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The Complete Idiot's Guide to Chakras Chakra Healing CHAKRA HEALING How to Work with Your Chakras The Chakra Journey The Human Aura The New Spiritual Chakras The Seven Chakra Sisters The Chakras Handbook Chakras for Beginners Pocket Guide to Chakras Your Seven Energy Centers The Big Book of Chakras and Chakra Healing Sacred Self-Healing The Wisdom of the Chakras The Book of Chakra Healing Secrets of Chakras The Chakra Bible Chakras for Beginners A Little Bit of Chakras The 7 Chakras Balancing, Colors and Meaning A Children's Guide to Chakras Balancing the Chakras Chakras Carry Me Crystals The Healing Energies of Earth Kundalini Yoga Demystified The Chakras Chakra Vocal Sound Healing Exploring the Chakras Chakras (Thorsons Way of) Chakra Healing and Karmic Awareness The Human Aura Rainbow Body Kundalini for Beginners The Goddess Guide to Chakra Vitality Chakra Vocal Sound Healing Gaia's Sacred Chakras The Little Book of Chakras The Lord's Prayer, the Seven Chakras, the Twelve Paths -

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Chakras for Beginners is a simple guide to healing and balancing the chakras and working with the body's energy system. If you've ever had questions about the inconsistencies between chakra systems or wondered where the names, colors, locations, and other associations came from—you'll find the answers here, along with 24 tables and 28 black-and-white illustrations showing how the Western chakra system developed from the mid-19th through the 20th century, many from rare and forgotten sources. Based on the teachings of Indian Tantra, the chakras have been used for centuries as focal points for healing, meditation, and achieving a gamut of physical, emotional, and spiritual benefits, from improved health to ultimate enlightenment.

Contemporary yoga teachers, energy healers, psychics, and self-help devotees think of the chakra system as thousands of years old. Yet the most common version in use in the West today came together as recently as 1977. Never before has the story been told of how the Western chakra system developed from its roots in Indian Tantra, through Blavatsky to Leadbeater, Steiner to Alice Bailey, Jung to Joseph Campbell, Ramakrishna to Aurobindo, and Esalen to Shirley MacLaine and Barbara Brennan. Learn the history, meaning, and abundant applications of the chakra system in this illustrated beginner's guide. Chakras began as part of the mystical Vedic tradition of Tantric and Kundalini Yoga, but they have evolved into pathways for healing and exploring the nature of consciousness. If you've ever wondered how to work with these amazing energy centers and optimize their benefits, this is the book for you. With gorgeous diagrams and visuals, and an accessible text by two renowned authors, A Little Bit of Chakras takes readers into the heart of the chakra system, exploring its history and revealing how to use each chakra for transformation, well-being, increased vitality, and more. A beautifully colour-illustrated pocket guide to awakening and balancing the chakras. In simple language and with stunning full-color photographs, The Healing Energies of the Earth helps readers connect in various ways with the essential healing properties of our planet. Augmented with the latest scientific findings about the earth, author Elizabeth Simpson explains how to use our planet's healing gifts right in our own backyards to achieve maximum health and well-

being. Self-healing techniques include the use of crystals, mudbaths, and minerals, along with methodologies such as dowsing and Feng Shui. Integrating both ancient and modern ideas, **The Healing Energies of the Earth** offers a balanced combination of spirituality and science for tapping into the magnificent, powerful bounty of our mother Earth. Previous editions of this book published as: **The power of chakras. Pompton Plains: Career Press, 2014** and **Exploring chakras. Franklin Lakes, NJ: New Page Books, c2003**. In this book, mysteries of the human aura are unveiled--from the meaning of its colors to why and how to strengthen, purify, expand and protect it. Includes 25 illustrations of auras and chakras, meditations, visualizations and an extensive glossary. **What Kundalini Is and Why We Need It** Kundalini yoga is an accessible practice for sharpening your mind, finding balance in your daily life, increasing your body's strength, and developing a connection to the divine. Filled with quick one-, three-, and eleven-minute exercises, this book is designed to help you begin or embolden your own personal Kundalini practice. Explore simple breathing techniques to bring the hemispheres of the brain into equilibrium. Work through postures (also known as asanas) that move your body into proper alignment. Discover mantras to amplify your intentions and activate the energy center of the chakras as well as mudras to direct the intention of your practice and create lasting change. In easily digestible chapters, Erin Elizabeth Downing shares Kundalini basics, nutritional wisdom, tips for balancing the masculine and feminine energies of the body, and much more. You will discover more than fifty hands-on practices for specific physical and spiritual needs, such as detoxifying your body, pushing past blockages, and expanding your vital life-force energy throughout your body. **DISCOVER:: The Magical Powers of Chakras** Want to Master the Basics of Chakras for Beginners? You are in the right place! * * * **LIMITED TIME OFFER! 50% OFF! (Regular Price \$5.99)** * * * If you have been looking to understand the world of Chakras, then you've come to the right place. **Chakras for Beginners - A Complete Guide to Chakras and the Healing Power Contained Within** is a book that will help you with finding yourself and will help you learn how to move forward in different areas of your life. The Chakras are different areas of the body and mind that are connected, and by understanding what they are, what they do, and how you can take care of them, you can help provide healing power in every area of your life. Whether you're looking for spiritual relief, emotional strength, physical healing or mental clarity, the Chakras can help you find all of those with some simple

