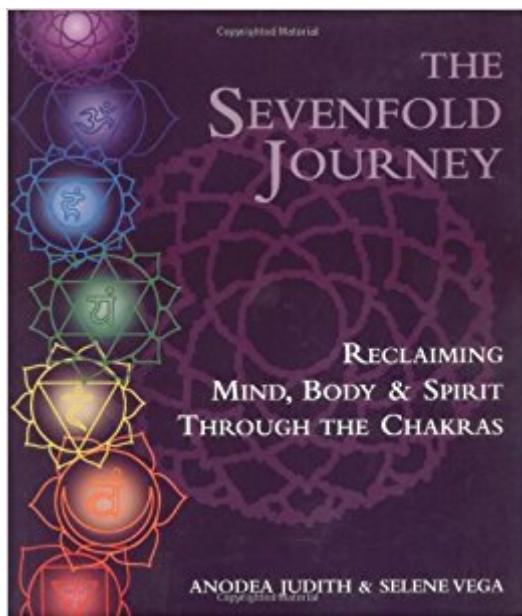


The book was found

The Sevenfold Journey: Reclaiming Mind, Body And Spirit Through The Chakras



Synopsis

Combining yoga, psychotherapy, movement, and ritual, the authors weave ancient and modern wisdom into a powerful tapestry of techniques for facilitating personal growth, healing, and transformation. Based on their popular Nine-Month Chakra workshops, THE SEVENFOLD JOURNEY provides a step-by-step approach to healing and balancing one's life using contemporary psychotherapeutic techniques, yoga, bioenergetics, journal exercises, meditation, dance, and ritual. Visit the home pages of Anodea: <http://sacredcenters.com/> and Selene: <http://spiritmoving.com/>

Book Information

Paperback: 304 pages

Publisher: Crossing Press; 1 edition (April 1, 1993)

Language: English

ISBN-10: 0895945746

ISBN-13: 978-0895945747

Product Dimensions: 8.4 x 0.8 x 10 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.6 out of 5 stars 36 customer reviews

Best Sellers Rank: #102,386 in Books (See Top 100 in Books) #51 in Books > Religion & Spirituality > Hinduism > Chakras #263 in Books > Religion & Spirituality > New Age & Spirituality > Spiritualism #547 in Books > Religion & Spirituality > New Age & Spirituality > Mental & Spiritual Healing

Customer Reviews

Using the ancient Hindu sevenfold chakra system but updated for contemporary New Agers, this self-help manual sees the chakras as dealing with seven essential rights--to have, feel, act, love and be loved, speak and hear the truth, see, and know. The authors, both clinical psychologists, provide a self-help manual of personal mind-body spirit growth and integration based upon their chakra workshops. They outline a wide variety of exercises, for individuals and sometimes for partners, with attention to details of environment (or altar), color, and music and with suggestions for further resources. In whole or in part, this book will be a useful, practical guide for those interested in its combination of modern psychotherapy, physical culture, and ancient yogic perspective.

Recommended for public libraries with New Age collections. Copyright 1993 Reed Business Information, Inc.

ANODEA JUDITH, Ph.D., is a leading authority on the integration of chakras and therapeutic issues. She is the author of the chakra classic *Wheels of Life*, along with several other books, audio courses, and the video *The Illuminated Chakras*. She has a Ph.D. in health and human services, an M.A. in clinical psychology, and additional training in bioenergetics, trauma recovery, yoga therapy, and shamanism. She lives in Sebastopol, California, and travels extensively with trainings and workshops.

Thanks to Kelseyskorner for a great buy!! I am collecting all of Anodea Judith's books and enjoying each of them!

This is exactly what I was looking for. It's very comprehensive and clear. I'm excited to use and frequently refer to this guidebook as part of my own healing journey beginning with the "root chakra". Very well worth the investment for your health.

