practice of yoga, we become more capable of perceiving the richness that life offers.

The primary purpose of the Seven Spiritual Laws of Yoga is not to champion a particular style or yogic tradition. Rather, it is to encourage the intention of using yoga to enliven awareness. Therefore, no matter what yoga method you find most appealing, *The Seven Spiritual Laws of Yoga* can add value to your practice.

section two

NUTRIENTS

According to Ayurveda, our bodies are woven from food. The nutrients we ingest are metabolized into the energy and information that form our cells, tissues, and organs. Every day we need essential vitamins, minerals, and other nutrients to maintain our body's delicate and vital balance. The Chopra Center created its signature line of herbal supplements* to provide the essential nutrients needed for optimal health and wellbeing.



OUR COMMITMENT to quality

We at the Chopra Center aspire to the highest standard of quality in all of our products. We independently test each of our herbs and supplements for metals and microbes to ensure safety and quality. The Chopra Center views our community as our extended family and we only offer products that we use ourselves or that we would recommend to our spouses, loved ones, and closest friends.

***Want free shipping?** Have your favorite products delivered to your home every 90 days and pay no shipping. Visit chopra.com/autoship

health-promoting nutrients

Each Chopra Center herbal supplement contains a specific blend of natural rejuvenating herbs known as rasayanas. These powerful herbs have potent antioxidant, anti-aging, and immune supporting qualities.



WOMEN'S DAILY VITALITY

FEEL STRONGER, RADIANT, AND MORE ALIVE

This powerful blend provides antioxidant support with a number of proven ingredients including vitamins C and E, beta-carotene, zinc, selenium, lycopene, and lutein. Women's Daily Vitality supports female reproductive health, helps alleviate symptoms of PMS, and increases energy and vitality.

\$27



MEN'S DAILY VITALITY

INCREASE ENERGY AND BE VITAL AT ANY AGE

Men's Daily Vitality provides key vitamins and minerals for optimal daily health. Rasayana herbs of ashwagandha, amalaki, and shatavari help increase vitality, nourish male reproductive tissue, and improve mental and physical performance.

\$27



PERFECT WEIGHT SUPPORT

YOU CAN ATTAIN YOUR PERFECT WEIGHT

Perfect Weight Support is formulated to address key factors involved in effective weight control, including metabolism, appetite, satiety, and nutrition. Green tea extracts provide high-potency antioxidant nutrients and fat-burning phytochemicals to aid you in finding your perfect weight.

\$19



VEDAMUNE™

ENLIVEN YOUR IMMUNE SYSTEM AND STAY HEALTHY

Vedamune contains a proprietary blend of Ayurvedic herbs, essential minerals, and other potent ingredients to support your immune system and revitalize your body. Powerful herbs offer a unique balance of purifying and rejuvenating properties. Vedamune provides nourishing support to maintain your energy and promote a sense of wellbeing.

\$19



SOOTHING JOINT SUPPORT

OVERCOME YOUR SORENESS THE NATURAL WAY

Finally, a natural approach to relief from soreness, whether it stems from an aching back, stiff joints or muscle strain that can accompany exercise. Extracts from herbs like boswellia, holy basil, and cinnamon inhibit the COX-2 enzyme, a chemical in the body that encourages the production of inflammatory compounds.

\$28



MENOPAUSE WELL BEING

MAKE MENOPAUSE A MORE NATURAL TRANSITION

Rich in Ayurvedic herbs, trace minerals, and phytosterols, Menopause Well Being has been formulated to relieve symptoms, address the causes of menopausal discomfort, and support your overall health during your time of transition.

\$26

single herbs

For thousands of years, Ayurveda has used herbs to help people tap into the healing power of nature. At the Chopra Center, we use the following botanical friends to help us regain and maintain our delicate and vital balance.



SHATAVARI

500 MG PER CAPSULE

Shatavari is one of the prime rejuvenating herbal medicines in Ayurveda. It is considered particularly helpful in conditions affecting the female reproductive system.

\$19



ASHWAGANDHA

500 MG PER CAPSULE

This aromatic herb has a traditional use in supporting rejuvenation after illness and is the primary rasayana for masculine energy. We use ashwagandha at the Chopra Center for its tonic and rejuvenative effects.

\$17



TRIPHALA

500 MG PER CAPSULE

Triphala, formulated by Ayurvedic physicians thousands of years ago and used by billions of people since, is considered the most effective colon tonic by many healthcare practitioners.