exercises and the time to focus your life into a number of different places. It takes time and effort, but the Chakras So, if you're just getting started with it, this book is the place where you want to go. There are a lot of different things that you need to consider, and Chakras for Beginners - A Complete Guide to Chakras and the Healing Power Contained Within will help you to get your feet on the ground and start taking the right path toward healing your whole self. Thanks for considering Chakras for Beginners - A Complete Guide to Chakras and the Healing Power Contained Within, and we hope that this book is able to help you get started on a spiritual journey unlike any other that you may have taken before. Find your freedom and healing with your own Chakras.**DOWNLOAD:: Chakras for Beginners**This book could very well change your life! Inside You'll Learn the Following * What is a Chakra? * Root Chakra * Sacral Chakra * Solar Plexus Chakra * Third Eye Chakra * Throat Chakra * Heart Chakra * Crown Chakra**Want to Know More?Hurry!** For a limited time you can download "Chakras for Beginners: Your Definitive Guide to Chakras for Beginners for Healing, Clearing, and Balancing Techniques" for a special discounted price of only \$2.99**Download Your Copy Right Now!**Just Scroll to the top of the page and select the**Buy Button**.

—————**TAGS:** chakras for beginners, chakra balancing, chakra healing, chakra clearing, chakra meditation, chakra books, chakra healing with meditation, healing, yoga Chakras play a key role in how your body, mind and emotions function. Living a better life starts with charging your aura with spiritual light and getting your chakras activated to improve your outlook, sense of well-being and energy. **How to Work with Your Chakras** explains how your chakras are like transformers for spiritual energy. You can consciously use them to emit high-frequency energies to heal yourself and bless those around you. Learn to powerfully energize your aura and chakras. Meditate on beautiful visualizations of your chakras when they are vibrating at their highest frequency. Utilize the full power of the science of the spoken Word to accelerate your spiritual path. Learn how to live life to its fullest! In this classic of esoteric literature, a clairvoyant examines the spiritual force centers in our body. "Sacred Self-Healing: Finding Peace Through Forgiveness" combines memoir, caregiver survival manual, channeled ageless wisdom, and practical information on receiving spiritual guidance and healing yourself. Leighton guides the reader through intention setting, meditation, sound healing, and other spiritual technologies, leading up to the ultimate healing technology, forgiveness. The free companion audio recordings available online

