
The Sevenfold Journey Reclaiming Mind Body And Spirit Through The Chakras

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The Sevenfold Journey Reclaiming Mind Body and Spirit Through the Chakras 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

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The Sevenfold Journey Reclaiming Mind Body and Spirit

The Sevenfold Journey is a wonderful guide to using the chakra system for self improvement After providing an overview of the chakras the book goes into much more detail about each one including related foods colors symbols etc and causes and effects of difficiencies in each chakra

ADVANCED ENERGY PSYCHOTHERAPY AND THE CHAKRA SYSTEM

Eastern Body Western Mind is more of a thorough academic reference book – one that I feel should be in the library of all mental health professionals It is the bridge between the esoteric world of energy and the mainstream world of counseling and psychotherapy

Amazon com Customer reviews The Sevenfold Journey

Unfortunately the only book you will ever need is her Eastern Body Western Mind That is truly a body of work that all serious students of the healing arts should possess This book just doesn t offer up any more insights However if you don t already have the aforementioned book this is a good introduction into the topic of chakras

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