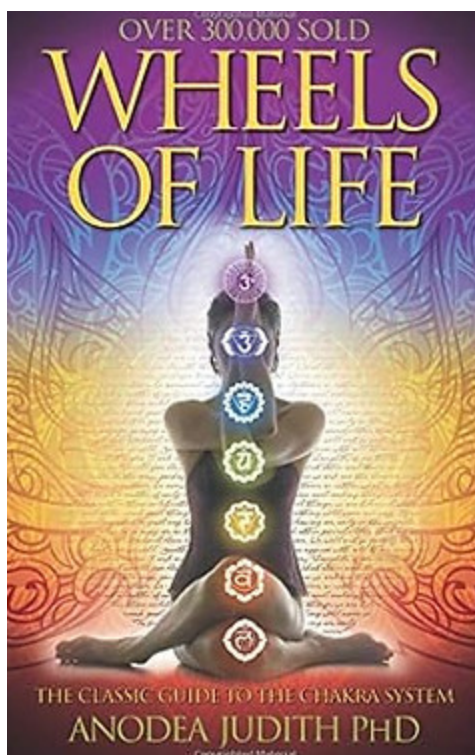


Books

☰ Content Needs	<div>CTAs</div> <div>Copy</div> <div>Images</div>
☰ Notes	Display all of Anodea's published books with covers, descriptions, and purchase links
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🕒 Page Type	Services
⚙️ Status	Not Started
🔗 WordPress URL	https://squirrelrock.com/AJ/books/

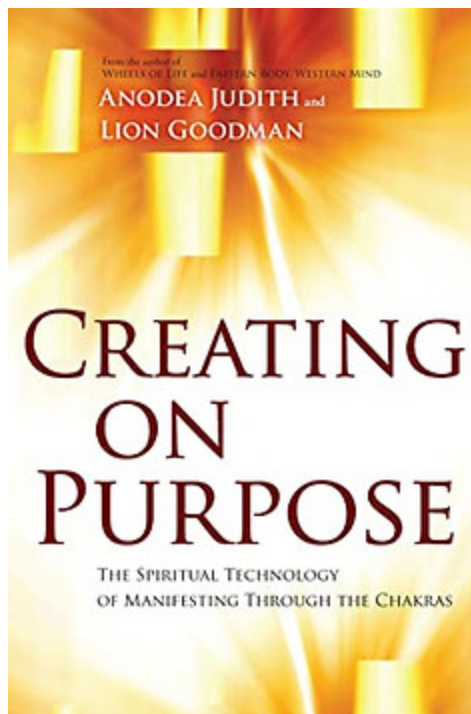
WHEELS OF LIFE - image: wheels-of-life.jpg



As portals between the physical and spiritual planes, the chakras offer unparalleled opportunities for growth, healing, and transformation. Anodea

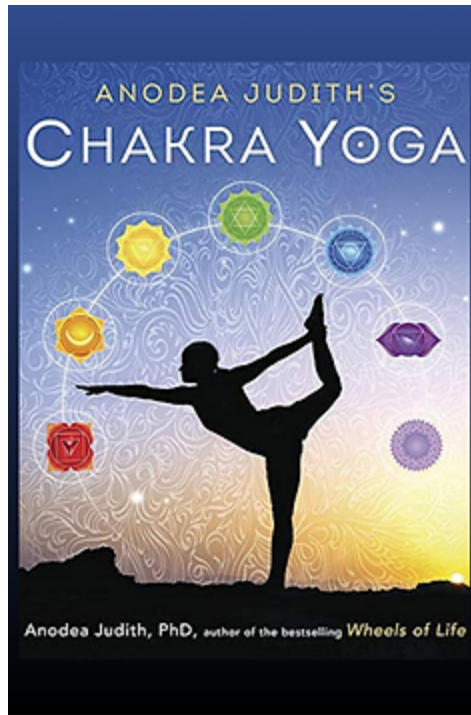
Judith's classic introduction to the chakra system, which has sold over 300,000 copies, has been completely updated and expanded. It includes revised chapters on relationships, evolution, and healing, and a new section on raising children with healthy chakras

CREATING ON PURPOSE - image: creating-on-purpose.jpg



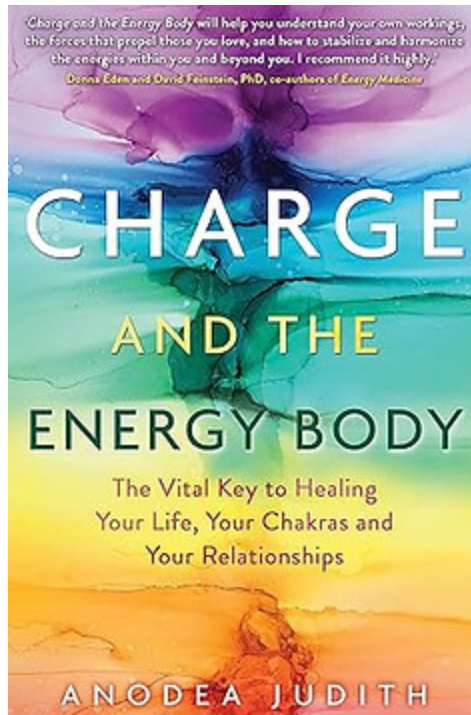
In *Creating on Purpose*, innovative teachers Anodea Judith and Lion Goodman present a comprehensive, systematic method for realizing your highest aspirations. Shared with thousands in their popular nationwide workshops, this unique, step-by-step approach guides us through a rich study of the inner self, the outer world, and how to connect the two to make your dreams come true.