\$17



GUGGULU (EXTRACT)

400 MG PER CAPSULE

Guggulu is a purifying herb that cleanses unhealthy tissues, increases the white blood cell count, rejuvenates skin, and detoxifies blood in conditions characterized by congestion or stagnation.

\$19

signature packages

Save 15% when you purchase from the Chopra Center Collection.



WOMEN'S DAILY VITALITY & MENOPAUSE WELL BEING

Supports a healthy female reproductive system.

\$45 (2-pack)



WOMEN'S or MEN'S DAILY VITALITY & PERFECT WEIGHT SUPPORT

Restore metabolic balance & lose weight.

\$39 (2-pack)



WOMEN'S or MEN'S DAILY VITALITY MULTIVITAMINS

Essential daily nutrients for women's and men's health.

\$69 (3-pack)



WOMEN'S or MEN'S DAILY VITALITY & SOOTHING SUPPORT

All-natural pain relief.

\$49 (2-pack)

To see all of our signature packages, visit chopra.com/store

zrii

In Ayurveda, the amalaki fruit is widely considered to be the most rejuvenating super-fruit. For over 5,000 years, Ayurveda has valued amalaki for its rejuvenating, vitality-enhancing, and anti-aging properties.



zrii

ZRII

Zrii is an effective nutritional drink that is scientifically formulated with a blend of amalaki and synergistic herbs. Created with pomegranate, pear, and grape juice, Zrii is rich in antioxidants, free-radical scavenging polyphenols, and bio-stable vitamin C.

Suggested use: enjoy 1–3 ounces per day for optimal health and wellbeing.

25 oz per bottle \$35

NUTRIIVEDA

NutriiVeda is a refreshing 100% natural meal-replacement drink. The scientifically proven ingredients in NutriiVeda have been shown to support fat metabolism, maintain normal blood sugar levels, curb appetite cravings, and promote greater energy levels.

Available in chocolate or vanilla.

1 container \$50

2 containers (1 month supply) \$95



section three

TOUCH

Touch is fundamental to health and wellbeing. When stimulated through therapeutic touch or massage, the skin releases a pharmacy of healing chemicals that have health-promoting effects on the physiology. In addition to feeling good, regular massage and loving touch detoxify the body's tissues, increase circulation, calm the mind, and enhance immune function.

A daily self-massage (self-Abhy) with aromatherapy massage oils is one of the most important tools in Ayurveda to activate your inner pharmacy and slow the aging process. Depending upon your unique mind-body type (dosha), your massage technique should be gentle or more vigorous.



abhy oil AYURVEDIC MASSAGE OIL with organic ingredients

Including traditional Ayurvedic oils of coconut, almond, jojoba, and safflower.



RELAXING

TO BALANCE VATA

This herbal blend is infused with the relaxing herb, dashmula; the Vata-balancing oils patchouli, vetiver, and basil; and other organic botanicals.

SOOTHING

TO BALANCE PITTA

This herbal blend is infused with the cooling herb brahmi; the Pitta-balancing oils ylang-ylang, lavender, and lemon; and other organic botanicals.

INVIGORATING

TO BALANCE KAPHA

This herbal blend is infused with the invigorating herb neem; the Kapha-balancing essential oils rosemary, frankincense, and peppermint; and other organic botanicals.

\$25 each

Learn how to perform a self-abhy. Visit chopra.com/productlibrary

adara AROMATHERAPY BATH & BODY PRODUCTS *with organic ingredients*

After performing a self-Abhy, continue to indulge your senses with the Adara line of Ayurvedic bath and body products. Infused with essential oils from each dosha blend, the Adara line contains ylang-ylang, patchouli, vetiver, rosemary, and other organic botanicals, creating a balanced fragrance to serve all mind-body types.



BODY WASH

THE IDEAL POST-ABHY CLEANSER

Indulge your body with this luxurious natural cleanser. This rich, creamy wash gently cleans and protects without depleting skin of its natural moisture and emollients.

\$19

BODY LOTION

PROMOTE NATURAL BALANCE

Enhance the natural radiance of your skin with this nourishing hand and body lotion. Extracts of organic aloe vera, chamomile, and geranium condition the skin and add hydration.

\$19

Learn how to create a more harmonized daily routine at our signature Chopra Center wellness program – *Perfect Health*.

To learn more about our programs call **1.888.736.6895** or visit **chopra.com**



SHAMPOO

DAILY BALANCING SHAMPOO

Use this rich, hydrating herbal shampoo infused with balancing aromas and traditional Ayurvedic herbs of brahmi and neem to promote strong, healthy, and lustrous hair.

