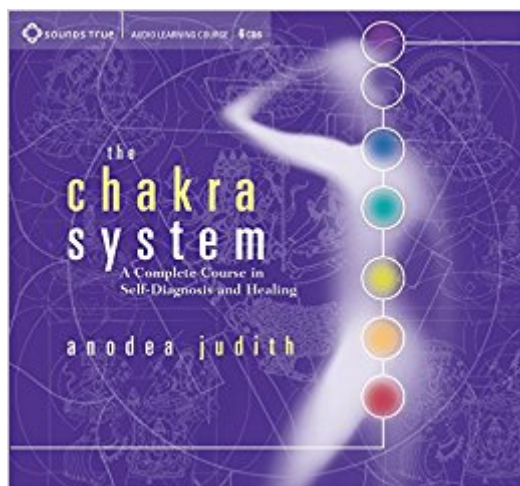


The book was found

The Chakra System: A Complete Course In Self-Diagnosis And Healing



Synopsis

Through her pioneering work with the chakra system, Anodea Judith has mapped the striking connections between the yogic healing arts and modern psychology, as well as demonstrated how a combination of both can be dramatically more effective than using either one alone. On The Chakra System, listeners join Judith in 12 sessions of personal one-on-one guidance to learn how to use the seven chakras, or energy centers, to strengthen and focus their personal power, improve intimate relationships, enhance intuition, and enter into their highest spiritual wisdom. What, exactly, does it feel like when a chakra is deficient, excessive, or blocked? Can our early life experiences affect the energetic patterns that shape our physical and emotional well-being as adults? If so, how do we clear these blockages? Anodea Judith addresses these and many other issues, using the same proven meditations, visualizations, and moving postures taught in her acclaimed chakra seminars. Even for people who have studied the chakra system for years, one question often remains: How do I actually work with the chakras to assist in healing? With The Chakra System, Anodea Judith responds with the first guided audio learning course about chakra work—the ultimate curriculum for tapping the hidden energy matrix of the body.

Book Information

Audio CD

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Customer Reviews

Anodea has put together a wealth of information on the chakras from her experience and has presented it in such a way as to be practical and applicable to day to day life. As a student of Energetic and Spiritual Healing I have studied many versions of work on the chakras. Although I have attended training and studied the works of Caroline Myss (who seems to be the favourite at

the moment) I have to say that for thorough information on the chakras and methods of practically working with them, I prefer Anodea's work (books and audios).

This six-tape series is incredible. I have listened to each tape at least twice, and have gotten something extra each time I listened. Diane Stein strongly recommended all of Anodea Judith's work, and I agree wholeheartedly. I will be ordering more of Anodea's books and tapes in the near future. Thank you so much

Anodea Judith is remarkably gifted at breaking down a very complex system into easy to understand language. By reviewing each Chakra, its development, both healthy and unhealthy, and what is required for healing, Anodea enables one to assess and heal one's whole body system. This is a very powerful and effective system.

No one delivers a more clear or comprehensive perspective on the seven sacred chambers known as the chakras. This set is truly what it says it is, a Complete course in Self-diagnosis and Healing. You will find yourself referring back to it frequently.

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