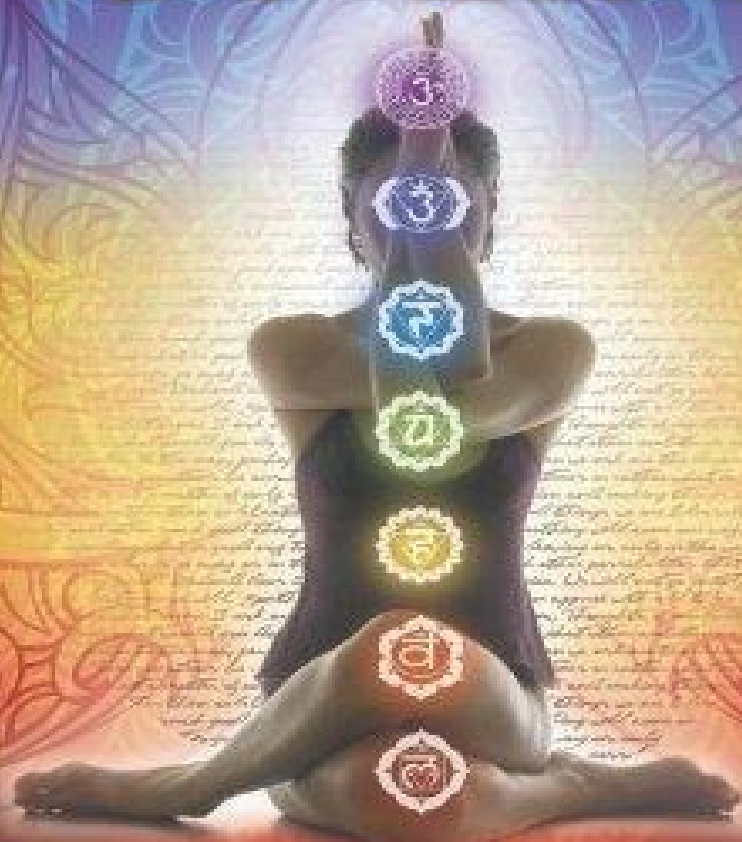


Copyrighted Material  
OVER 200,000 SOLD

# WHEELS OF LIFE



THE CLASSIC GUIDE TO THE CHAKRA SYSTEM  
ANODEA JUDITH, Ph.D.

Copyrighted Material

REVISED AND EXPANDED EDITION  
OVER 100,000 SOLD

# WHEELS OF LIFE



A USER'S GUIDE TO  
THE CHAKRA SYSTEM

ANODEA JUDITH, Ph.D.



# WHEELS OF LIFE

# **LIBERATE YOUR SPIRIT, MANIFEST YOUR DREAMS**

Journey through the progressively transcendent levels of spectrum consciousness with Anodea Judith's classic introduction to the chakras. Written in a practical, down-to-earth style, this fully illustrated book has sold over 100,000 copies, and has been completely updated and expanded.

Wheels of Life reveals how to use your chakras for better health, greater personal power, and expanded spiritual awareness. The physical exercises, poetic meditations, and visualizations will help you to:

- Ground and center your energy.
- Open, close, and balance your sexuality.
- Increase personal power and energy.
- Open your heart to love and compassion.
- Use sounds to open consciousness.
- Develop your intuition.
- Expand your awareness.

Together, the seven chakras form a profound formula for wholeness that integrates mind, body, and spirit. From liberating our spirits to manifesting our dreams, the chakras are the very wheels that carry us through life.

## **ABOUT THE AUTHOR**

Anodea Judith, Ph.D. is a leading authority on the integration of chakras and therapeutic issues. Somatic therapist, counselor, yoga teacher, and workshop leader, she is the author of *Eastern Body, Western Mind: Psychology and the Chakra System as a Path to the Self*, and co-author with Selene Vega on *The Sevenfold Journey: Reclaiming Mind, Body, and Spirit through the Chakras*. She holds an M.A. in Clinical Psychology and a Ph.D. in Health and Human Services.