\$17

CONDITIONER

HYDRATING DAILY CONDITIONER

Adara Conditioner leaves your hair feeling soft, protected, and strong. Traditional Ayurvedic herbs of bhringraj and dashmula add shine and luster.

\$17

section four **AROMA**

Our sense of smell connects us directly with our emotions, memories, and instincts. Through a process known as neuro-associative conditioning, we can link a healing response to the experience of a particular smell. For example, if each time we sit to meditate we use a relaxing fragrance, we will soon learn to associate the feeling of relaxation with the aroma.

At other times, simply smelling the fragrance will trigger a sense of quiet relaxation.

- ♦ Identify an aroma you are especially fond of and deeply inhale its essence whenever you are feeling relaxed, at peace or are having a particularly good day.
- ♦ Gradually your body will associate these pleasurable feelings with the use of the aroma.
- ♦ Before long, just the smell of the essence will evoke a heightened state of wellbeing.



satwa INCENSE & TOUCH OIL

Enjoy the peace-invoking sandalwood scent during meditation, yoga or simply as a reminder to be present and celebrate the gift of life.



SATWA

PREMIUM SANDALWOOD INCENSE

For thousands of years, Ayurveda has used the subtle power of fragrance to reestablish balance and harmony in mind and body. Made with rare forms of natural, pure sandalwood powders and oils, this incense creates the perfect atmosphere for your timeless experiences.

\$6

SATWA

PREMIUM SANDALWOOD OIL

This touch oil gives off an exotic lingering scent that is sweet, earthy, and woody. It helps calm the senses and promotes focused grounded feelings. Apply this exquisite blend of essential oil directly to the skin as a reminder to be present and celebrate the gift of life. (10ml)

\$30

rupa NATURAL AROMA BLENDS

Each morning and throughout your day, allow your sense of smell to guide you to the appropriate aroma blend so that you stay balanced in the present moment.



RELAXING

TO BALANCE VATA

A fragrant blend of grounding essential oils to quiet a busy mind and relieve stress or restlessness.

SOOTHING

TO BALANCE PITTA

A fragrant blend of cooling essential oils to help take the edge off irritability and create balance.

INVIGORATING

TO BALANCE KAPHA

A fragrant blend of stimulating essential oils to help inspire natural enthusiasm and enliven energy.

\$24 each

new! synergy 100% PURE GRADE A ESSENTIAL OIL BLENDS

Our Chopra Center synergy oils come in three potent blends. The MEDITATION blend contains lemon oil that will uplift your awareness to higher levels while the lavender keeps you grounded. The BALANCE blend creates a euphoric effect with clary sage, lavender oil, and geranium oil to help ease tension. The PERFECT SLEEP blend contains spikenard and marjoram to help relieve anxiety.

\$30 each



joyta AROMA CANDLES

Lighting a candle has been used throughout time to initiate a celebration, softly illuminate the environment or suffuse the atmosphere with perfume. Made from pure soy and other botanical waxes, these exquisite candles burn smoothly and release their fragrant aroma, while the 100% cotton wick emits no toxic residue.



RELAXING

TO BALANCE VATA

Essential oils of basil, patchouli, vetiver, and other natural fragrances fill the room with peace and serenity.

SOOTHING

TO BALANCE PITTA

Essential oils of lavender, ylang-ylang, lemon, and other natural fragrances promote harmony and tranquility.

INVIGORATING

TO BALANCE KAPHA

Essential oils of rosemary, peppermint, frankincense, and other natural fragrances nurture inspiration and vitality.

\$27 each

Better understand how aroma can create balance and peace at our mind-body wellness workshop, *Journey Into Healing*. To learn more about our programs call **1.888.736.6895** or visit **chopra.com**

section five

TASTE

creating balance with food

In her infinite wisdom, nature has packaged all possible food sources into six tastes—sweet, sour, salty, pungent, bitter, and astringent—as a way to inform us about each food’s influence on our mind-body physiology. All six tastes should be eaten at every meal for us to feel satisfied and to ensure that all major food groups and nutrients are represented. In addition to serving as a source of nutrition, food can help balance mind and body.



surya SPICE BLENDS *now with certified organic ingredients!*

Surya organic spice blends are a delicious mix of herbs and spices lovingly crafted to help you easily enjoy all six balancing flavors in your diet.



VATA

A delicious blend of organic cumin, ginger, cardamom, salt, cinnamon, nutmeg, and asafetida, designed to calm a Vata mind-body type.

PITTA

A delicious blend of organic cumin, coriander, fennel, turmeric, salt, and sugar designed to soothe a Pitta mind-body type.

