



Charge and the Energy Body: The Vital Key to Healing Your Life, Your Chakras, and Your Relationships

Anodea Judith

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We all know what it's like to have a "charge" about something. It's a feeling of excitement, fear, sexual arousal, or irritation. But what we don't currently know is how to *use* charge for the behaviors we want to create.

Charge is a word for the basic life force running through us. This force is crucial if we are to meet the challenges of difficult situations, heal past wounds and traumas, and manage the stress of modern life. Even more, it is essential for understanding how to master your own life force and become all you can be.

This book makes an important contribution to the growing field of Energy Medicine, by looking at *charge* as the interface between mind and body, and the missing ingredient in Mind-Body healing. It brings the reader into a deep intimacy with their own life force, as well as an understanding of how charge runs their relationships, their children, their clients, and patients. It examines how we can become "overcharged" or "undercharged" and how to bring about balance through practices of charging and discharging. Each chapter gives simple exercises to put these principles into practice.

World-renowned teacher, somatic therapist, best-selling author, and advanced yoga teacher, **Anodea Judith, Ph.D.**, addresses all this and more in her groundbreaking book on mastering the life force. Taken from her decades of teaching on the subject and her doctoral work in Mind-Body medicine, this book contributes something entirely new to the literature on healing self and others.

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Sonnet Flynn says

Definitely recommend!

Great read, thank you! This book appeared out of nowhere just at the right time! Very practical, would recommend to anyone who would like to understand and work with their own charge and emotions.

Patricia says

Life changing

It really took talk therapy to a new level that allows us to not only open our thoughts but our physical and energy bodies. It allowed me to recognize my own holding pattern and provided charging and discharging exercises to help manage my mood swings. I couldn't recommend this book more highly and have already bought a copy for everyone I know.
