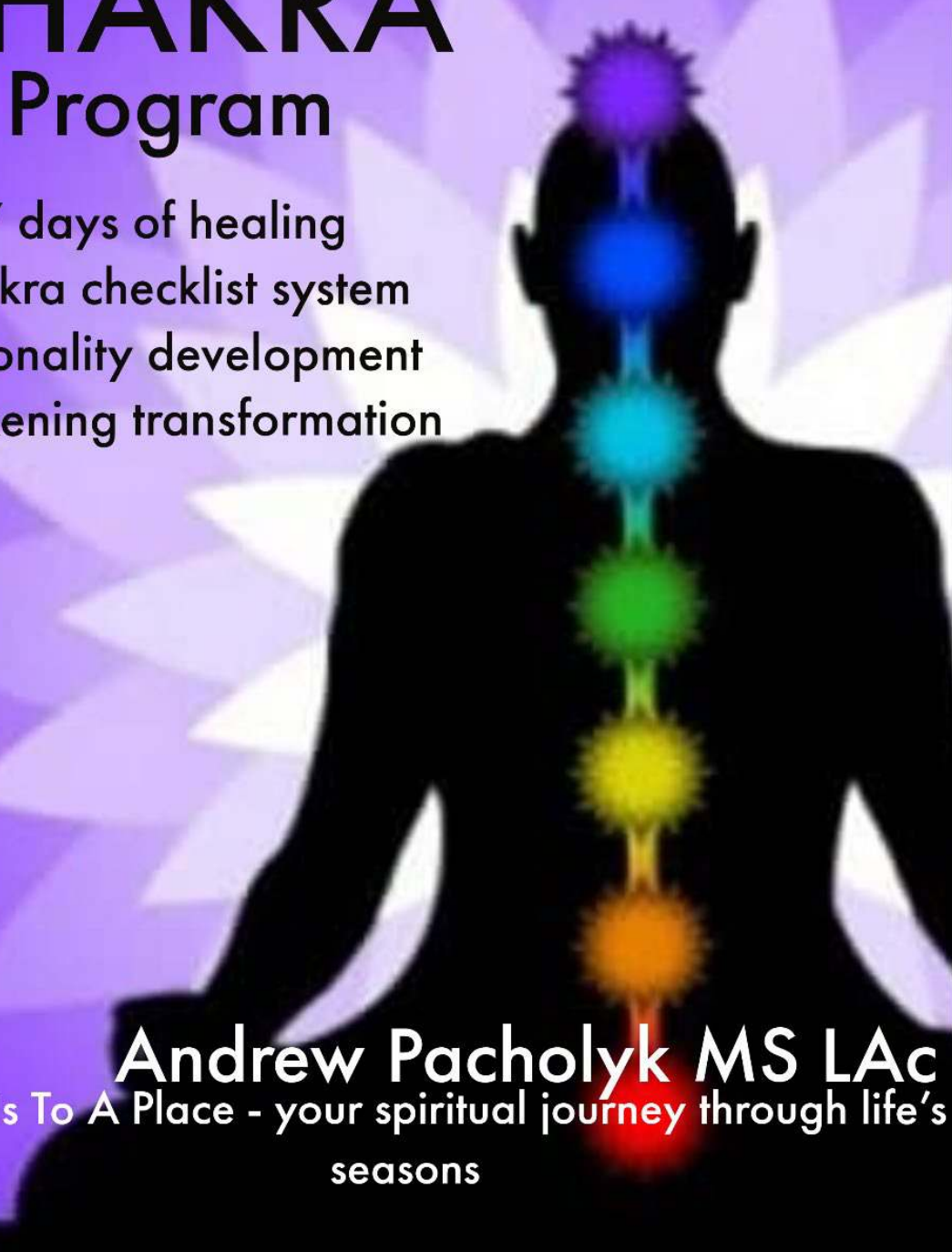


The 7 Day CHAKRA Program

- *7 days of healing
- *Chakra checklist system
- *Personality development
- *Awakening transformation



Andrew Pacholyk MS LAc
Lead Us To A Place - your spiritual journey through life's
seasons

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The 7 Day Chakra Healing Program

-7 days of healing

-Chakra checklist system

-Personality development

-Awakening transformation

-Each day a new crystal, oil, color, meditation, life lesson and amazing guidelines for living within this energy system daily.

Reduce your stress and find balance. A daily guided meditation, mental detox program, nutrition - based on the Chakra color system and all designed to engage the forward thinker in Chakra healing!

By using Andrew's Chakra awareness guide over a 7 day period, just one week, you can expect to have a clearer mind and feel more balanced in your life. Continuing the program along its suggestions and will enhance and further the benefits of months to come.

One week of guidance turns into a wonderful and stress reducing habit. The Chakra Daily program also includes an additional section devoted to further enlightening the forward thinker on Eastern philosophy, specifically further study into the Chakra system and the different ways of approaching these ideas rationally and to one's benefit.

Energy Center	Location	Element	Issues	Right	Color	Note
1 st Root	Base of spine	Earth	Physical needs	I have	Red	C
2nd Sacral	Lower abdomen	Water	Sexuality, emotions	I feel	Orange	D
3rd Solar Plexus	Solar plexus	Fire	Power, vitality	I can	Yellow	E
4th Heart	Heart	Air	Love	I love	Green	F
5th Throat	Throat	Sound	Communication	I speak	Blue	G
6th Third Eye	Brow	Light	Intuition	I see	Indigo	A
7th Crown	Top of Head	Thought	Understanding	I know	Violet	B

The Chakra As Energy Centers

Chakracology is the study of the Chakra energy system of the ethereal body. The Chakra are stations along the central axis of your being. Each one is a point at which energy can be expressed in a certain set of actions, attitudes and emotions.

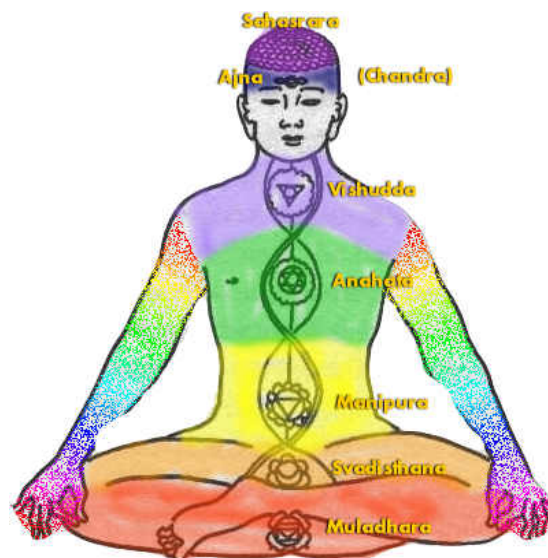
The Chakra are a map of the soul which you must move along for healing to happen. The word "Chakra" is **Sanskrit** for wheel or disk and signifies one of seven basic energy centers in the body. Each of these centers correlates to **major nerve ganglia** branching forth from the spinal column.

In addition, the Chakras also correlate to levels of consciousness, archetypal elements, developmental stages of life, colors, sounds, body functions, and much more. Below is a brief description of each chakra. These are the Chakra energies in a concessive order.

The power of the intangible has taken hold. For centuries, energy medicine has been around and accepted in many cultures. From the doshas and Chakras of Tibetan and Indian cultures to the Meridians and Qi of Chinese and Japanese medical practices. Energy therapies are becoming much more of an interest to a Western world that has spent so much time dissecting the parts of the whole. Allopathic medicine has made great and lifesaving advances within the past century. Many of which, we should embrace.

Where Western medicine falls short, is in its disbelief of the intangible whole. **The sub-atomic and minute particles** that make-up a world we have not begun to understand **could just be the basis of our healing capacity.** Now, Western medicine is doing more research and starting to see **actual biochemical reactions, which our brain experiences** when we undergo such energy therapies

Dis-eases tend to point to the region of the body that is governed by that Chakra. This allows us to see where the energy is "stagnant". This energy is connected with our physical body through seven centers. These centers represent our physical, mental, emotional, and spiritual growth. When these centers are healthy and in balance, then we are the equivalent. Below is a brief description of each chakra.