I am enjoying this chakra awareness class at my own pace, What I can say about this book changes as I change from the transformation experiences therein. I highly recommend it for those who want to roll up their sleeves and do the work of yoga, life challenges and journalling on each of the chakras. The adventure awaits for those who enjoy active learning.

Best introduction to chakra exploration I have seen in my many years of study on the subject.

Book arrived in great condition! I am working with a group exploring the chakras with Anodea Judith's book *Eastern Mind, Western Body* and this is a perfect companion to dive deeper!

The book was delivered promptly in great condition. I am going through the exercises and hope to lead a class in chakra enhancement soon. It has been very revealing for where I need to put energy into.

I was surprised at how well this book was put together. I considered myself fairly knowledgeable on the chakra system but this book was less technical but more practical about the basics of the system. It has been wonderful grow another level using this book. It was interesting watching the entire class process each chakra throughout the workshop. Just by reading the book and

acknowledging and learning about each chakra everybody's life was changed by healing in areas that needed work, even if we weren't aware there was work to be done. After journeying through the book, I'm humbled and left thirsty to learn more. The only con is that the photo's in the book need updating, although I did find the 1980's clothing to be amusing.

This is an amazingly helpful book. Perfect for this year of turmoil.

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

The Sevenfold Journey: Reclaiming Mind, Body and Spirit Through the Chakras CHAKRAS: Chakras For Beginners - How to Awaken And Balance Chakras, Radiate Positive Energy And Heal Yourself (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga) CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakras, Chakras For Beginners, Awaken Chakras, Third Eye) CHAKRAS: Chakras for Beginners - Awaken Your Internal Energy and Learn to Radiate Positive Energy and Start Healing (Chakra Meditation, Balance Chakras, Mudras, Chakras Yoga) Chakras: Awaken Your Internal Energy & Balance Chakras, Radiate Energy and Healing Through Meditation (Chakras, Spirituality, Serenity) CHAKRAS: Mudras for Balancing and Awakening Chakras: The Powerful Personalised Meditation Guide, Cleanse And Activate Your 7 Chakras, Feel Energised And ... Mudras, Enlightenment, Spirituality) Mudras for Awakening Chakras: 19 Simple Hand Gestures for Awakening and Balancing Your Chakras: [A Beginner's Guide to Opening and Balancing Your Chakras] (Mudra Healing Book 3) Chakras: Purify and Strengthen Your Inner Self- Radiate Energy, Balance Chakras and Meditation Healing (Chakras, meditation,mindfulness,) Chakras: Chakras :Learning To Balance Your Chakras Made Simple (Chakra Alignment ,Chakra Healing, Chakra Balancing Book 1) Chakras: Chakras for Beginners, Awaken Your Internal & Positive Energy, Healing, Spiritual Growth, & Balancing, Essential Oil for the Chakras CHAKRAS: Chakras For Beginners: Step-by-Step Practical Guide to Awaken Your Internal Energy & Balancing the 7 Core Chakras Using Meditation Mudras (Spirituality, ... Emotional Physical or Mental Imbalances) Chakras: Activate Your Internal Energy Centers And Heal Yourself - The Complete Guide To Chakras For Beginners: Balance Your Body, Mind And Soul Chakras: Complete Beginner's Guide to Balance the Chakras and Heal Your Body Through Positive Energy Chakras: Awaken Your Internal Energy - Balance Chakras, Radiate Energy and Healing Through Meditation Chakras: How to Awaken Your Internal Energy through Chakra Meditation (Chakras for Beginners) Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals

Book 1) Crystal Healing: Charge Up Your Mind, Body And Soul - Beginner's Journey (Crystal Healing For Beginners, Chakras, Meditating With Crystals, Healing Stones, Crystal Magic, Power of Crystals) (Volume 1) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Chakras: Understanding the 7 Main Chakras for Beginners: The Ultimate Guide to Chakra Mindfulness, Balance and Healing Chakras Easy Guide for Beginners: Chakra Meditation, Understanding and Balancing the 7 Chakras

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)