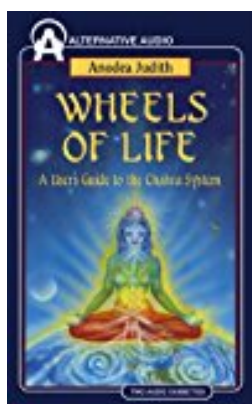


[PDF] Wheels Of Life: A User's Guide To The Chakra System

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Description:

From the Publisher It is truly rare for a book to be a real classic. But that certainly is the case with Anodea Judith's *Wheels of Life*.

When it was first published there was not much in-depth information about the chakras available in the West. But that changed with *Wheels of Life*. People responded by buying over 125,000 copies of

this wonderful book.

Now, *Wheels of Life* has been revised and expanded to meet the times and keep this book the leading title on the subject.

The main focus of *Wheels of Life* is an in-depth examination of each chakra. But it doesn't stop there, for above all, this book is practical. You will learn what each chakra can do for you and how you can clear it, balance it, and strengthen it to help you achieve optimum health, improved spirituality, and strengthening of psychic powers.

Other topics look at the chakras as a group so you can see how they interact. You will learn how chakras function in relationships. New in this edition is an entire chapter on how to foster healthy chakras in children.

Together, the seven chakras form a profound formula for wholeness that integrates mind, body, and spirit. From liberating our spirits to manifesting our dreams, the chakras are the very wheels that carry us through life.

--This text refers to the edition.

About the Author Anodea Judith, Ph.D. is the founder and director of Sacred Centers, and a groundbreaking thinker, writer, and spiritual teacher. Her passion for the realization of untapped human potential matches her concern for humanity's impending crises--her fervent wish is that we "wake up in time." She holds Masters and Doctoral degrees in Psychology and Human Health, with lifelong studies of alternative medicine, yoga, mythology, history, sociology, systems theory, and mystic spirituality. She is considered the country's foremost experts on the combination of chakras and therapeutic issues and on the interpretation of the **Chakra System** for the Western lifestyle. She spends much of her time on the road teaching, with workshops and trainings offered across the U.S., Europe and Central America.

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