"The Chakra are stations along the central axis of your being. Each one is a point at which energy can be expressed in a certain set of actions, attitudes and emotions. The Chakra are a map of the soul which you must move along for healing to happen." - Rudolph Balentine, MD.

The Root/Base Chakra

Location: Base of the spine

Color: Red

Element: Earth

Sense: Smell

Musical Keynote: Middle C (vocalized as an "ooh" sound)

Associated Gland: Adrenal

*Controls body solids, such as the spinal column, bones, teeth, and nails. Also the blood, building process of cells, the colon, and rectal area

Gemstones: Agate, Bloodstone, Hematite, Red Coral, Red Garnet, Ruby, Black Obsidian, Black Tourmaline and Black Tourmaline in Clear Quartz

Herbs: Cedar, Clove, Pepper, Vetiver

Essential Oils: Balsam de Peru, Myrrh, Patchouli, Rosewood, Thyme, Vetiver

Qualities and/or Functions: Survival, power to achieve goals, vitality, grounding, material security, stability, stillness, courage

Verb: I have

Muladhara: 1st Chakra (Base or Root Chakra): This center is related to the earth, our physical identity, and orientation towards self-preservation. This Chakra forms our foundation. It represents our survival instincts, our sense of feeling grounded and a connection to our physical bodies. It is how we relate to those around us. Ideally, this Chakra brings us health, prosperity, security, and dynamic presence.

The color used for this area is red or black and it is the color which energizes this region. When this Chakra is balanced, you feel in good health and connected with your surroundings. It is used to ground your essence, feel comfortable, and protected. This Chakra gives you determination, a feeling of being "rooted," and assists in our survival mode.

When this area is not balanced, we can become overbearing and egotistical. To help center this Chakra, consider eating red food, or using color in the form of candles, clothes, or lights around you. The symbol of this Chakra is the Square.

Life development: The Root Chakra is a representation of our growth pattern from conception to age one. This is the most significant time for physical growth of a baby as far as internal development and their need to survive. This is their time of dependency for food, warmth and shelter. This is the period that helps us to become anchored into the physical world.



The Sacral/Spleen Chakra:

Location: Below the navel

Color: Orange

Element: Water

Sense: Taste

Musical Keynote: D above middle C (vocalized as the "o" in "home")

Associated Organs/Systems: Reproductive organs, kidneys, bladder

Gemstones: Carnelian, Coral, Gold Calcite, Moonstone, Blood Citrine and Orange Jasper

Herbs: Damiana, Gardenia, Sandalwood, Ylang-Ylang

Essential Oils: Benzoin, Cardamon, Clary Sage, Elemi, Fennel, Sandalwood

Qualities and/or Functions: Primal feelings, awe, enthusiasm, openness to others, personal creativity

Verb: I feel

Svadhithana: 2nd Chakra (Spleen or Sexual Chakra): This center is associated with water, our emotional identity, and orientation towards self-gratification. This center is related to ourselves and our sexual identity. It connects us to others through feeling, desire, sensation, and movement. Ideally, this Chakra brings us fluidity and grace, depth of emotion, sexual fulfillment, and the ability to accept change.

The color used for this area is orange and it is the color which energizes this region. It stimulates our creativity, vitality, and sexual expression. When this Chakra is balanced, it initiates adaptability and flexibility. This Chakra is connected to procreation and bringing in new life. When it is out of balance, it causes one to manifest fear more easily, sexual imbalances, and unsettled emotions.

To help activate this Chakra, introduce more orange foods, wear orange clothing and stimulate the olfactory nerves with the scents of sweet flowers or citrus. The symbol of this chakra is the Circle.

Life development: The Sacral Spleen Chakra is a representation of growth from six months to age two.

This is the period of pleasure and self-gratification. It is a period of self-discovery and the beginnings of separation from the mother and developing child.



The Solar Plexus Chakra:

Location: Above the navel, but below the chest

Color: Yellow

Element: Fire

Sense: Sight

Musical Keynote: E (vocalized as the "o" sound in "top")

Associated Organs/Systems: Pancreas, liver, stomach, spleen, gall bladder, autonomic nervous system, lower back, muscles

Gemstones: Amber, Citrine, Tiger's Eye, Topaz, Yellow Sapphire, Sulphur, Yellow Jasper

Herbs: Bergamot, Carnation, Lavender, Rosemary

Essential Oils: Bergamot, Black Pepper, Cardamon, Cedarwood, Coriander, Hyssop, Juniper, Lime, Lavender, Rosemary

Qualities and/or Functions: Personal power, social identity, influence, authority, self-control, energy, will, peace, radiance, joy, inner harmony, vitality and inner strength

Verb: I can

Manipura: 3rd Chakra (Solar Plexus Chakra): This center is associated with fire, our ego identity, and orientation towards our self-definition. This Chakra is known as the power center. It rules our personal power, will, autonomy, and our metabolism. Encouraging us to move forward.

The color used for this area is yellow and it is the color which energizes this region. Yellow is very good for getting in touch with your power and to build confidence. Intuition is believed to begin in this area. Although, the Third Eye Chakra is most associated with intuition, the "spark" is what is felt in our solar plexus. This is our "gut" feeling.

When balanced, this Chakra gives us strength, provides the ability to hold energy for personal power, and emotional control. It brings spontaneity and non-dominating power. This is the primary center of our free will. When unbalanced, it produces rage and destructive behavior. To help activate this Chakra, consider sun bathing, drinking electrolytes, or introduce more yellow foods, lighting or clothing. The symbol of this Chakra is the Triangle.

Life development: The Solar Plexus Chakra is a representation of growth from approximately 18 months to age three. The "terrible twos" are where a proper balance of freedom and discipline are important. Poor disciplinary habits create an overbearing, egotistical child. Excess control can cause overbearing and demanding children who expect too much.



The Heart Chakra:

Location: The center of the chest

Color: Green or pink

Element: Air

Sense: Touch

Musical Keynote: F (vocalized "ah")

Associated Gland: Thymus

*Controls the heart, blood circulation, immune system, lower lungs, rib cage, skin, upper back

Gemstones: Emerald, Green Jade, Rhodonite, Rhodochrosite, Rose Quartz, Ruby, Kunzite, and Watermelon Tourmaline.

Herbs: Marjoram, Geranium, Jasmine, Lavender, Orris root, Rose oil, Yarrow

Essential Oils: Marjoram, Geranium, Jasmine, Lavender, Mandarin, Melissa, Rose, Maroc, Tangerine, Ylang Ylang

Qualities and/or Functions: Unconditional love, harmony, forgiveness, healing, compassion, understanding, personal transformation, warmth, sharing, devotion, selflessness

Verb: I love

Anahata: 4th Chakra (Heart Chakra): is associated with air, represents our social identity, and orientation towards self-acceptance. This energy is in the middle of the Chakra system of seven. It is related to love and is the integrator of opposites in the psyche: mind/body, male/female, persona/shadow, ego/unity. A healthy Heart Chakra allows us to love deeply, feel compassion, find a deep sense of peace, and a feeling of being balanced.

The color used for this area is green or pink and it is the colors that energize this region. This energy center deals with physical healing, balance, harmony, and compassion. The Heart Chakra is the center of our emotional balance and is most important in all facets of love. When it is balanced, you trust in others, take risks, love and feel loved, unconditionally.

To help activate this Chakra, eat lots of greens, surround yourself in nature, and be open to new experiences. Wear a touch of pink to identify with your compassion. The symbol of this Chakra is the Crescent.

Life development: The Heart Chakra is a representation of growth from age three to approximately age seven. The child learns about relationships with others outside the immediate family (the outside world).
Relating, will build good self-esteem and self-acceptance.



