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Through The Chakras By Judith Anodea Vega Selene 1st First American  
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# **The Sevenfold Journey Reclaiming Mind Body And Spirit Through The Chakras By Judith Anodea Vega Selene 1st First American Edition Edition 411993**

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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.**

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The Sevenfold Journey Reclaiming Mind, Body & Spirit Through The Chakras. author: Anodea Judith & Selene Vega The Crossing Press 1993 ISBN #0-89594-574-6. The Sevenfold Journey is based on classes taught by Anodea Judith and Selene Vega. It is an internal journey, through the chakra system, that opens any and all doors that the practitioner allows it to.

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Based up the book The Sevenfold Journey: Reclaiming Mind, Body and Spirit through the Chakras By Anodea Judith and Selene Vega We are meeting on Zoom until we are able to meet in person again. This is a systematic workbook for addressing material in each chakra through a multi-disciplined approach.

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