provide instruction in balancing the chakras with sound healing, timeless chants, guided meditations, and a demonstration of the Sacred Self-Healing process. "Sacred Self-Healing: Finding Peace Through Forgiveness" is accessible and practical information for anyone desiring a greater connection with Spirit. This ancient Indian system of healing focuses on vortices of energy that originate in seven centers of the body. When they become blocked, a variety of ailments can manifest themselves. This book discusses various practical ways to work on chakras, using archetypal and animal associations, crystals, meditation, visualization, affirmations, and physical exercise. It starts by familiarizing the reader with how this mystical, ancient art works as a holistic and spiritual system that promotes harmony and health, and then proceeds to the root chakra. A chart of correspondences includes everything from color and key element to physical and mental functions, and compatible fragrances. It includes a detailed list of suggested activities to stimulate the chakra, such as dining on healing foods, listening to restorative music, and learning from inspirational case histories. Equally exhaustive information is given for the other six chakras: Sacral, Solar Plexus, Heart, Throat, Brow (Third Eye), and Crown. A final section focuses on how other healing disciplines, such as yoga and reiki, incorporate the chakra therapies to restore the optimal physical, emotional, and spiritual self. This work is a personal exploration of seven ancient sites as sacred heritage and the relation of each one to one of the seven major chakras. In travelling to a sacred place, one discovers the site's spiritual power within its actual setting. Each site is related to a specific chakra on the basis of the author's experience there and the symbolism and concept associated with the chakra. Each chapter begins with an original poem and ends with a guided meditation. Chakras are energy centres within the body, centres of organization that receive, assimilate and transmit life force energy. Your physical, mental and emotional well-being depend on the state of each of these important centres within you. In this book, world expert on the chakras and bestselling author Anodea Judith explores the chakra system from root to crown, sharing practical exercises for healing and balancing each of these important aspects of your life. She provides comprehensive and clear information to enable you to take charge of your well-being by repairing imbalances in your energetic body. This book explores:

- The meaning, function and purpose of each chakra
- The childhood developmental stage in which that chakra is primarily programmed and how this affects your emotional and physical states later in life
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Excessive, deficient and balanced states of each chakra • Personal identities relating to the chakras (physical, emotional, egoic, social, creative, archetypal, universal) • The 4 energetic currents dependent on the chakras: liberation and manifestation, reception and expression • The archetypal element related to each chakra (earth, water, fire, air, sound, light and thought) • Techniques for working with your chakras (bioenergetic exercises, yoga, breathing, chanting, colours, meditating and understanding your psychological history) ...and much more! The Goddess Guide to Chakra Vitality contains many easy and fun ways to sass up your chakras - the energy centres that rule every aspect of your life. This guide introduces empowerment tools such as sound, elements, symbols, colours, flowers, gemstones, essential oils, yoga, visualisations, affirmations and goddess messages to bring balance back into your life. Creatrix of ChakraGoddess.com, Anita Revel introduces ways you can: * create balance in all seven essential aspects of life; * recognise which archetypal goddess energy is influencing your choices and behaviour; and * model yourself on the archetypal role models that will see you shine your way to success. Be guided by your intuition and open yourself to the insights offered by any one of the 49 ancient goddesses in this book. Use the advice to live fully, purposefully and with a gorgeous goddess glow. The chakras are a series of seven energy fields or centers of consciousness in the body which harbor latent divine energy known as Kundalini energy. The balance or imbalance of these vortices affects a person's health, as well as his or her emotional and spiritual well-being and evolution. The first section begins with a lesson on Kundalini energy and describes the chakras through colors, sounds, foods, and the elements. The second section presents holistic methods used for balancing: herbs, homeopathy, aromatherapy, astrology, polarity, bodywork, color therapy, sound therapy, proper diet and nutrition, yoga, affirmations, flower essences, and pranayama. The third section identifies symptoms of imbalance and techniques for self-healing. Some people are extremely bright yet emotionally crippled. Others are very loving, yet their daily lives are chaotic. Many have great faith but little clarity, while others are creative but stymied by a lack of confidence. Why are people so lopsided in their development? Why do some of us feel love but find ourselves unable to express it? Why do some of us commit ourselves to an endeavor from the heart only to become disenchanted? Why do some of us feel confident and powerful within ourselves, yet become frightened when we try to realize our potential? Answers to such questions may be found in the chakra system, the