The Throat Chakra:

Location: the throat area

Color: blue

Element: Ether

Sense: Sound

Musical Keynote: G (vocalized "eh")

Associated Glands: Thyroid

*Controls the jaw, neck, throat, voice, airways, upper lungs, arms

Gemstones: Aquamarine, Blue Sapphire, Chalcedony, Turquoise, Blue Quartz, Blue Kyanite, Angelite, Blue Obsidian, Apatite, Blue Tourmaline, Azurite, Calcite, Lapis Lazuli, Sodalite

Herbs: Benzoin, Basil, Chamomile, Cypress, Eucalyptus, Frankincense, Sage

Essential Oils: Benzoin, Basil, Chamomile, Cypress, Eucalyptus, Frankincense, Hyssop, Linden Blossom, Peppermint, Petitgrain, Rosewood, Sage

Qualities and/or Functions: Creative self-expression, communication, inspiration, wisdom, confidence, integrity, truth, freedom, independence

Verb: I speak

Visuddhi: 5th Chakra (Throat Chakra): is associated with sound, our creative identity, and orientation towards self-expression. We experience the world symbolically through vibration, such as language, speaking and listening. The color blue helps with this balance. This chakra deals with taking in and releasing out.

If this center is balanced, we are able to communicate openly, as well as express what we do or do not want, in a diplomatic manner. When this center is unbalanced, we tend to talk without stopping, speak without listening, dominate conversations, or just the opposite, the inability to express ourselves. To help activate this Chakra, wear blue, introduce blue foods into your diet, or utilize more blue light into your surroundings. The symbol of this chakra is the Star.

Life development: The Throat Chakra - represents the growth from age seven to twelve years of age. This is the time to develop self-expression. With the feeling of being supported, it gives us the security to voice our message and be at peace with ourselves. Disruptive, abrasive, and boisterous behavior tends to be the product of underdeveloped, lower Chakras and can improve by working on improving the centers below the Throat Chakra.



The Third Eye Chakra

Location: Middle of the forehead

Color: Indigo

Element: Light

Musical Keynote: A (vocalized "ee")

Associated Glands: Pituitary

*Controls the endocrine system, the left brain hemisphere, the left eye, nose, ears, sinuses, and parts of the nervous system

Gemstones: Lepidolite, Iolite, Strawberry Quartz, Lapis, Azurite, Sodalite

Herbs: Jasmine, Mint, Mugwort, Star Anise

Essential Oils: Anise, Angelica Seed, Hyacinth, Jasmine, Juniper, Lemon, Pine

Qualities and/or Functions: Inner vision, intuition, clairvoyance, insight, perception, imagination, concentration, peace of mind, projection of will, manifestation

Verb: I see

Ajna: 6th Chakra (Third Eye Chakra): is associated with light, our archetypal identity, and orientation towards self-reflection. This Chakra is related to the act of seeing, both physically and intuitively. As such, it opens our psychic faculties and our understanding of who we are. When balanced, it allows us to see the "big picture.". It helps us to experience spiritual wisdom and enlightenment. It is the center of physical and spiritual understanding. This is where we receive information that we "feel" from our gut or Solar Plexus Chakra and are then able to "see and express" simply what we interpret.

When unbalanced, we tend to lose sight of our intuition, and the ability to perceive those things beyond our own physical manifestation.

The color to energize this Chakra is indigo, a combination of red and blue. It deals with clairvoyance and mental activity. To help activate this Chakra, add dark purple or dark blue accents of color through clothing, foods, and lighting. The symbol of this Chakra is the Pyramid.

Life development: The Third Eye Chakra represents the growth from age twelve to twenty. This adolescent time develops proper discernment and perception. This allows for greater insight. Greater insight shows us how to evaluate the action of others and their belief systems.



The Crown Chakra:

Location: the top of the head

Color: Violet or white

Element: Thought

Musical Keynote: B (vocalized "ohm")

Associated Glands: Pineal

*Controls cerebrum, right brain hemisphere, right eye, central nervous system

Gemstones: Alexandrite, Amethyst, Clear Quartz, Diamond, Selenite, Herkimer Diamond, Kundalini Quartz, Tiger's Eye, Amethyst, Citrine, and Smokey Quartz, Tourmalinated Quartz.

Herbs: Frankincense, Lotus, Neroli, Rose, Olibanum, Spruce

Essential Oils: Frankincense, Neroli, Rose, Pine

Qualities and/or Functions: Perfection, integration, unity with the divine, wisdom and purpose, universal consciousness, understanding, enlightenment

Verb: I know

Sahasrara: 7th Chakra (Crown Chakra): is associated with conscious thought, Universal identity, and orientation towards self-knowledge. The Crown Chakra relates to Universal consciousness as pure awareness. It is our connection to the greater world unseen. When balanced, this Chakra opens us up to receiving knowledge, wisdom, understanding, spiritual connection, enlightenment, and bliss.

When this Chakra is out of balance, there is a lack of belief, lack of trust, and poor sense of boundaries. There is a feeling of not having a purpose in life.

The colors used for this area are violet or white and are the colors that energizes this region. This energy center represents all that is divine. The white/violet light is truth and clarity. The symbol of this Chakra is the Lotus.

Life development: The Crown Chakra represents growth and activity from the age of twenty. This is the time when an adult is most likely to begin reacting fully to the world around them. If the adult chooses to continue to develop his mind by asking more in-depth life questions, they can bring in new found mysteries to be unlocked. This is the beginning of self-discovery, unabridged exploration, and a spark for the curiosity of life.



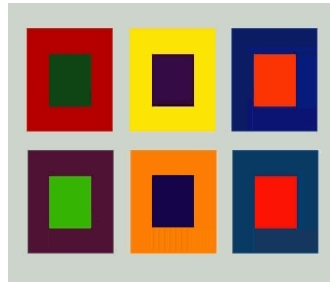
ACCESSING YOUR NEEDS

In order to balance your energy points with color you first must access if your energy center points are balanced or unbalanced. Based on the Physical/Mental/Emotional attitudes causing the unbalance, you can access the most prominent color needed.

- **An underactive chakra** is usually one in which the energy is blocked or congested. The energy does not flow freely through the physical system. If it is congested, blocked, underactive, we lack the energy to perform our daily functions. **An application of color** can help to stimulate the chakra into a balanced state.
- **An overactive chakra** is one in which overstimulation occurs. There is too much energy being drawn in and out of the center, aggravating a specific condition. **An application of the complementary or opposite color** is used.

The general rule for the chakra: If the chakra is underactive, an **application of its basic color is used**. If the chakra is overactive, then the **application of the complementary or opposite color is used**.

Color Complements are color opposites. These colors contrast each other as they help to make each other more active. The following is the color with its complementary color:



Red's complement Green
Orange - Blue
Yellow - Violet
Green - Red
Blue - Orange
Indigo - Orange
Violet – Yellow





Day 1 – Monday

Grounding and Protecting with the Root Chakra

The Base or Root Chakra is associated with the color red. This chakra is the grounding force that allows us to connect to the earth energies and empower our beings. Focusing one's attention on the color of a cherry popsicle or a juicy red apple can help bring our energetic body "down to earth" and in alignment with our physical body when we find ourselves energetically fleeting or in other words....."spacing off."

Chakra One - Associations

Color - red or black

Physical Location - base of the spine

Purposes - kinesthetic feelings, movement

Spiritual Lesson - material world lessons

Physical Dysfunctions- lower back pain, sciatica, varicose veins, rectal tumors, depression, immune related disorders

Mental and Emotional Issues - survival, self-esteem, social order, security, family

Information Stored Inside Root Chakra - familial beliefs, superstitions, loyalty, instincts, physical pleasure or pain, touch

Area of Body Governed- spinal column, kidneys, legs, feet, rectum, immune system

Muladhara, representing the Earth element of form and solidity, is the lowest point of the chakra system. It can be seen as a deep red, which corresponds to the slowest vibration in the visible spectrum. The Mantra or Tone sound for Earth is "Lam". This sound assists us in accessing the elemental and mental state associated with this chakra. The Sanskrit name for the Earth chakra is Muladhara, which means "root".

