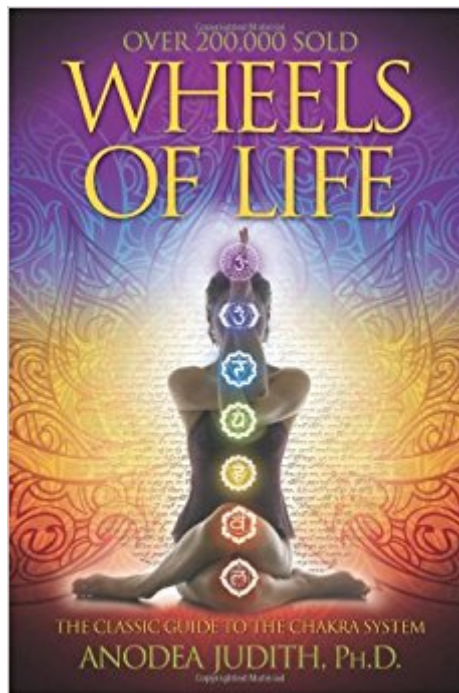




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# Wheels Of Life: A User's Guide To The Chakra System (Llewellyn's New Age Series)



## Synopsis

> 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 will experience better health, more energy, enhanced creativity, and the ability to manifest your dreams. Praise: "Wheels of Life is the most significant and influential book on the chakras ever written." • John Friend, founder of Anusara Yoga

## Book Information

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## Customer Reviews

Wheels of Life, by Anodea Judith, PhD View larger Use Your Chakras to: Gain spiritual wisdom Experience Better Health Discover New Energy Enhance Creativity Manifest Your Dreams Over 200,000 Sold! 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. Praise: "Wheels of Life is the most significant and influential book on the chakras ever written." • John Friend, founder of Anusara Yoga.

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.

**EXPLORE THE SACRED ARCHITECTURE OF YOUR BODY AND PSYCHE**As portals between the physical and spiritual planes, chakras represent the sacred architecture of your body and psyche. This classic introduction to the chakras, which has sold over 100,000 copies, has been completely updated and expanded. In addition to revised chapters on relationships, evolution, healing, and divination, it includes a new section on raising children with healthy chakras. *Wheels of Life* takes you on a wondrous journey through the progressively transcendent levels of consciousness. View this ancient metaphysical system by the light of new metaphors: quantum physics, elemental magic, and the Kabbalah. Learn how to explore your own chakras using poetic meditations, physical expression, and visionary art.

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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