CHAKRA YOGA -image: chakra-yoga-book.png



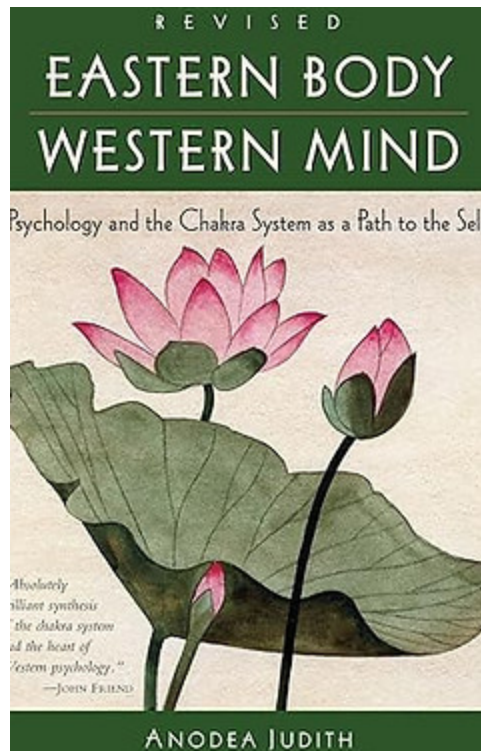
Anodea Judith is the world's bestselling author and foremost expert on the chakras. In this inspirational guide, she introduces each of the seven major energy centres in the body and offers practical tools for using this incredible energy system to take charge of your wellbeing, express your true self and navigate your journey towards full-spectrum living.

CHARGE AND THE ENERGY BODY - image: charge-and-the-energy-body.jpg



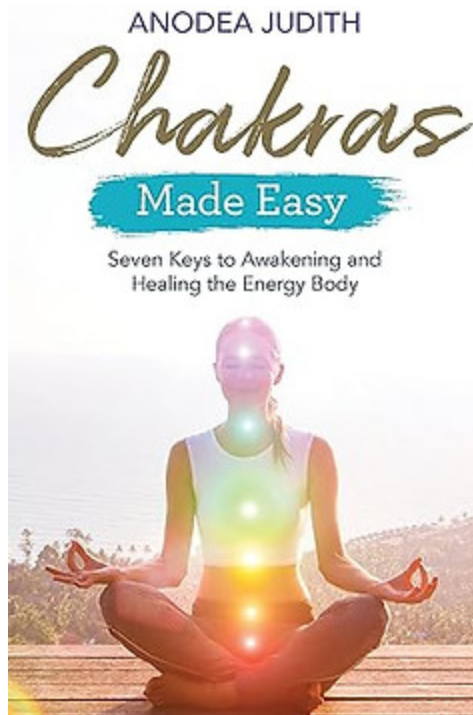
Charge is a word for the basic life force running through us. This force is crucial if we are to meet the challenges of difficult situations, heal past wounds and traumas, and manage the stress of modern life. Even more, it is essential for understanding how to master your own life force and become all you can be.

EASTERN BODY WESTERN MIND - image: eastern-body-western-mind.jpg



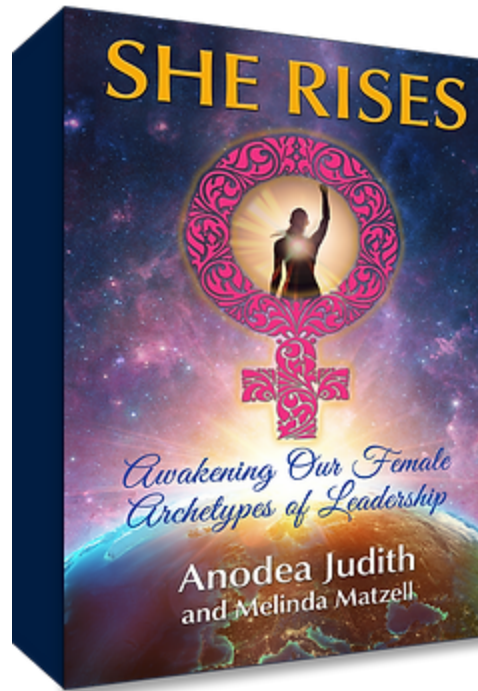
In *Eastern Body, Western Mind*, chakra authority Anodea Judith brought a fresh approach to the yoga-based Eastern chakra system, adapting it to the Western framework of Jungian psychology, somatic therapy, childhood developmental theory, and metaphysics and applying the chakra system to important modern social realities and issues such as addiction, codependence, family dynamics, sexuality, and personal empowerment.