This chakra is located midway between the anus and the genitals, or the perineum. On the spinal column, it is connected to the section called the coccyx and to the coccygeal spinal ganglion. Connecting this to our bodies, this chakra corresponds to the dense or solid parts of the body: namely the bones, teeth, nails, legs, arms, anus and prostate, the large intestine, and our bodies taken as a whole. Through the minor chakras in our knees and feet, we respond to the basic underlying force of the Earth, gravity. This force, that constantly pulls us downward, keeps us connected to our planet and to our material existence.

Our consciousness in this chakra is concerned with survival, with our fight or flight response, with our instincts. It links the individual with the physical world. Defines the concept of `Being` and `Accepting Being`. Serves as the foundation to evolve and build personality. It embraces aspects such as energy, self-expression, ambition, and consistency, desire for security and the survival of the self and species. If we are to ignore this chakra, and concern ourselves with the higher levels, we will be growing without roots, we will be unstable, unable to withstand the trials that will come our way.

Gemstones, Essential Oils and Flower Essences

Elements that stimulate cleanse and energize the root chakra:



Gemstones - Hematite, Black Tourmaline, Bloodstone, Garnet, Onyx, Ruby, Red Coral

Flower Essences - Corn, Clematis, Rosemary

Essential Oils: Cedar, Clove, Cypress, Marjoram, Myrrh, Patchouli, Pine, Rosemary

The root chakra, also known as the first chakra, is associated with the color red and black. This chakra is the grounding force that allows us to connect to the earth energies and empowers our life force. It is through this chakra that the child feels a strong connection with its birth mother and also bonding with its nuclear family. In it, through this vortex is when our survival instincts spring forth. Experiencing confusion, distraction, and disconnection are indicators that this chakra is not functioning optimally.

The Chakra Myst System: Chakra Red: Grounding, Protecting, - contains hematite, obsidian, patchouli, rosemary, pine. **Designed around this ebook**, each bottle of Chakra Myst spray begins with energy infused blend of pure Angel's Mist essential oils and then combines them with a natural emulsifier of jojoba and Andrew's genuine crystals. Each spray invites a different Chakra related intention to heal your body and soul and supports the specific healing properties of each blend. Use this formula three times a day. Spray yourself in the **morning**. Use this formulation when you are doing **your meditation or body cleansing** and in the **evening**, when you are about to go to sleep.

GROUNDING EXERCISE

Balancing the physical with the spiritual.

Grounding exercises help tremendously with maintaining a balance of our physical and spiritual bodies. As a healer, I have learned that being energetically grounded allows me to be better equipped in facilitating healing for clients and also to create and maintain wellness in my own life.

I have been using a body scan technique for many years to help balance the body/spirit connection. I do this exercise each night while lying in my bed before I sleep.

Note: *Bedtime works fine for people who don't fall asleep easily, but for those who tend to fall asleep quickly upon hitting the pillow, sitting upright in a chair is probably best. Basically this exercise is a body scan which can be helpful in becoming more fully aware of how your body feels.*

Aside from the body scan helping to bring the body/spirit connection to balance it is also an excellent tool in identifying physical stresses and upsets.

Pain can be so overwhelming in one part of the body that the rest of the body gets neglected. The body scan is an exercise in assembling the larger hurts alongside the minutest details of stresses that you may have overlooked within your body.

Be prepared to be amazed at the discoveries that you will make about your body during this process.

For example: A headache may get temporary or permanent relief by altering the focus down to the feet, although this depends on the severity of the hurt you are experiencing in your head.

Besides getting better grounded by doing the following body scan exercise, another benefit is that sometimes painful hurts are often miraculously lifted from us while the body scan is being done in order to help bring our awareness to the less obvious.

Grounding Exercise: Body Scan

Bring your thoughts from busy mental chatter downward by focusing on your feet. Don't rush this process. Take your time moving from each part of your body. Also, you don't need to touch yourself, just allow your mind to switch focus from wherever it is. Begin with your feet and move upwards.

Notice the soles of your feet, your toes, in-between your toes, the top of your feet, the back of your ankle.

Do they feel hot? or cold? Do they hurt? Are they numb? Do you feel your blood circulating through them? Are they feeling tired?

Don't judge how they feel - just notice how they feel. Wiggle your toes. How does that feel?

Once you have made a strong connection with your feet you may then move your attention upwards to your ankle... then to your lower legs, onto your knee caps, behind your knees, your thighs, and so on.

Keep reminding yourself not to rush.

Allow yourself to breathe throughout the scanning process, especially as you come to any areas of discomfort (stressed muscles, soreness, etc.) or at any spot that feels like there may be an energy block.

Once you have moved through your torso and up to your neck, drop back down to your fingertips, move your attention to the hands, up your arms and shoulders, returning one again to your neck before finishing up with your face and scalp.

Grounding Tips

Eating Root Vegetables

Some people vow that eating meat, because of the protein meat provides, is how they are able to keep themselves grounded. But there are other non-meat foods that are also useful for helping ground our energies. These foods are our root vegetables. Foods that grow underneath are potatoes, radishes, onions, turnips, peanuts, carrots, beets, garlic, and so on.

Growing Roots

A common practice that is used by healers to assist clients who tend to be "spacey" to become more grounded is to guide them through a simple guided visualization. The healer will ask the client to imagine being a tree. By imagination of extending his roots into the ground the client's anxieties are lessened and they are better able to draw healing energies from the earth source.

Using Color: RED ENERGY

A common practice that is used by healers to assist clients who tend to be "spacey" to become more grounded is to guide them through a simple guided visualization. The healer will ask the client to imagine being a tree. By imagination of extending his roots into the ground the client's anxieties are lessened and they are better able to draw healing energies from the earth source.

Red Energy - is governed by the spine or the Root Chakra. The power center is closely grounded by earth, is outgoing, and portrays a positive attitude. The Root Chakra must be grounded. Fatigue, fear, and anxiety are often caused by the missing contact with the earth reality.

The Root Chakra - energizes the feet, legs, tailbone, vagina, urinary organs, and adrenaline glands.

This energy -- gives power to the strong life qualities of courage, self-confidence, security, positive love, and will power. Symbolic of heat, fire and anger. It is a stimulating and energizing color. It stimulates arterial blood and brings warmth to cool extremities. Used as a general tonic, it is very valuable in the treatment of diseases like low blood pressure, rheumatism, paralysis, anemia and advanced cases of tuberculosis.

In using Red - you are striving for balance. This is the energy you need to help the chakras to function in accordance with the others.

Red may help when:

- *you need courage and self-confidence
- *are anemic
- *feel tired or indisposed
- *have poor blood circulation
- *you are cold
- *need renewed energy

Red Meditation

Red is the color associated with the root chakra. Visualizing is an easy tool to help ground yourself. Imagining the color red and maintaining your focus on it during meditation will assist you in staying connected to the earth's grounding energies. Sometimes it is easier to visualize objects rather than colors, so imagine a big juicy apple, or the the fleshy insides of a watermelon. You could take this step even further by imagining planting the watermelon seeds rooting themselves deeply into the soil.

Your current aim as you start to meditate is to learn how to slow the physical vibration or frequency deep within your body. Many people do not realize that their chakra centers are far too exposed, and they are accepting or collecting vibrational patterns in conflict, these vibrations are both high and low. So often times these patterns are disorganized and untidy, and so frequently the seven layers of the physical emotional intellectual astral etheric celestial and the ketheric are abnormally increased, especially in intensity for their physical parallel. Therefore, the outcome is that they lure slow frequency forces, energy

if you will that remain within their personal sphere. If you hurl yourself headlong into meditation, you will speed the whole process up. Directly rendering special stress on your organs that are too slow to cope. This then places too much stress on the chakras already in a place of conflict, which then raises the internal discord of your body. By slowing your physical vibration to a slow-paced more natural frequency than you typically use, you ease the tension and pressure that you put on your muscles.

