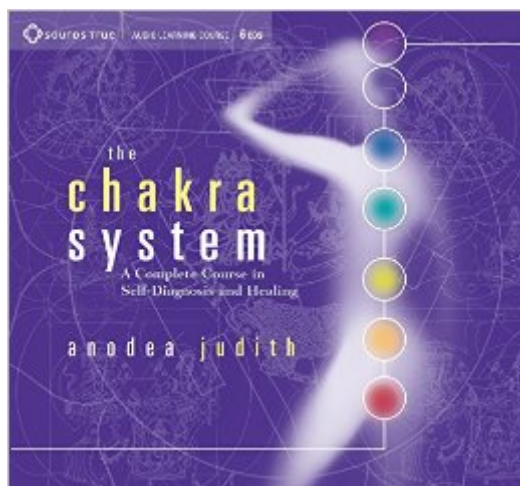


The book was found

# 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

Publisher: Sounds True; Unabridged edition (November 1, 2003)

Language: English

ISBN-10: 1591791251

ISBN-13: 978-1591791256

Product Dimensions: 6.8 x 1 x 6.5 inches

Shipping Weight: 1.1 pounds (View shipping rates and policies)

Average Customer Review: 5.0 out of 5 stars— See all reviews— (8 customer reviews)

Best Sellers Rank: #938,472 in Books (See Top 100 in Books) #112 in Books > Books on CD > Health, Mind & Body > Fitness #315 in Books > Books on CD > Reference #485 in Books > Books on CD > Health, Mind & Body > General

## 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.

[Download to continue reading...](#)

The Chakra System: A Complete Course in Self-Diagnosis and Healing Master Self-Discipline: Simple and Effective Steps to Develop Self Discipline, Get Organized, and Make Things Happen! (Willpower, Stress Management, Self ... (Self Improvement And Motivational Book 1) A Handbook of Chakra Healing: Spiritual Practice for Health, Harmony and Inner Peace Chakras: Understanding the 7 Main Chakras for Beginners: The Ultimate Guide to Chakra Mindfulness, Balance and Healing Python: Python Programming Course: Learn the Crash Course to Learning the Basics of Python (Python Programming, Python Programming Course, Python Beginners Course) Chakra Wisdom Oracle Toolkit: A 52-Week Journey of Self-Discovery with the Lost Fables Crystal Healing: How crystal healing works, crystal therapy, the human energy field, gemstones, and how to use crystals for healing and increased energy! Healing Scriptures for a Broken Heart: Experience Emotional Healing and Healing the Wounds of the Past Healing Scriptures: 300 Healing Bible Verses on the Proven Healing Promises from God's Word Wheels of Life: A User's Guide to the Chakra System Wheels of Life: A User's Guide to the Chakra System (Llewellyn's New Age Series) Self-Healing with Sound and Music: Revitalize Your Body and Mind with Proven Sound-Healing Tools Crystal Wisdom Healing Oracle: 50 Oracle Cards for Healing, Self Understanding and Divination Nutrition and Diagnosis-Related Care (Nutrition and Diagnosis-Related Care ( Escott-Stump)) Skin Disease:

Diagnosis and Treatment, 3e (Skin Disease: Diagnosis and Treatment (Habif)) Nursing Care Plans: Nursing Diagnosis and Intervention, 6e (Nursing Care Plans: Nursing Diagnosis & Intervention) Differential Diagnosis for Physical Therapists: Screening for Referral, 5e (Differential Diagnosis In Physical Therapy) A Clinician's Guide to Dermatologic Differential Diagnosis, Volume 1: The Text (Encyclopedia of Differential Diagnosis in Dermatology S) Mosby's Guide to Nursing Diagnosis, 5e (Early Diagnosis in Cancer) The 21-Day Self-Confidence Challenge: An Easy and Step-by-Step Approach to Overcome Self-Doubt & Low Self-Esteem

[Dmca](#)