KAPHA

A delicious blend of organic coriander, turmeric, cayenne, ginger, cinnamon, and mustard designed to balance a Kapha mind-body type.

\$9 each

To learn more about how to eat for balance and other eating awareness techniques, visit chopra.com/productlibrary

Learn how to use food as medicine at our signature weekly wellness program, *Perfect Health*.

To learn more about our programs call **1.888.736.6895** or visit chopra.com

organic dosha-balancing teas

These specially crafted organic herbal teas restore balance and harmony in each dosha type. Our newly designed tea sachets are designed to gradually steep our beautifully aromatic and flavorful organic teas, creating an improved Ayurvedic experience and a better tasting, full-bodied tea. Enjoy the Chopra Center's exclusive high-quality teas at home or on the go.



PASSION PLUM TEA

AVAILABLE ONLY OCT 2010–JAN 2011!

Enjoy our organic holiday tea for a limited time! This herbal Passion Plum tea is a soothing blend of hibiscus, cinnamon, rosehips, orange, ginseng, and passion flower. This herbal brew delivers exquisite flavors with the added benefits of siberian ginseng.

loose tea leaves (4oz) \$12



RELAXING TEA

TO BALANCE VATA

Slow down and generate warmth from the inside out with this Vata-reducing herbal blend. Contains a relaxing blend of organic cinnamon bark, roasted chicory root, ginger root, cardamom, nutmeg, and licorice root.



SOOTHING TEA

TO BALANCE PITTA

This delightfully aromatic tea will soothe, cool, and harmonize your body, mind, and spirit. Contains organic spearmint leaves, coriander, fennel seeds, hibiscus flowers, citronella, lemongrass, and chamomile flowers.



INVIGORATING TEA

TO BALANCE KAPHA

This balanced blend stirs up energy safely and naturally. Contains organic cloves, ginger root, cinnamon bark, peppermint leaves, cardamom, allspice, orange peel, and black pepper.

20 organic tea sachets \$12

section six

WELLNESS

Ayurveda teaches that our natural state is health and balance. Our minds and bodies possess an innate intelligence that seeks to keep us in balance so that we can experience wellbeing, vitality, and joy. We can hinder or block this natural impulse by making choices that create a lot of stress, pushing ourselves too hard, or neglecting our needs. More than 5,000 years ago, the ayurvedic physicians discovered that we can restore our balance and wellbeing through a variety of mind-body healing practices, including awakening our inner pharmacy by nourishing our five senses, and developing a daily routine that honors our body's inner rhythms.



neti pot and ayurnas™

A SOOTHING NATURAL SOLUTION FOR COLDS, ALLERGIES & CONGESTION

Using a neti pot and nasya oil is a traditional method to purify and revitalize the breathing passages. In the same way that massage nourishes and rejuvenates the skin, neti and nasya nourish and rejuvenate the breathing passages.



THE NETI POT

This neti pot is a small container with a spout that can be gently placed into your nostrils through which warm water is administered. It helps to clear and rejuvenate the breathing passages.

\$28



AYURNAS™

The Chopra Center's custom blended nasya oil contains the ingredients of safflower, sesame, and coconut oils along with vitamin E infused with natural aromas of eucalyptus, rose, sandalwood, peppermint, lavender, and basil.

\$19

Visit chopra.com/productlibrary to see our video and learn more about our neti pot and Ayurnas oil.

TO ORDER CALL 800.858.1808 OR 760.494.1637
OR GO ONLINE TO CHOPRA.COM

section seven

JEWELRY

In the ancient Vedic tradition, jewelry was valued not only for its radiant beauty but for the healing properties of the gemstones, precious metals, and other natural elements it contained. The ayurvedic sages prescribed the use of various gems as a subtle treatment for restoring balance to the body, mind, and spirit. For example, gold is considered a warming metal that when worn next to the skin can help counter excess cold and invigorate the bodymind. Silver is a cooling metal that balances a tendency to overheating and irritability. Sandalwood, which is often used to create beads for necklaces, bracelets, and malas, has a fresh, soothing aroma and is considered very grounding and balancing.



mala collection

A mala (a Sanskrit word meaning garland) is a set of beads, traditionally used to focus awareness during meditation. Wearing the mala throughout the day carries the energy of meditation into your daily activities.