seven ethereal centers that both reflect and influence the qualities of our nature. Some twenty years ago, the author a clairvoyant from youth began her examination of the chakra system to explain the imbalances so prevalent in people today and found that it does much more. In addition to correcting imbalances that prevent us from reaching our aspirations in life, the chakras also help us realize the spiritual beings we truly are already. "The Wisdom of the Chakras" is the result of Ellen Tadd's years of spiritual exploration and counseling work. She shows how the chakra system functions in everyday life, how our thoughts, words, and actions affect this system, and how the chakras in turn shape us. She also provides practical exercises that can be integrated easily into daily life to heal each chakra and attain the alignment needed for a healthy and spiritual life. The author describes each of the seven chakras, their functions, and their individual and interconnected qualities and components. Although each chakra is discussed independently, each nonetheless functions as part of an interdependent cooperative whole. As a result, the chakra system offers a framework and the tools needed to understand numerous common imbalances, individually and in combination, helping the reader to integrate the various characteristics and create greater harmony and balance in daily life. For those who find themselves and their lives out of balance, the practical answers in "The Wisdom of the Chakras" will encourage them to look more deeply into our common nature and begin to see that our human nature is also the nature of the larger cosmos." Get into the spirit of chakras. In the last decade, as Westerners have become more familiar with Eastern medicine, the term "chakra" has entered the mainstream lexicon. The Complete Idiot's Guide® to Chakras introduces both the major and minor chakras - energy centers along the nervous system that are said to revitalize both the body and the spirit - and explains their qualities, the signs of balance and imbalance, and the healing techniques for each, teaching readers how to enjoy healthier lives. *The most comprehensive and up-to-date guide on the subject *'"Realigning your chakras" is popular in spas, yoga, massage, Reiki Renew your life force with the chakras' seven energy centers Chakras--seven power sources corresponding to your nervous system--are capable of revitalizing your body and restoring your spirit--and they're all natural, so no need for any caffeine or sugar! This book will show you how to use these seven energy sources to instill a healthy balance and a happy life. You'll find clear information on what charkras do, simple practices to open and align your chakras, tips on using chakras to feel better in all

aspects of your life, methods of measuring your chakras and their energy patterns, and even techniques to reveal any hidden chronic pain or anxiety you may have. Let the pages inside this book energize the power inside of you! Chakras are the centers of subtle energy in our bodies that can affect our health and well-being. In this colorfully illustrated guide, you'll learn about the seven main chakras and how to bring them into balance. Use of reflexology, aromatherapy, reiki, yoga, and other self-healing techniques can positively impact these energy centers. Have you always wanted to learn how to clear your chakras? Are you interested in awakening your Kundalini energy? Do you feel like you're stuck in life and unsure where you should go? If you answered yes to any of these questions, then this book is for you... In **Kundalini for Beginners**, you'll learn the secrets to safely awakening your Kundalini energy. The benefits of awakening your Kundalini are vast... This two-in-one series includes the following 2 books: **Kundalini for Beginners: Awaken Your Kundalini Energy, Achieve Higher Consciousness, Expand Your Mind, Decalcify Pineal Gland Kundalini Energy: Beginner's Guide to Open Your Third Eye Chakra, Increase Awareness, Enhance Psychic Abilities and Awaken Your Energetic Potential** In this book you'll learn: What is Kundalini Awakening? Improved intuition How to heal yourself through Chakra meditation Astral travel Expand mind power Psychic awareness Knowledge of spirits and angels Seeing the auras of others Visiting parallel dimensions Enhance psychic abilities In this book you'll also learn: What your Kundalini energy is and where it comes from. Why we all have Kundalini energy and the purpose it plays in our life. Why it's a good idea to take the time to awaken your Kundalini energy. The various methods in which you can awaken your Kundalini energy in a safe manner, as to not experience adverse reactions. How your Kundalini energy affects your chakras. Common misconceptions about Kundalini energy. The benefits of awakening your Kundalini energy. How your Kundalini energy can help to heal you. And so much more! Kundalini energy has always been inside you. It has been there since the moment you were born, and it will stay with you until the day you die. Once you've taken the steps to awaken all of this potential inside of you, you'll find that you have no limit to what you can do. You'll feel renewed spiritually, and you'll have more tranquility and peace. You'll finally understand where you belong within the Universe, and you'll have the skills that you need to reach your goals to get you there... Undergoing this spiritual transformation is going to help you reach your wildest dreams. You won't feel

