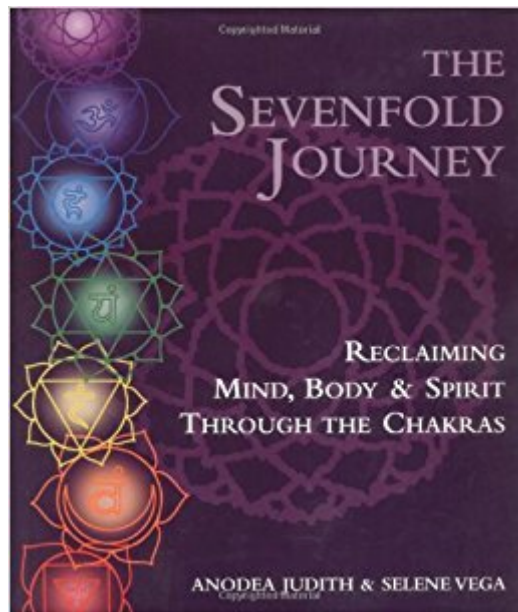




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# **The Sevenfold Journey: Reclaiming Mind, Body And Spirit Through The Chakras**



## 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

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## 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.

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