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Wheels of Life: User's Guide to the Chakra System ...

Sep 14, 2020 wheels of life a users guide to the chakra system Posted By Georges SimenonMedia TEXT ID 949d3dbc Online PDF Ebook Epub Library Wheels Of Life A Users Guide To The Chakra System By wheels of life a users guide to the chakra system by anodea judith phd paperback barnes nobler as portals between the physical and spiritual planes the chakras offer unparalleled opportunities for growth

**Wheels of Life: A User's Guide to the Chakra System ...**

The Wheel of Life is a popular visual tool or worksheet used in coaching to help clients quickly understand how balanced or fulfilled their life is in this moment. It usually consists of 8-10 categories or areas considered important for a whole or balanced life.

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The Wheel of Life is a flexible coaching tool that offers a 360-degree view of your current life situation. It quickly identifies areas of imbalance and helps you to create goals and set priorities based on your life vision. This means to know what you want in life, and I mean really know.

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How to Create and Use Your Own Wheel of Life. 1) Draw a circle or use the one on the following page. 2) As if the circle were apple pie, draw four lines to cut the pie into eight pieces. 3) Determine the eight areas of your life you want to use. (The wheel that follows has been designed for students) 4) Write each label around the outer edge of the wheel.

Wheels Of Life A Users

Details & Specs. Title: Wheels Of Life: A User's Guide to the Chakra System Format: Paperback Product dimensions: 528 pages, 9 X 6 X 1.15 in Shipping dimensions: 528 pages, 9 X 6 X 1.15 in Published: July 8, 1999 Publisher: Llewellyn Worldwide, LTD. Language: English. The following ISBNs are associated with this title: ISBN - 10: 0875423205.

How to Use the Wheel of Life Coaching Tool to Create a...

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