alone or lost, and you'll finally be able to tap into that power you've had within you all along. Begin your Kundalini journey to the upper realms of true enlightenment today! --- Grab your copy of Kundalini for Beginners now! --- Our energy centers, or chakras, play an important role in our physical, emotional, mental and spiritual health. Through this little workbook, learn the locations, colors and functions of each of our seven physical chakras and how to balance them with several basic techniques. Great for the entire family. An in depth look at chakras. How to heal your life using your voice to balance your chakras with vocal toning. "What science is only beginning to discover, healers, mystics and sages have known for centuries... The human aura. Science has verified its existence. Kirlian photography has captured the color, intensity and motion of its mysterious luminescence. Yale University medical researchers determined that disease can be detected through the study of this life force before it manifests in the physical body. Where does this energy field originate and what is the real significance of its colors? How does it affect our health and appearance? How does it influence behavior, success and relationships? Find the answers in The Human Aura and learn how to activate the energy, intelligence and creativity that are native to your being. Includes meditations, visualizations, affirmations, 25 illustrations of auras and chakras, and an extensive glossary. " "“Marries ancient healing wisdom with practical spiritual insights to help you create your own dynamic and uniquely personal healing journey. Your 21st-century guide to integrating and healing body, mind and soul.”—Ann Louise Gittleman, New York Times bestselling author of more than 30 books on health and nutrition There’s more to you than meets the eye. Your Seven Energy Centers contains powerful insights and tools for wholeness based on the science of the body’s subtle energy system. It draws from the wisdom of the world’s spiritual traditions to show how you can nurture your soul through seven stages of personal growth. Includes an overview of holistic techniques that help restore the body’s energetic balance—from homeopathy, vitamins and spa therapies to meditation, affirmations and visualization." The author of "Chakra Therapy" offers a step-by-step approach to overcoming karmic baggage and energy blockages. Sherwood's easy technique can help readers activate the chakras, strengthen boundaries, and embrace personal dharma. Tap into the nine major chakras that affect your power, health, and well-being. A condensed version of the best-selling The Ultimate Guide to Chakras, The Chakra Handbook is the essential portable reference for the experienced energy worker, as well as the perfect

introduction for anyone just starting out. First discussed in ancient Hindu texts and studied for thousands of years in numerous spiritual traditions, including acupuncture, meditation, and yoga, chakras are the power centers connecting your physical body and the world of energy. By tapping into the power of your chakras, you can live a healthier, balanced, and more abundant life. Athena Perrakis, leading metaphysical teacher and creator of the world's largest online metaphysical resource website, SageGoddess.com, has created a modern guide to the ancient practice of working with the chakras. Unlike most other guides, which only address the seven body chakras, *The Chakra Handbook* addresses the nine major chakras you can tap into to balance, heal, and manifest. This guide explains how and why different crystals, aromatherapy, essential oils, and sacred plants help to support each chakra. Each chapter of *The Chakra Handbook* also includes magical exercises for accessing the energy of each chakra, including meditations, journal exercises, and working with goddesses and spirit guides. Readers will even learn how to create a dedicated chakra altar, a mandala, chakra-specific incense blends, as well as other inspired projects. Lavishly photographed and illustrated, this guide promises to be an essential volume for beginners and experienced energy workers alike. The chakras represent a system of belief that is related to the practice of yoga and the principles of Ayurveda from India. The chakras are not physical structures that you can see with your eyes, they are an 'energy map' that overlays the physical structure of the spine. Presenting the chakras as an 'energy map' allows them to be explained in simple terms; there are ways to apply the map differently by using images, visualizations, activities and healing practices so that the different energy levels can be experienced. For example, you may get persistent throat infections or keep losing your voice, or you might be feeling unable to say what you really feel—these are signs that the throat chakra is underperforming and needs more energy. This book can provide ways to explore, unblock, and re-energize the different chakras. In our book, *The Chakra Journey*, we journey through the seven chakras -- the energy centers associated with our physical, mental, emotional and spiritual well-being. Each chapter includes a description of the chakra, along with moving personal accounts. As the authors, we celebrate the pain and joy of our journeys. By extending these emotions to paper, we hope you will connect with us and say, "I can see myself." *The Chakra Journey* is a non-fictional collection of fifteen author's stories. Some of the personal experiences include overcoming eating disorders, molestation, abortion, abuse,