CHAKRAS MADE EASY - image: chakras-made-easy.jpg



Anodea Judith is the world's bestselling author and foremost expert on the chakras. In this inspirational guide, she introduces each of the seven major energy centres in the body and offers practical tools for using this incredible energy system to take charge of your wellbeing, express your true self and navigate your journey towards full-spectrum living.

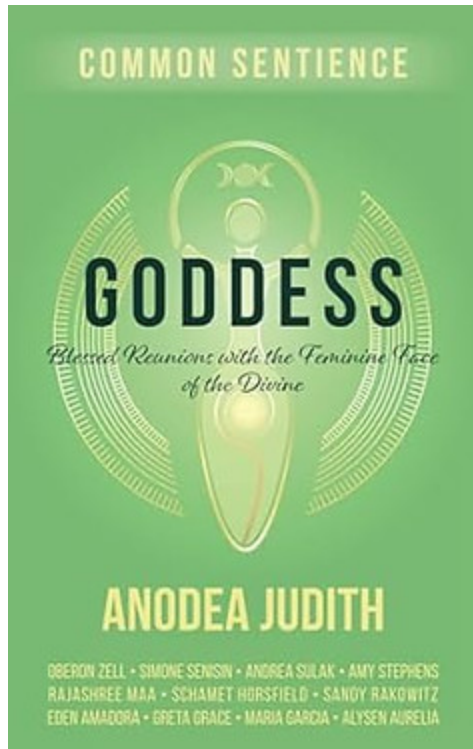
SHE RISES CARD DECK - image: deck_cards-3d_box.png



AWAKENING OUR FEMALE ARCHETYPES OF LEADERSHIP

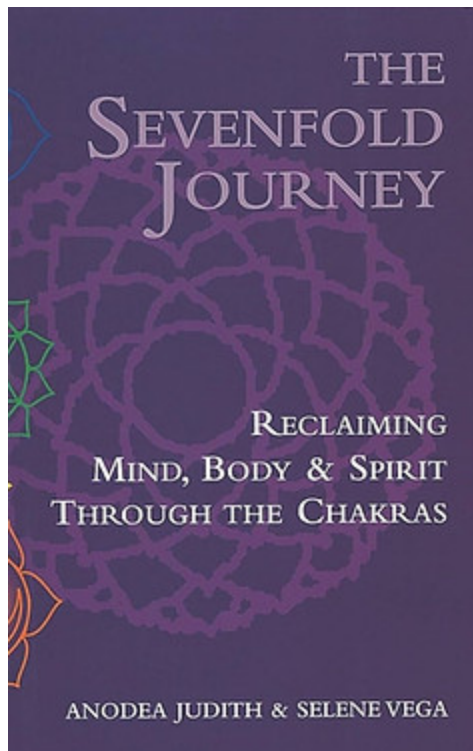
This deck features 38 archetypes of female empowerment and leadership, as they reflect the journey of a woman through her many stages of life, from birth to death. Each archetype is expressed through the voice of I, She, and You. The "I" voice speaks from the archetype herself, the "She" section tells you all about her history and standing in the world, while the "You" section gives you advice when you choose that card.

GODDESS - image: deck_cards-3d_box.png



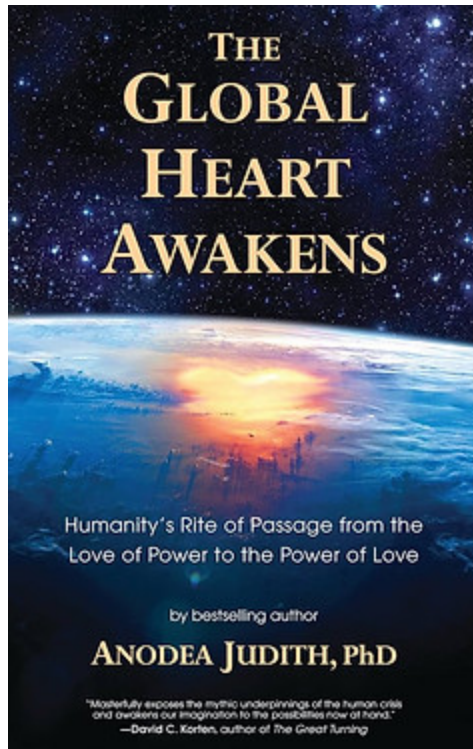
The Goddess is essential to the heart of all existence. To meet her is to love her and to be embraced by her love in return. Feel her essence and dance her into the wild and free expression of the life force she is. Through the Goddess, you will connect to magic and mystery, engage with love and beauty, and ground yourself in the sacred wholeness of nature.

THE SEVENFOLD JOURNEY - image: the-sevenfold-journey.jpg



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.

THE GLOBAL HEART AWAKENS - image: the-global-heart-awakens.jpg



Positing that modern society is an adolescent culture, driven by greed and power and lying on the cusp of an era of spiritual growth and shifting values, this book explores mythic themes in various historical eras to explain the past, present, and future of the human experience. It suggests that the world is facing a rite of passage into adulthood and that a time of cooperation, stabilization, and sharing is approaching.