Anxiety stops being manufactured by your biochemical processes, so you relieve the burden of any stress or mental suffering. You can now get rid of the dark sultry energy forces right away that hang on in the various chakra centers of your body. Therefore, staying within your auric field as a whole, and removing the subliminal fragments of the act of thought interference from your auric space.

Focusing on your breathing

Focus on your breathing; starting with inhaling and exhaling in a balanced rhythm. It doesn't matter if you inhale for a beat of three and exhale for a beat of three, or you inhale for beat of five and exhale for a beat of five. It all depends on your own lung capacity, and what makes you pleausurably comfortable when you to breathe in a balanced rhythm. One of the most important factors now is to achieve an awareness and appreciation of a balanced breathing rhythm. Use your visualization technique to take your awareness, all the way down to your base chakra, slowing your vibration down even further.

Now transfer yourself into the main part of this meditation exercise your vibration will intuitively arise again. Only now, your chakra centers are resonating in harmony, instead of being in discord.

Drawing down the Red Light: Anchoring yourself into the earth

The roots of a large tree spread deep underground, anchoring the tree into the earth, use your creative visualization to imagine roots, going down from your body plunging into the depths of the planet and spreading out, just like the roots of that tree. Envision the prominent bulky roots extending downwards below the surface, broadening from the base of your spine. These roots are the essence that will, enable you to draw into your body the positive frequency of the mother earth. You are now beginning to feel the awareness of a reaction from the planet deep below the surface coursing into your space. As this occurs, you visualize the bulky roots that are beginning to entwine with the waters inside the planet's core, these waters represent the unconditional love, healing the rarefied energy of the Earth.

As your roots entwine with the Earth energy use your senses to experience the awareness of unconditional love. Drawing the Earth energy into your roots, visualizing the red light spreading upwards flowing languidly into your physical body. The colors black and red are what is needed if you consider that both black and red are a continuous distribution of colors transcending from light. Envision a budding red rose or roots of trees still waiting for the impetus of food from Mother Earth. The root waits patiently for the sun to help it germinate. When you bring down red light through your crown chakra, you entwine with the higher principle that also resonates with the sun. So in essence you become the most central and material part, you become that red.

Bringing white light down through your crown chakra through the top of your head and you anchor yourself at the same time as you entwine with the essence of the Father's energy of Heaven that is represented by the white light, and the essence of the Energy of Mother Earth. When you do this you merge the essence of Mother and Father, integrating these energies you are neither male nor female, neither father nor mother. You now consist of two integrated parts of the aspects that are best for you at this particular time.

Fear and The Root Chakra

In Traditional Chinese Medicine, the Kidneys are the Organ most likely to be damaged by fear and to cause a person to be more prone to feeling fear when damaged or suffering imbalance. So it's not surprising that something that can build up the Kidneys would help panic attacks when the panic attacks have a root of Kidney imbalance.

There are a lot of different things that can cause panic attacks. About the most well-known one is respiratory alkalosis. This is the CO₂ (carbon dioxide) level in the blood is too low and the pH (measure of acidity-alkalinity) is too high (too alkaline). The person feels like s/he's smothering and needs more oxygen, but the O₂ level is too high. It's the CO₂ level that needs to be brought up.

This is the condition where if the person will hold his/her breath or breathe into a paper bag (and re-breathe CO₂ just exhaled), the CO₂ content of the blood will rise and the pH will get lower (less alkaline), and the breathing problems and the panic will stop. The most common cause of respiratory alkalosis is hyperventilation (breathing too fast and too swallow), and the most common cause of hyperventilation is anxiety. When the CO₂ drops low enough and the pH rises too high, the anxiety turns into a panic attack.

Without a doubt, there are situations in our lives that cause fear. This is something we must "pick apart" in order to find it's roots. There may be one or two things that are not allowing your mind to be free. Write them down.

Fear and the Amygdala

Whether you are ecstatic, dejected or frightened, emotions certainly can have a grip on your life. In the world of science, however, emotions did not have such a hold. In the past they took a back seat to more clear-cut scientific topics. But now an increasing amount of evidence is showing that the emotion of fear is decipherable. The identification of a specific brain system that processes fear is spurring a great interest in the field. New discoveries could explain the mystery behind many mental disorders and prompt the development of new treatments.

An almond-shaped area of the brain, the amygdala (uh-mig-dah-la) receives signals of potential danger and begins to set off a series of reactions that will help you protect yourself, according to an increasing number of studies. Additional messages sent to the amygdala determines whether there is a threat or not.

Fear can often be a daily part of our lives. The fight or flight response can occur when an individual is subjected to fear such as a threatening situation or a resistant or hostile event. The response may be one of confrontation or one of avoidance such as running. The response involves all parts of the nervous system, as well as the endocrine system, and can be consciously or unconsciously mediated.

The autonomic part of the fight-or-flight response results in a general increase in sympathetic activity, including heart rate, blood pressure, sweating, muscular strength, and can trigger an adrenaline surge that quickens your pulse, raises blood pressure, kick-starts anxiety and prepares you for "fight or flight." The fight-or-flight response is adaptive because it enables the individual to resist or move away from a threatening situation. can trigger an adrenaline surge that quickens your pulse, raises blood pressure, kick-starts anxiety and prepares you for "fight or flight."



Fear and Your Inner Child

Sometimes when we are fearful, the part of us that is often afraid is the child within us.

1. **Identify** what you are afraid of: _____.
2. **Do not ignore** the part of you that feels afraid. It is often the part we don't want to listen or pay attention to.
3. **Name three things** you can do to SUPPORT yourself through this fear:
 - a). _____
 - b). _____
 - c). _____
4. **Understand** that the inner child in you is fearful. Your support should be geared toward more compassion and patience when listening to your fear.
5. **Now learn to release your fear** (See below).

Tips for Releasing Your Fears

No matter what type of fear you are experiencing, there are many techniques which will allow us to move forward.

1. **By slowly taking away the "layers" of what covers this fear or block**, and discovering what is truly at the root of the fear, it enables us to deal with it from a higher point or view and opens up a path in which to rebalance.
2. **Look at them on paper.** Send them to me if you like (we can look at them together). Be honest with yourself when you write them out. Go with your immediate intuition. Fears have a tendency to dissolve when we are looking them face on.
3. **Re-balance.** As a holistic individual, you know that our bodies are continuously in a state of re-balancing itself. This is how we function. This is how we grow. By holding on to a fear, we are not allowing this process (your intuitive state) to flow freely. This block can be the cause of a much bigger problem.
4. **Letting go.** By giving this fear up to the universe to handle, you are essentially allowing yourself to release this fear, and in turn strip away any kind of meaning or significance it may have upon you. By letting go, this allows us to move to the next level in our lives. The next natural process. Often times, this is a fear in itself. The fear of "what will happen when I DO move to my next stage in life?" **Feeling protected** always comes by letting go of the fear.
5. **Let your guard down.** Let it go. This is not a fear. This is a great journey. Allow yourself to follow it.
6. **Being Grounded.** Being grounded is related to our survival instincts, and to our sense of connection to our bodies and the physical plane.
7. **Being Aware.** Ideally, being aware allows us the understanding of fear, which gives us the comfort to feel protected. Once you know what your fear is, you can take steps to address it. Being aware can keep us healthy, secure, and allow us dynamic presence.
8. **Be Familiar.** When we are familiar, we are comfortable and we feel connected with our physical body and the space around us.
9. **Be Open.** Being open, gives us the ability to be conscious and secure in ourselves and determines how we look at life around us. This roots us in survival of both the physical realm and spiritual body.
10. **Deep Breathing.** Learn to breath deeper. This is very helpful in stressful situations. It allows for the release of carbon dioxide (stress) and room to take in fresh, soothing air (calm).

