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**Anodea Judith : Chakras: Seven Keys to Awakening and Healing the Energy Body (Hay House Basics)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Chakras: Seven Keys to Awakening and Healing the Energy Body (Hay House Basics):

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Chakras are energy centers within the body, centers of organization that receive, assimilate, and transmit life force energy. Our physical, mental and emotional states depend on the state of each of these energy points. In this book, world expert on chakras and bestselling author Anodea Judith explores the chakra system as a whole and teaches you how to work with it to heal the most important aspects of your life. She provides comprehensive and clear information to enable you to take your well-being into your own hands by repairing any imbalances in your energetic body. This book explores: middot; The meaning, function, and purpose of each chakra middot; Childhood developmental stage in which that chakra is primarily programmed and how this affects our emotional and physical states later in life middot; Excess, deficiency, and balanced states of the chakras middot; States of consciousness and personal identities relating to the chakras (physical, emotional, egoic, social, creative, archetypal, universal) middot; The 4 energetic currents dependent on the chakras: liberation and manifestation, reception and expression middot; The archetypal element related to each chakra (earth, water, fire, air, sound, light, and thought) middot; Techniques for working with your chakras (yoga, breathing, meditating, chanting, colors, psychological history, etc.) hellip;and much more!

About the AuthorAnodea Judith PhD is considered one of the USArquo;s foremost experts on the combination of chakras and therapeutic issues and on the interpretation of the chakra system for the Western lifestyle. She is the founder and director of Sacred Centers, and a writer, therapist and spiritual teacher. She holds Masters and Doctoral degrees in Psychology and Human Health. Anodea has written 7 successful books about the chakra system and is best

known for the classic, *Wheels of Life: A User's Guide to the Chakra System*, which is considered the definitive work on the subject. [www.sacredcenters.com](http://www.sacredcenters.com) nbsp;

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