



## Wheels of Life: A User's Guide to the Chakra System (Llewellyn's New Age Series)

By Anodea Judith

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### Wheels of Life: A User's Guide to the Chakra System (Llewellyn's New Age Series) By Anodea Judith

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.

#### Praise:

“*Wheels of Life* is the most significant and influential book on the chakras ever written.”

— John Friend, founder of Anusara Yoga



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### **Bibliography**

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### Editorial Review

#### 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.

#### From the Back Cover

#### 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.

#### About the Author

Anodea Judith is the founder and director of Sacred Centers and a groundbreaking thinker, writer, and spiritual teacher. She holds master's and doctoral degrees in psychology and human health, with lifelong studies of alternative medicine, yoga, mythology, and mystic spirituality.

Randye Kaye is an accomplished voice talent, actress, singer, broadcaster, and author. She received a Listen-Up Award nomination and starred reviews for *Ben Behind His Voices*, which she also wrote, bringing together the various facets of her career.

## **Users Review**

### **From reader reviews:**

#### **Susan Burroughs:**

The reserve with title Wheels of Life: A User's Guide to the Chakra System (Llewellyn's New Age Series) contains a lot of information that you can understand it. You can get a lot of gain after read this book. This book exist new expertise the information that exist in this book represented the condition of the world now. That is important to you to learn how the improvement of the world. This specific book will bring you within new era of the syndication. You can read the e-book with your smart phone, so you can read this anywhere you want.

#### **Gabriel Cleveland:**

This Wheels of Life: A User's Guide to the Chakra System (Llewellyn's New Age Series) is brand-new way for you who has attention to look for some information mainly because it relief your hunger associated with. Getting deeper you in it getting knowledge more you know or you who still having tiny amount of digest in reading this Wheels of Life: A User's Guide to the Chakra System (Llewellyn's New Age Series) can be the light food for yourself because the information inside that book is easy to get by simply anyone. These books build itself in the form that is certainly reachable by anyone, that's why I mean in the e-book application form. People who think that in book form make them feel drowsy even dizzy this book is the answer. So there isn't any in reading a guide especially this one. You can find what you are looking for. It should be here for you actually. So , don't miss the item! Just read this e-book type for your better life in addition to knowledge.

#### **Linda Young:**

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#### **Richard Ma:**

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