Lessons of the Root Chakra

The needs of the Root Chakra are that of survival, food, and shelter. As **earth** is the elemental association to this Chakra, our “foundation” is the root of our tree of life and the way we are able to express ourselves through our adult lives. The Tree of Life describes the descent of the divine into the manifest world, and methods by which divine union may be attained in this life. It can be viewed as a map of the human psyche, and of the workings of creation, both manifest and un-manifest. Indeed, any system can be more fully understood both in itself and relative to any other system by viewing it in relation to the Tree. The Tree allows and requires a more holistic understanding of any topic to which it is applied - reason, spiritual perception and intuition are all needed, as is clear from the structure of the Tree itself.

When our Root Chakra is **out of balance**, the feminine aspects disappear and you can become overbearing and have difficulty with the ego. The Root Chakra out of balance is expressed as uncontrollable fear, a feeling of not being protected, being vulnerable, ungrounded and not rooted.

Stress and trauma is especially undermining to the Root Chakra. Any type of stress or trauma or invasion is considered an impact on our energy system that can have an effect on our overall "energy net" or aura. This can cause a distortion in our energy flow and function. Psychological trauma is a type of damage to the psyche that occurs as a result of a traumatic event. A traumatic event involves a singular experience or enduring event or events that completely overwhelm the individual's ability to cope or integrate the ideas and emotions involved with that experience. Physical trauma refers to a physical injury from a cut or bruise, accident or an event such as rape or war. These types of impact can have either subtle, subconscious effects or long lasting distortion to the psyche.

Abandonment is primal fear, the first fear that each of us experience as an infant. It is the fear that we will be left, literally abandoned, with no one to care for us. Abandonment's wound is cumulative. It contains all of our losses, disconnections and disappointments from early on, the death of a parent, a teenage breakup, being out-shown by a sibling, these experiences make us more susceptible to heartbreak when we are abandoned as adults. The abandonment wound, stored deep within the limbic brain, is easily triggered.

Adrenal exhaustion occurs when the adrenal glands are not functioning optimally. You can have a condition that is known as adrenal fatigue, or adrenal exhaustion. Adrenal fatigue often develops after periods of intense or lengthy physical or emotional stress, when over stimulation if the glands leave them unable to meet your body's needs.

When this Chakra is **in balance**, we feel in good health and connected with our physical body. It is used to ground our essence into our physical body. This chakra gives us determination, grounds us and assists in survival in the physical realms. Ideally this chakra brings us health, prosperity, security, and dynamic presence. We are less fearful and have great courage.

When the masculine and feminine energy is balanced the masculine and feminine energy work together to make you strong and vital. The Root chakra is also connected to the feet. The feeling of being grounded to the earth is essential for feeling rooted to the soul.

Be Grounded: Physical identity, oriented to self-preservation, being grounded represents the element of earth, and is therefore related to our survival instincts, and to our sense of grounding, connection to our bodies and the physical plane.

Be Aware: Ideally, being aware, allows us the understanding of fear, which allows us the comfort to feel protected. Being aware can keep us healthy, secure, and allow us dynamic presence.

Be Familiar: When we are familiar, we are comfortable and we feel connected with our physical body and the space around us.

Be Open: Being open, gives us the ability to be conscious and secure in ourselves and determines how we look at life around us. This roots us in survival of both the physical realm and spiritual body.

The lesson of the Root Chakra is **one of ultimate connection and rooting your mind, body and spirit in order to flourish.**



Day 2 – Tuesday

Joy, Sex, Empowering with the Sacral-Spleen Chakra

The Sacral Chakra is associated with the color orange or red-orange. I usually visualize the Sunkist orange that has been dyed to attract the produce buyer, or the orange red of an evening sunset when I'm focusing on spinning my second chakra. This chakra often offers us the opportunity to lessen our "control issues" and find a balance in our lives, teaching us to recognize that acceptance and rejection are not the only options in our relationships. The process of making changes in our life stream through our personal choices is a product of second chakra energy. A well-functioning second chakra helps one to maintain a healthy yin-yang existence.

Chakra Two - Associations

- **Color** - orange
- **Physical Location** - lower abdomen to the navel
- **Purposes** - emotional connection
- **Spiritual Lesson** - creativity, manifestation, honoring relationships, learning to "let go"
- **Physical Dysfunctions**- low back pain, sciatica, ob/gyn problems, pelvic pain, libido, urinary problems
- **Mental and Emotional Issues** - blame, guilt, money, sex, power, control, creativity, morality
- **Information Stored Inside Sacral Chakra** - duality, magnetism, controlling patterns, emotional feelings (joy, anger, fear)
- **Area of Body Governed**- sexual organs, stomach, upper intestines, liver, gallbladder, kidney, pancreas, adrenal glands, spleen, middle spine

Gemstones, Essential oils and Flower Essences

Elements that stimulate cleanse and energize the sacral/spleen chakra:



Gemstones and Flower Essences that stimulate, cleanse and energize the sacral chakra

- Gemstones - Carnelian, Moonstone, Orange Calcite, Orange Jasper, Mookite
- Flower Essences - Indian Paintbrush, Lady's Slipper, Hibiscus, Plumeria, Sandalwood, Sweet Orange

The sacral chakra, also known as the second chakra, is associated with the colors orange and red-orange. This chakra often offers us the opportunity to acknowledge our issues regarding control, especially in relationship with others. The process of creating changes in our lives through making personal choices on our own is a function of second chakra energy. A well-functioning second chakra helps a person maintain a healthy yin-yang existence. Although the sacral chakra is primarily considered the sexual center, it is also where individual creativity is birthed from.

The Chakra Myst System: Chakra Orange: Joy, Sex, Empowerment, - contains carnelian, moonstone, plumeria, sandalwood, sweet orange. **Designed around this ebook**, each bottle of Chakra Myst spray begins with energy infused blend of pure Angel's Mist essential oils and then combines them with a natural emulsifier of jojoba and Andrew's genuine crystals. Each spray invites a different Chakra related intention to heal your body and soul and supports the specific healing properties of each blend. Use this formula three times a day. Spray yourself in the **morning**. Use this formulation when you are doing **your meditation or body cleansing** and in the **evening**, when you are about to go to sleep.

Sex and spirituality: the new predicament

by Andrew Cohen

What a predicament - sex and spirituality! This is a tough nut to crack, and I wonder if anybody has really cracked it satisfactorily, even after thousands of years. Of course, if we want to be free, it's not sex itself that is the problem, but our relationship to it.

The perennial question is: If we have sincere spiritual aspirations, then what is the best position to take in relationship to one of our most basic instincts? Well, and this is the fun part, it all depends who you ask! But the truth is, for most of us on the spiritual path, esoteric questions like these, as intriguing as they are, are really superfluous.

Why? Because the greatest challenge for most of us, in relationship to sexuality at least, is just not to make a mess of it, or as they say in the East, create more karma. But that sounds like a tall order if even most of the big gurus can't walk the straight and narrow. And if they are apparently confused about the right relationship to sexuality, what are the rest of us mere mortals supposed to do? Forget about the whole thing?

Impossible. Face it directly and try to come to terms with it? Sounds good, but who has the courage and heroic spirit necessary to really look into the eye of the tiger of sexual desire without their whole world falling apart? You see, so many of us open-minded, free-thinking characters really are squares when it comes to this particular mega life issue. What does that mean? It means that we don't want to look at the whole question too closely or too personally because for most of us, sex is more important than God.

The sexual/romantic experience is one of the most confusing areas of human life and seems to be the hardest to get clear about. It is not a free ride, unfortunately. And, therefore, unless we get our priorities clear, it's almost inevitable that that attachment will quickly become more important to us than our own potential liberation in this life.

I hear so many people say, "We want to pursue freedom together," but what that almost always means is that holding on to the intensely personal experience of sentimental attachment is their first priority, not the experience of profound inner freedom.

The question is: If enlightened freedom is freedom from attachment, then what are we all going to do about the relentless nature of sexual attraction?

