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### **Wheels of Life : Anodea Judith : 9780875423203**

Wheels of Life: A User's Guide to the Chakra System (Llewellyn's New Age Series) by Anodea Judith | Jan 1, 1987.  
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### **Anodea Judith | Chakra Healing**

World-renowned teacher, somatic therapist, best-selling author, and advanced yoga teacher, Anodea Judith, Ph.D., addresses all this and more in her groundbreaking book on mastering the life force. Taken from her decades of teaching on the subject and her doctoral work in Mind-Body medicine, this book contributes something entirely new to the literature on healing self and others.

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She is a well-loved workshop presenter, whose exhilarating live workshops are not only informative but life-changing, with trainings for therapists, yoga teachers, and leaders, with transformative techniques for those on the path of awakening. She is also a global presenter in online workshops and summits.

## **Anodea Judith | About**

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Anodea Judith is a groundbreaking thought leader who is the founder and director of Sacred Centers, and a writer, therapist, and spiritual teacher. Her passion for the realization of human potential matches her concern for humanity's impending crises—her fervent wish is that we “wake up in time.”

### **Wheels Of Life: The Classic Guide To The Chakra System ...**

She is best known for her first book, WHEELS OF LIFE, while EASTERN BODY, WESTERN MIND is used in healing schools everywhere and her DVD, THE ILLUMINATED CHAKRAS, won best animation at the NY Film...

### **Anodea Judith - Understanding Your Chakras - YouTube**

Anodea Judith has made this quest in a way to help you heal your chakras and then use them to help you manifest things you want into your life, and doing this course recently was the perfect time for me.

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## **My Review Of The Chakra Healing Quest By Anodea Judith**

Anodea Judith's classic introduction to the chakra system, which has sold over 300,000 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.

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