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A second book, co-authored with Selene Vega: The Sevenfold Journey: Reclaiming Mind, Body, and Spirit through the Chakras (Crossing Press, 1993) arose out of the popular Psychology of the Chakras Intensive, taught by Judith and Vega for nearly three decades.

Anodea - Sacred Centers Sacred Centers

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by Anodea Judith, PhD I often describe myself as a bus driver on the Rainbow Bridge. This glorious bridge is a metaphor for the column of energy that connects Heaven and Earth through the core of each one of us. Aligned along this core are the seven sacred centers of the self, known as chakras.

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