infidelity, degenerative disease, anxiety. The driving force behind this book is to forgive and heal the things we've condemned about ourselves and others by sharing our journeys of transformation. In our sharing, we find more love and acceptance for ourselves and the world around us. We hope to offer others a safe place to bare their souls and in turn, help contribute to a more loving, accepting, and tolerant world. Renew your life force with the chakras' seven energy centers Chakras--seven power sources corresponding to your nervous system--are capable of revitalizing your body and restoring your spirit--and they're all natural, so no need for any caffeine or sugar! This book will show you how to use these seven energy sources to instill a healthy balance and a happy life. You'll find clear information on what charkras do, simple practices to open and align your chakras, tips on using chakras to feel better in all aspects of your life, methods of measuring your chakras and their energy patterns, and even techniques to reveal any hidden chronic pain or anxiety you may have. Let the pages inside this book energize the power inside of you! The 7 chakras are energy centers that are fundamental for our well-being. When the 7 chakras are open and properly balanced, they produce frequencies and vibrations that travel outside our body creating a layer of color around us, also known as aura. By understanding the main 7 chakras, we can improve our lives and connect our physical body to our spiritual body. This will in turn, enable us to lead longer and healthier lives. From the time they are very small, parents teach their children about their physical bodies and how to care for them. A Children's Guide of Chakras takes this a step further in providing parents with a child-friendly, basic guide to the energy body and chakras. Exercises on chakra clearing and balancing are also included. A great basic resource for children of all ages! Dana Williams made a remarkable discovery: the individual phrases of the Lord's Prayer fit perfectly into the 7 chakras and the 12 archetypal paths of life. Out of this discovery developed a unique prayer-meditation. Williams writes, "Each phrase of the Lord's Prayer fits into a chakra like a key into a lock. By reciting each phrase within its chakra, we create an impulse or evocation that brings us into harmony with Spirit's intention for our growth. The Lord's Prayer prayer-meditation begins at the highest chakra of pure Christ Consciousness. This highest energetic quality descends into the lower chakras as we continue with the prayer. This brings the impulse of spirituality into all the charkas, clearing and transforming the patterns of ego that block the impulse of Spirit in our life. If you start a practice when you are young and keep it up over many years, even

if you periodically neglect it, the practice will grow, change and deepen. After 35 years, I now have much to share about this special visualization and prayer-meditation that I believe spans the arch of eastern and western religion. For whom is this book written? For all who are interested in the correlations and prayer-meditations described here, and who treasure the Christian traditions. If you know how to work sincerely with prayer, this meditation should have an immediate effect. The purpose of this book is to open the door to this experience." A person with the gift of clairvoyance can see your seven energy vortexes radiating like multicolored suns along the axis of your spine. These whorls of spinning energy are known as chakras, the Sanskrit word for wheel. Today the ancient knowledge of chakras is recognized as a legitimate model for understanding health and illness. **THE POCKET GUIDE TO THE CHAKRAS** answers such questions as: What are the chakras? Where are they? How do they function? What causes them to open or close? How can their energy be changed? Every spiritual seeker knows that there are seven main chakras-also described as energy centers or wheels of light. Blocked energy in the chakras can often lead to physical illness as well as spiritual malaise. The trick is how to balance these systems in our lives, and in *The Seven Chakra Sisters*, spiritual psychotherapist and healer Linda Rosenthal shows us exactly that. Rosenthal takes readers on a metaphysical, metaphorical romp into the world of the 7 chakras. She offers a delightful teaching fable about the unique personalities of the 7 Chakras to help us understand the important role they play in our health and well being. Rosenthal paints a wonderfully vivid portrait of these 7 chakra "sisters" that live in all of us to teach the principles of energy healing and show readers how to bring the chakras into optimal alignment: Aneeda, the Needy One, the root chakra (red) Ivanna, the Wanting One, the sacral chakra (orange) Ahafta, the One Who Has to, the solar plexus chakra (yellow) Ahluvya, the Loving One, the heart chakra (green) Singya, the Expressive One, the throat chakra (blue) Useeme, the All-Seeing One, the third eye chakra (indigo) Iamone, the One of Oneness, the crown chakra (violet) Through her light-hearted and funny exploration of the personalities and relationships of these chakra siblings, Rosenthal seriously shows readers how to achieve optimal physical and emotional health. Gems are precious and each one can assist you on a spectacular journey to enlightenment. But what if you didn't have access to the crystal you wanted to work with? Through the power of intention and the creative use of thoughts and words, these 44 colourful and powerful cards can

remedy this for you! Using your intention and by carrying a crystal card with you is like carrying the physical gemstone. The cards also give a crystal description and provide sound meaning and advice channeled by Yeshua (Jesus). The workbook describes how one can use crystal cards for empowerment, personal growth, and the attainment of peace in one's life through the clearing of Chakras. This deck and guide can also be used as an oracle and is intended for the lay person to seasoned healers. AUTHOR: Joanie, healer and channeler; Elizabeth, author and healer; and Peter, crystal dealer and healer, have joined together to offer you a unique experience through their crystal intentions and Chakra clearing deck offering their wisdom along with spirit guide, Yeshua. 44 cards

