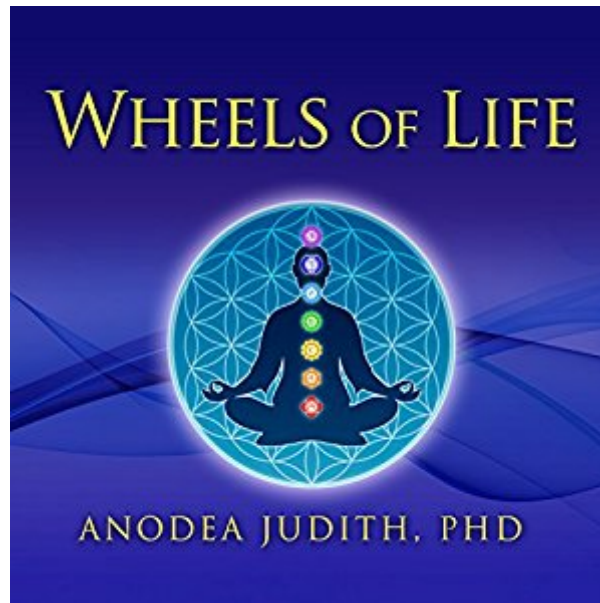




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Wheels Of Life: A User's Guide To The Chakra System



Synopsis

As portals between the physical and spiritual planes, the chakras offer unparalleled opportunities for growth, healing, and transformation. Anodea Judith's classic introduction to the chakra system, which has sold over 200,000 copies, has been completely updated and expanded. It includes revised chapters on relationships, evolution, and healing, and a new section on raising children with healthy chakras. *Wheels of Life* takes you on a powerful journey through progressively transcendent levels of consciousness. View this ancient metaphysical system through the light of new metaphors, ranging from quantum physics to child development. Learn how to explore and balance your own chakras using poetic meditations and simple yoga movements - along with gaining spiritual wisdom, you'll experience better health, more energy, enhanced creativity, and the ability to manifest your dreams.

Book Information

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Customer Reviews

A great book for beginners and seasoned spirituals. There is an in-depth chapter for each chakra with exercises to go with each one. I found it informative and helpful, if you'd like to learn about chakras or further your understanding this book is definitely one to add to your collection.

I haven't finished the book yet. The book is very interesting. Not having been exposed to Eastern teachings with my friends years ago, this is fascinating information. It makes a lot of sense. I started by reading bits and pieces throughout the book. Now I'm reading sequentially but only gotten through chapter 2. I recommend it for getting an overall concept of one's Being. It offers a logical

progression of self- and other-awareness. Very well written thorough , though not tedious, explanations. A good read.

We started a yoga book club at the studio I teach at and this was a fantastic book! We all learned so much while receiving so much inspiration for our classes. Its relatable and easy to read from for both the beginner and the "novice". I appreciate how the author gives you information from both a scientific and spiritual aspect. You can take and use as little or as much of the information as you want to. Highly recommend this book

One of my favorite books on energy work. A MUST for energy workers or those searching higher enlightenment.

I enjoyed reading this book and it gave me a lot of new information as well as a reference

this book is so cool great advice

My favorite book for the Chakra. Very readable.

Great book so far!! Highly recommend this book for anyone interested in learning more about Chakras.

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