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Anodea Judith, Ph.D. has been called "a prophet for our time." A groundbreaking thought leader who is the founder and director of Sacred Centers, and a writer, therapist, and spiritual teacher. Her passion for the realization of human potential matches her concern for humanity's impending crises--her fervent wish is that we "wake up in time."

In this session, Anodea Judith, one of the country's foremost experts on the theraputic use of the chakra system, provides a guided practice that you can use daily to balance and fine-tune your energy centers for health and spiritual awakening.

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And finally Anodea Judith is a musician, artist, poet, avid gardener, priestess, mother, and grandmother, whose pioneering work has changed lives and is working toward changing the world.

**Anodea Judith | About**

Anodea Judith (born Judith Ann Mull, December 1, 1952, Elyria, Ohio) is an American author, therapist, and public speaker on the chakra system, body-mind (body/mind integration), somatic therapy, and yoga. Judith is the author of Wheels of Life: A User's Guide to the Chakra System.

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Sacred Centers is a teaching organization that uses the map of the chakra system for an embodied awakening of individual awareness and the evolution of global consciousness. Anodea Judith's Sacred Centers: Chakra Basics Sacred Centers | Tools for Conscious Evolution

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