



Anodea Judith: Charging up Your Energy Body ~ How to balance your life force in your chakras and your life



Anodea Judith is a world-renowned teacher, somatic therapist, best-selling author, and advanced yoga teacher who holds Master's and Doctoral degrees in Psychology and Health. Enliven yourself in this session that teaches participants about what the human energy body is and how to charge it up.

TOP EMBODIMENT TIP: Your life force is golden; it's precious; it's like money in the bank. You don't want to spend it [all] and you don't want your account to be frozen. You want to have it, and you want to be able to use it fully.

What is "Charge"? **"Charge" is the life-force that flows through us.**

- Charge is known by many different names the world over, such as: Chi, Prana, Libido, Orgone, Biofield, & the Force.
- C.H.A.R.G.E. (Consciousness Having A Really Genuine Experience): When you have a charge on something, *you know*.

What Holds Our Charge? **Our bodies hold our charge, like storage batteries.**

- Our bodies are *hardware*, like a computer or a smartphone, that have *software* programmed into them since birth. What makes the hardware and the software work together is our life force, our charge. If the body is blocked, a charge can't flow through to fullness and release.

Is Charge Positive or Negative? **Ultimately, charge is neutral.**

- Charge can be felt during experiences that we associate with both positive and negative feelings. Charge is *neutral* until it makes contact with a person's unique body-mind complex which include: beliefs, memories, emotions, body armor, and all neural pathways.

Amount of Charge: **We want to be able to expand our capacity for charge.**

- Everyone has a comfort zone--an amount of charge that feels right for them. Some people naturally run on a higher charge; some on a lower one. High charge is necessary for getting a lot done or managing complex situations. Low charge is for deep rest, relaxation, and meditation. It is possible to feel overcharged (too much) or undercharged (too little).

How Does Charge Travel? **Charge travels through our core, which is where our chakras are located.**

- C.O.R.E. means Conscious Organized in Relation to Energy. At our core, we find the chakras: the energy centers of the body that are vertically aligned up and down the core branching out in nerve ganglia from the spinal column.
- Chakras are centers of organization for the reception, assimilation, storage, and expression of life force energy.
- Our goal is to balance the chakras and move charge freely through the whole core and the whole body.

Resources:

- ❖ **Books:** [Charge and the Energy Body, by Anodea Judith \(2018\)](#)
- ❖ **Website:** <https://anodeajudith.com/>



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