

# Anodea judith wheels of life

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**What are the four wheels of life?** One needs to strive for holistic growth in order to have a life worth remembering, which is only possible if the four wheels of the cycle — physical, mental, emotional and spiritual well-being — are aligned in resonance with each other.

**What is the summary of the wheels of life?** Brief summary Wheels of Life by Anodea Judith is a comprehensive guide to the chakra system. It explores the seven energy centers in the body and provides tools for balancing and harmonizing them for personal growth and transformation.

**What religion is Wheel of Life?** The Bhavachakra, the Wheel of Life or Wheel of Becoming, is a mandala - a complex picture representing the Buddhist view of the universe. To Buddhists, existence is a cycle of life, death, rebirth and suffering that they seek to escape altogether.

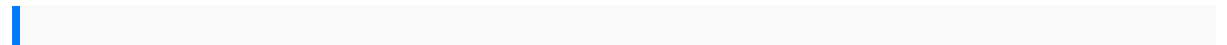
**What is the spiritual meaning of the wheel of life?** The Wheel of Life is a powerful tool that compares how your life is currently with how you'd ideally like it to be, providing a vivid visual representation. As life coaches, you can use it as an assessment tool to help your prospects understand their life balance and personal satisfaction.

**What does the wheel of life teach?** The Tibetan Wheel of Life addresses the meaning of life. It explains the causes behind the pain and sufferings of all existence and, therefore, shows us a path out of it. In Tibet and among Tibetan communities in exile, this painting is often found at the doorways of temples.

**What is the concept of the wheel of life?** A Quick Wheel of Life Definition: The Wheel of Life is a visual tool or exercise used in coaching to help clients quickly

understand how balanced or fulfilled their life is in this moment. The wheel is usually made up of 8 categories or areas that are important for a whole or balanced life.

**What is the goal of the wheel of Life exercise?** This is where the Wheel of Life® (or Life Wheel) can help. Commonly used by professional life coaches, it helps you consider each area of your life in turn and assess what's off balance. As such, it helps you to identify areas that need more attention.



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