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over 20 years but
traveling has taken her
healing efforts into the
workshop mode training
other therapists in
somatic techniques and
conducting healing
sessions within the**

workshop setting'

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're balancing your chakras with anodea judith virtual

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heaven and earth and

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joined together in the

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did the philosophy of
the chakra system
originate chakras e from
the yoga tradition of
india most specifically
from the tantric period
of yoga philosophy circa
500 1000 ad though they
were probably an oral
tradition long before
that the word chakra is
sanskrit the language of
ancient india and it
means wheel or disk'

'wheels of life chakra
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about the chakra system
for 40 years with a
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psychology and a
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mull december 1 1952
elyria ohio is an**

american author
therapist and public
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system bodymind body
mind integration somatic
therapy and yoga judith
is the author of wheels
of life a user s guide
to the chakra system she
has maintained a private
practice for over twenty
years and presents
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