There have been widely differing answers to this perennial question that have been offered to men and women throughout the ages. On one extreme, we have been encouraged to use the sexual experience itself as a vehicle for self-transcendence and, on the other, we have been told that if we want to be liberated men and women, we have to renounce the sexual experience altogether. I believe that if we want to be free, we must think very deeply about these matters for ourselves.

In the end, if you want to be free, then all you need to know is that 'free' means free from attachment. That simple fact transcends the relative matter of whether you're engaging in a sexual relationship or not engaging in a sexual relationship. If you face that spiritual truth unflinchingly, then you will be looking into the heart of the matter for yourself. And that takes a lot more courage than blindly accepting someone else's conclusions.

The Centering Meditation

The second chakra is the area of the lower abdomen and womb area. The yoga posture of the Cobra will focus on that region.

Lie down on your belly. Stretch your legs out with your toes pointed. Bring your hands, palms down, under your shoulders on the floor. Keep your elbows close to your sides.

Bring up the squeeze in your buttocks and press the pelvic bone down on the floor. Place your forehead on the floor.

Begin to lift up. First, lift the head as if you are watching an ant crawl up the wall in front of you. You are raising your forehead, eyes, nose, chin and throat from the floor. Then, very gently, allow your upper body to lift up. Don't put any pressure on your hands. They are just resting lightly. You are only lifting the a slight lift at first. Press the crown of your head away from your shoulders. Imagine that you are being lifted up from your chest.

Now, we will use some hand and arm strength. Press your palms down and lift your chest up a little higher. You may have your navel off the floor, but your pelvis remains in contact with the floor.

Your elbows are still close in towards your body. Your shoulders are relaxed downward. Don't scrunch them up to your ears. The crown of your head is still stretching upward.

Expand your chest and breathe into your chest. Take a few breaths.

When you feel complete, release the press of your palms and the squeeze of the buttocks and allow yourself to come back to a relaxing posture. Make a pillow with your hands and rest your head to one side on the pillow of your hands.

Breathe. There are benefits in the letting go of the posture just as there are benefits of holding the posture. We need to take the time to receive the benefits of the letting go.

Other yoga postures or exercises that may be helpful are hip circles and pelvic rocking.

The second chakra is one of feminine energies. Not only is sexuality and pleasure associated with this chakra, but also nurturing. Here is our desire for nurturing, nourishment, warmth and touch. Denying these desires causes serious imbalances in life. Overindulgences also will cause imbalances.

Using Color: **ORANGE ENERGY**

Orange Energy is governed by the Spleen Chakra. Orange is the best stimulant, helping us in times of depression, loneliness, and boredom. It is the best emotional stimulant. Joy comes from orange energy. Orange has the love from red and the wisdom from yellow. It strengthens confidence and allows independence.

The Spleen Chakra - gives energy to the bronchia, chest discomfort, disturbances in the spleen, kidneys, stomach, gall stones. It increases the intake of oxygen, helps lungs, releases flatulence from the stomach.

This energy -- gives power to remove suppression and inhibitions. It allows you to create ideas and give courage and strength. Symbolic of prosperity and pride, orange is useful for stimulating blood supply and energizing the nerves. It is beneficial in the treatment of kidney and gall stones, hernia and appendicitis. It is also used to stimulate the milk producing action of breasts after childbirth.

In using orange -- you can learn to understand how the stomach tells us about our physical situations. If the Spleen Chakra is out of balance, our stomach is usually the first thing to warn us. You may have a nervous stomach, if you cannot control your feelings. Orange allows you to balance your Spleen Chakra in such situations.

Orange energy may help when:

- *you want to increase appetite
- *you need joy and well-being
- *have stomach disorders
- *nervousness
- *skin problems
- *asthma
- *allergies
- *vertical grooves in your nails
- *lack working energy

Orange Meditation

Visualizing the power of orange energy helps us to fortify our reproductive system, sexual organs, lumbar plexus and the gonads, men's endocrine gland. Sit comfortably on the floor, in your meditation space or in a chair. Close your eyes. It is first important to feel your energy rooted to the floor. A sense of being centered should come as you take several slow inhales and several exhales of equal length. Sense a warm glow as you begin to visualize an orange glow start taking hold of you. Orange stimulates your sense of taste and appetite. Be aware of your tongue and how you swallow in between your breathing. This chakra is associated with the parts of the consciousness concerned with food and sex. It is about the body's communication to the Being inside, about what the body wants and needs, and what it finds pleasurable. Focus your warm, orange glow on your reproductive system. Allow the color to wash over this entire area. Sense the variation in warming orange color... from dark red-orange to warm sun-orange. Feel the color pulse over this Chakra area. Be conscious of how it affects you. A woman's ability to have children is also associated with this chakra. If you are not familiar with this area, allow your mind's eye to explore every area. This is the Chakra that men should pay attention to in regulating sex drive and purpose. Allow the orange ray to balance out this region. This Chakra has a clear relationship with the element of water. The person's relationship with water is a reflection of their relationship with the parts of their consciousness associated with this chakra, i.e. food, sex, or having children. This chakra is also associated with the emotional body, and the person's willingness to feel their emotions. Take your time in bringing the color and awareness to this Chakra region. When you are ready to open your eyes, slowly do so.

Sexual Health and the Sacral Chakra

Our most sexual organ is the brain! Our minds can create the most perfect fantasies or sexual relationships. It is the power of our minds that can enhance the desired sexual experiences and is what realizes our Sexual Health.

Sexual health refers to the many factors that impact sexual function and reproduction. These factors include a variety of physical, mental and emotional issues. Disorders that affect any of these factors can impact a person's physical and emotional health, as well as his or her relationships and self-image.

Aspect of our sexual health may include whether anyone will find us sexually desirable, whether we will ever enjoy sex again, whether we can still have children or whether our sexual partners will stay with us,

Our "sexual-esteem" or positive reverence for and confidence in our capability to experience our sexuality in a satisfying and enjoyable way are all a part of our sexual health and are a very important part of our well-being.

Tantric Energy: Sacred Sexuality

Tantra uses the energies of the body, sometimes the sexual energies, to transcend worldly attachments. Pleasure teaches – it assists us in learning to feel more love, greater touch, and emotional healing. Sacred Sexuality goes beyond this to teach us about the deeper inner realms of our psyche and provides us with true understanding and compassion. Through passionate, sensual awareness you can increase the quality of your sexual life.

Passion: is feeling physically aroused and attracted to someone. Passion is what makes you feel "in love" and is the feeling most associated with love. It also rises quickly and strongly influences and biases your judgment. Passionate love involves continuously thinking about the loved one and also involves warm sexual feelings and powerful emotional reactions.

The Tantric school of thought combines the principles of yoga and meditation to weave together sensuality and spirituality. It is rooted in ancient Hindu and Buddhist texts and practices dating back to the sixth century A.D.

A loose tradition to begin with, Tantric teachings offer no clear record of their origins, even when it comes to the meaning of the term Tantra, which has been variously defined as "web," "weaving," "expansion," and "liberation." No matter what the definition, at the heart of Tantra is honest communication, creating intimacy and realization.

Realization that your self is infinite and beyond space and time. Realization that leads to complete peace of mind and contentment. It does not require you to change your spiritual beliefs in order for the process to work.

"Allow the power of sex and the Universe to transcend all boundaries of prejudice, ignorance and disbelief."

Lessons of the Sacral Chakra

Once the needs of the Root Chakra have been met – survival, food, and shelter – the impulse to create is found in the Sacral Chakra.

As water is the elemental association to this Chakra, our emotions, sexuality and sensations all flow from a source. This source is our Sacral Chakra. It governs sexuality, self-worth and creativity and is also associated with desire, pleasure, emotional balance and the abundance that you allow into your life for the fulfillment of your desires.

Emotions are expressed and contained. Sensations and feeling are experienced and honored. Sexuality pours forth or is stifled. Each pattern is done within boundaries. Containing and expressing these emotions are done in a well-balanced act of communication either through verbal action or physical display. When boundaries are taken too far or if these emotions are trapped in containment; both extremes are out of balance. The ability to determine when to open and close this Chakra is very valuable lesson. The physical body reigns over this Chakra and being able to open and close, express and contain our emotions, feelings and sexuality are how we find balance here.

