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The Sevenfold Journey Reclaiming Mind

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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.

The Sevenfold Journey: Reclaiming Mind, Body and Spirit ...

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.

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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. This is a workbook for better living - if the principles found here are applied, transformation will occur!

The Sevenfold Journey

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Writing – SpiritMoving

The Sevenfold Journey: Reclaiming Mind, Body and Spirit Through the Chakras goes into exclusive depth on how combining yoga, bioenergetics, journaling, dance, meditation, movement, ritual, and even psychotherapy with chakra healing can open up and create incredibly powerful transformative healing experiences.

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