RUDRAKSHA

MALA 108 BEADS

\$40



SANDALWOOD (3mm)

WRIST MALA

\$8.50



SANDALWOOD (3mm)

MALA 108 BEADS

\$24



SANDALWOOD & ROSEWOOD

NECKLACE

\$5.50



SANDALWOOD

NECKLACE

\$5.50

chakra collection

According to Tantric tradition, everyone has seven energy centers that serve as junction points between the body and consciousness, or between matter and the mind. These spinning vortices, called chakras in Sanskrit, receive, assimilate and express our vital life energy. These beautiful amulets are available in silver and copper repoussé with fused 24kt gold. **\$160 each.**



CROWN THE SAHASWARA

Wisdom, understanding, spiritual connection, and bliss flow down through this chakra. This mantra is beyond sound.

3RD EYE THE AJNA

Allows us to see the big picture and is a window to cosmic knowledge. Its mantra, inscribed on the back side of the amulet, is OM.

THROAT THE VISHUDDHA

Rules creativity, communication, and growth. Its name means “pure.” Its mantra, inscribed on the back side of the amulet, is HUM.

HEART THE ANAHATA

The innate knowledge of unity, devotion, and universal Love. Its mantra, inscribed on the back side of the amulet, is YUM.

NAVEL THE MANIPURA

Relates to the pure expression of one’s unique individuality in the physical world. Its mantra, inscribed on the back side of the amulet, is RAM.

SACRAL THE SVADHISTANA

Connects us to others through feeling, desire, sensation, and movement. Its name means “abode of the Vital Force” or “dwelling place of the Self.” Its mantra, inscribed on the back side of the amulet, is VAM.

BASE THE MULADHARA

The seat of kundalini, the power of this chakra establishes us in earthly experience. Its mantra, inscribed on the back side of the amulet, is LAM.

mantra collection

The word mantra has two parts: *man*, which is the root of the Sanskrit word for mind; and *tra*, which is the root of the word instrument. A mantra is therefore an instrument of the mind, a powerful sound or vibration that you can use to enter a deep state of meditation. These beautiful amulets are available in silver and pancha dhatu with fused 24kt gold. **\$120 each.**



SAT CHIT ANANDA

CONSCIOUSNESS, BLISS



MOKSHA

LIBERATION, RELEASE



RITAM

TRUTH



AHAM BRAHMASMI

I AM THE UNIVERSE



SHIVA-SHAKTI

UNDIVIDED UNION



TAT TVAM ASI

I AM THAT



SAN KALPA

RESOLUTION, DETERMINATION



OM NAMAH SHIVAYA Bracelet

I BOW TO THE INNER SELF

\$25

sacred jewels collection

Our sacred jewelry collection combines exquisite design with the spiritual traditions of the East. Each piece is beautifully crafted to reflect the essence of some of the world's most ancient sacred symbols. Sacred jewelry is created by master artists with the intention to promote healing and spiritual awakening. As you wear your special piece, you will experience the resonance of its beauty.



TIBETAN DOUBLE DORJI
Blue pearl necklace \$220



TURQUOISE DOUBLE DORJI
Toggle necklace \$148



GEMSTONE CHAKRA
Necklace \$178



TIBETAN DOUBLE DORJI
Quartz Bracelet \$72



CARNELIAN OM GANESH
Bracelet \$56

section eight

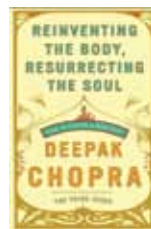
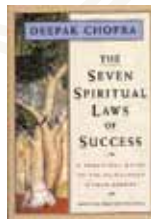
LEARN

Deepak Chopra and David Simon are the authors of more than 70 books, DVDs, and audio programs that have touched millions of people throughout the world. As world-renowned pioneers in the field of integrative medicine and self-development, their work encompasses a rich variety of topics that touch the core of the human experience, including mind-body health, Ayurveda, emotional well-being, spirituality, relationships, yoga, meditation, addiction, ideal weight and nutrition, reversing the aging process, restful sleep, enlightenment, the power of intention, and many other inspiring subjects. We invite you to explore their work – as well as the books, musical CDs, and audios by other like-minded authors featured at the Chopra Center Store.

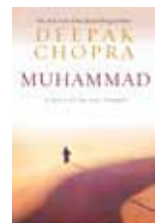
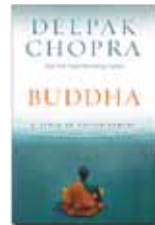
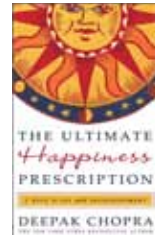
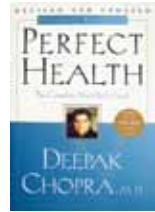


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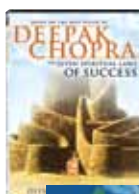
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