Is it possible that all the knowledge of the universe is stored within us? Within in the atoms, molecules and cells that becomes our physical living self and each living moment, molded in our genes and DNA? Are we then able to process our cellular memory and DNA automatically and unconsciously with our brain? In this century we have come to believe that it is possible and that there may be a way to "access" this universal knowledge through a lost system which perhaps the ancient wise men had developed and applied to answer the fundamental questions: "Who are we? What are we? Where do we come from?" I believe the answer to further soul development lies between these pages. At least it is a step to knowing and accessing other worlds and universes, finding a way to have compassion, forgiveness, and finally to walk the path of balance, health, fulfillment, helping others, and embracing our differences without judgment. We can raise our consciousness to highest levels by developing an overall worldview, by embracing a world that transcends illusions. Doing this will overcome even the final hurdle of inner consciousness-its first shock of separating and the split. This is the first duality of the whole of consciousness and manifests in our right/left hemisphere split. How do we transcend that highest of inner rifts? We do so by putting the wisdom of the right hemisphere, its connective consciousness, above the left-brain's lower separation consciousness. The former evolves from realizing, accessing, and opening our new spiritual chakras. The later evolves a purely mathematical, mechanical dominating worldview. We really need to make accessing our higher self, our second consciousness, instead of the other way around. Then we can connect what is most separate and harness the mechanical Third Dimension reality for the benefit of our life and those around us. We grow and our consciousness expands as well as our spiritual gifts. Although this

information has been with us all along, we are now able to, for the first time in eons, access these energies and apply them to ourselves by working with our Spiritual Chakras. This is an invaluable gift for us, as well as for others. Perhaps we have found one of the answers to creating harmony within, leading to World Peace! Unleash the healing power of your voice and master an ancient energy healing modality. Learn the art of chakra healing and chakra balancing to reduce stress, boost mood and increase intuition. Since the beginning of time, healers, shamans and churchgoers alike have used the power of sound to silence the mind and uplift the spirit. It is common knowledge that reduction of stress supports physical and mental healing. The process of properly engaging the breath, focusing mental intention and creating physical sound, quickly enhance the brain's ability to reach deeper states of relaxation. When Chakra Vocal Sound Healing™ is practiced consistently over time it has the power to transform the human spirit by bringing in positive energy and disbursing negative energy. This transformation supports mental, emotional, physical and spiritual healing. Are you looking for a way to reduce stress, make positive changes and increase your intuitive awareness? Chakra Vocal Sound Healing™ provides you with a strong meditation, mindfulness and sound healing technique using the power of your voice. You do not need to be able to sing to use this incredible tool. In fact, this vocal healing technique is a great way to increase the beauty of your speaking voice and singing voice as well as boost your confidence, let go of negative thought patterns and align positive abundance in your life. This book provides you with an incredible self-healing tool and is a perfect fit for anyone who seeks self-healing, singing, toning, energy-healing, meditation and mindfulness techniques to boost mood, reduce stress, increase intuition and improve life quality. This book contains... • Spiritual teaching that will teach you to react positively to difficult situations. A powerful Chakra Balancing tool that will provide insight into the areas of your life that require deep healing. Transformative psychic healing techniques that teach you how to use your intuition to heal long-standing challenges. An energy healing tool you can use on others in your private healing practice; this is an especially useful sound therapy tool for caregivers, massage therapists, energy-healers, lightworkers, yogis, yoga teachers, therapists, nurses, doctors and anyone who works as a healer. Elizabeth Knudson – The Song Healer™, is a psychic healer, intuitive, classical vocalist, Reiki Master and wrote this book drawing on her thirty years of vocal training, energy healing, and psychic healing. She

has used this in her own life to overcome personal trauma and taught Chakra Vocal Sound Healing to over 5,000 students in 100 countries around the world. You can find out more about Elizabeth, read student and client reviews at www.thesonghealer.com.

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