## **TO WRITE TO THE AUTHOR**

If you wish to contact the author or would like more information about this book, please write to the author in care of Llewellyn Worldwide, and we will forward your request. Both the author and publisher appreciate hearing from you and learning of your enjoyment of this book and how it has helped you. Llewellyn Worldwide cannot guarantee that every letter written to the author can be answered, but all will be forwarded. Please write to:

**Anodea Judith**

**‰ Llewellyn Worldwide**

**P.O. Box 64383, Dept. L320–5**

**St. Paul, MN 55164-0383, U.S.A.**

Please enclose a self-addressed, stamped envelope for reply, or \$1.00 to cover costs. If outside U.S.A., enclose international postal reply coupon.

For information on Anodea Judith's workshops, mail a request to:

**PMB #109**

**708 Gravenstein Highway North  
Sebastopol, CA 95472**

Or check out Anodea Judith's Internet website at:

**[www.SacredCenters.com](http://www.SacredCenters.com)**

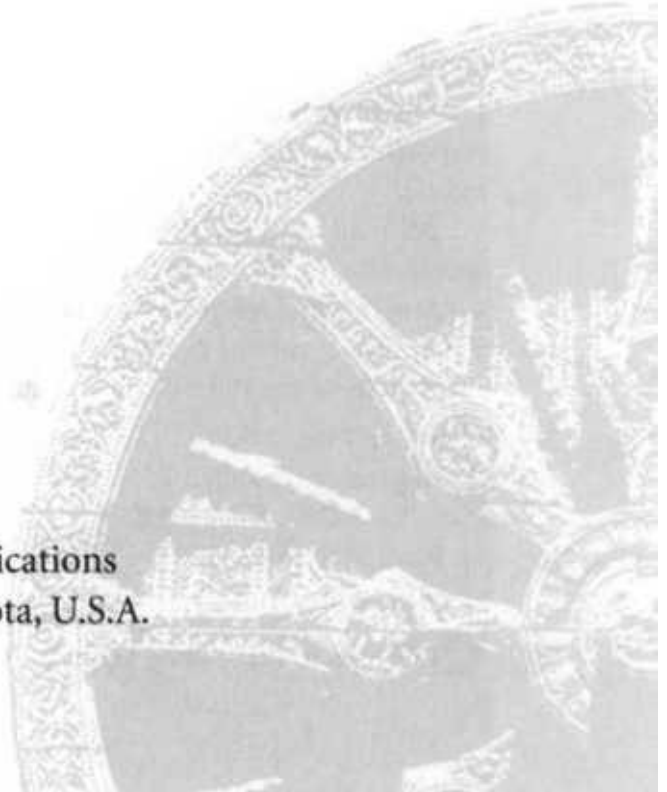
# **WHEELS OF LIFE**

## **AUSER'S GUIDE TO THE CHAKRA SYSTEM**

ANODEA JUDITH

2002

Llewellyn Publications  
St. Paul, Minnesota, U.S.A.



*Wheels of Life* © 1987 and 1999 by Anodea Judith. All rights reserved. No part of this book may be used or reproduced in any manner whatsoever, including Internet usage, without permission in writing from Llewellyn Publications except in the case of brief quotations embodied in critical articles and reviews.

SECOND EDITION

Fifth printing, 2002

First edition, seventeen printings, 1987

Cover design: William Merlin Cannon

Cover art: Hrana Janto

Figure illustrations: Mary Ann Zapalac

Second edition book design: Christine Nell Snow

Second edition editing: Christine Nell Snow and Kimberly Nightingale

Permissions:

“The Wheel of Life” by Paul Edwin Zimmer, 1981.

*The Chakras* by C.W. Leadbeater. Quest Books, Wheaton, IL, 1972.

*The Black Pagoda* by Robert Eversole. University Presses of Florida, Gainesville, FL, 1957.

*Kundalini Yoga for the West* by Swami Sivananda Radha. Timeless Books, Porthill, ID, 1981. Color plates of “Chakra Set” are available from Timeless Books.

*Sexual Secrets* by Nik Douglas and Penny Slinger. Destiny Books, Rochester, VT, 1979.

*Energy Matter and Form* by Christopher Hills. University of the Trees Press, Boulder Creek, CA, 1977.