When our Sacral Chakra is out of balance, we can feel destructive, irresponsible, self-pitying and lethargic. If this chakra is blocked, both sexual and creative frustration occurs. You may have difficulties tapping into your creativity. Or you may have brilliantly creative ideas, but problems with manifesting your projects. A blockage can also manifest physically with lower back pain, sciatica, and problems of the reproductive system, lowered libido and urinary problems.

Those who define their life based on their relationships, always needing to be in a relationship, are living excessively from the Sacral Chakra. Those lacking social or sexual relationships are deficient in the Sacral Chakra.

Promiscuity is excessive behavior, which stems from the Sacral Chakra. Asexual behavior is a deficiency of the Sacral Chakra

Holding on to material things, or hoarding is excessive behavior from the Sacral Chakra. This fear of letting go, only leads to distrust of those around you, including distrusting the Universe.

When the Sacral Chakra is out of balance, it causes one to fear death.

When this Chakra is in balance, we feel joyful, enthusiastic, sociable and self-assured. Therefore, if this chakra is functioning well, you will experience enriched creativity, enhanced emotional gratification and courage, sexual vitality and positive self-esteem.

When the masculine and feminine energy is balanced in this chakra, adaptability and flexibility come easily. This Chakra is connected to procreation and bringing in new life.

Self-assuredness and self-empowerment is the spark that comes from the Sacral Chakra. They manifest as the move upward through the energy centers, but their initial activation is from the Sacral Chakra.

The lesson of the Sacral Chakra is integrity of energy. We must be able to create and merge with an individual or a group, but it is imperative to honor your boundaries and reconnect with your self.



Day 3 – Wednesday

Power and Self-Control with the Solar Plexus Chakra

The Solar Plexus Chakra is associated with the color yellow. This is the area which defines our "self-esteem". The personality that develops during puberty is housed in this chakra....otherwise known as the "EGO". Anyone experiencing dysfunction of the third chakra is having difficulty obtaining or maintaining his/her own "personal power". This intuitive chakra is where we get our "gut instincts" that signal us to do or not to do something. Strong self-esteem is a required for developing intuitive skills.

Chakra Three - Associations

- **Color** - yellow
- **Physical Location** - solar plexus
- **Purposes** - mental understanding of emotional life
- **Spiritual Lesson** - acceptance of your place in the life stream. (self-love)
- **Physical Dysfunctions**- stomach ulcers, intestinal tumors, diabetes, pancreatitis, indigestion, anorexia/bulimia, hepatitis, cirrhosis, adrenal imbalances, arthritis, colon diseases
- **Mental and Emotional Issues** - self-esteem, fear of rejection, oversensitivity to criticism, self-image fears, fears of our secrets being found out, indecisiveness
- **Information Stored Inside Sacral Chakra** - personal power, personality, consciousness of self within the universe (sense of belonging), knowing
- **Area of Body Governed**- upper abdomen, umbilicus to rib cage, liver, gallbladder, middle spine, spleen, kidney, adrenals, small intestines, stomach

Gemstones, Essential oils and Flower Essences

Gemstones and Flower Essences that stimulate cleanse and energize the solar plexus chakra:



Gemstones and Flower Essences that stimulate cleanse and energize the solar plexus chakra

- Gemstones – Yellow Calcite, Citrine, Yellow Jasper, Serpentine, Tiger's Eye, Sulfur
- Flower Essences - Chamomile, Golden Yarrow, Peppermint, Mimulus flower

The solar plexus chakra, also known as the third chakra, is associated with the color yellow. Our egos and intuitions reside in this space. Our personal self-esteem is reflected by the healthfulness or lack of healthfulness of this chakra. Experiencing difficulty maintaining your personal power likely signifies that your third chakra is damaged or compromised. This intuitive chakra is also the source from which we get those "gut feelings" that signal us to take action or to avoid something. When this chakra is functioning optimally our intuitive skills are enhanced.

The Chakra Myst System: Chakra Yellow: Self-Control, Will Power, - contains tiger's eye, citrine, bitter lemon, cardamom, saffron. **Designed around this ebook,** each bottle of Chakra Myst spray begins with energy infused blend of pure Angel's Mist essential oils and then combines them with a natural emulsifier of jojoba and Andrew's genuine crystals. Each spray invites a different Chakra related intention to heal your body and soul and supports the specific healing properties of each blend. Use this formula three times a day. Spray yourself in the **morning**. Use this formulation when you are doing **your meditation or body cleansing** and in the **evening**, when you are about to go to sleep.

The Self-Esteem Series: The "Honor Myself" Check List

by Andrew Pacholyk, MS, L.Ac.

Self-esteem issues are different in different people. Although you may feel great about yourself in one area of your life, you may be extremely down on yourself in another. Welcome to the world. We can all seek to improve ourselves. It is time you became committed to truly loving and appreciating yourself and who you are.

1. Walk with your head up - do not look down. Keep your eyes even with the horizon. Tell everyone who you are with your eyes. **Affirmation:** I keep my head up high. I choose to be a very loving, humble, secure me.

2. Stay positive, patient and keep your temper in check - Breathe. Think of positive thoughts and seek the sunny side of every situation. Avoid getting extremely angry and flying off the handle. **Affirmation:** I am calm, cool, collected. Nothing, absolutely nothing bothers me.

3. Stop taking things personally - guess what, it is not all about you. Everyone is not against you and they are not ganging up on you either. **Affirmation:** It is not about me. I rise above all that is in my way. I soar free and independent of that, which is around me.

4. Stop playing it safe - It is time to be a risk taker. The worse thing that could happen is that you fall on your face. So what. And your point is? If you do not go out on a limb sometimes, you will continually be ruled by your fear. **Affirmation:** I honor all that I am. I deserve the best. I am the best.

5. No more hiding - Your lack of belief in yourself may want to keep you hidden away behind closed doors and from reality. Get out there. Meet and greet. You never know who you will meet. Make it a challenge. You just might meet your next employer, love of your life or bridge partner. **Affirmation:** I am powerful and brave. I know we are all in the same situations. We share the same consciousness. I will be the better person and take my place in the world.

6. Change your vocabulary - NOW. Words and phrases like: "I can't", "It figures", "Just my luck", "I'm only human", "I should have", "Life sucks" or "It's impossible"... should never cross your lips...again. **Affirmation:** I can, I'm so lucky, I'm so fortunate, I will, I'm deserving, It's possible, I love my life.

7. Limit the apologizing and drop the guilty - Enough already. You have nothing to be guilty of. Nothing. Continuous apologizing not only is annoying to hear, it shows that you are not grounded and cannot find your comfort in your own skin. **Affirmation:** I am guilt free. I have nothing to be guilty about. No more excuses or apologies.

8. Make direct eye contact - make it every time with someone... and keep it. Looking down or looking away only shows how insecure you are. You have nothing to be insecure about and everything to be sure of. **Affirmation:** There is nothing more beautiful, than a confident person.

9. Accept a compliment - with praise and graciousness. They are not often given out. Take them with pride and honor. Be happy that someone has found their security enough to give one to you. Show them how secure you are, by thanking them. **Affirmation:** I appreciate a compliment. I deserve a compliment. I am grateful.

10. Less taking and more giving - shows you are confident that what you have to give is worth something. The more we take, the more we think we deserve, the more we feed into our poor sense of self. **Affirmation:** I am happy to give my time, my love and my charity to all who need it.

Meditating on the Third Chakra

The third chakra is the **Manipura chakra**. It means "lustrous gem" and its color is yellow. It is located in the area of the navel to the solar plexus. Its function is will and power. The verb associated with the 3rd chakra is "I can".

The glands and body systems it affects are the pancreas, adrenals, digestive system, and muscles. When it malfunctions, the resulting problems are ulcers, diabetes, and/or hypoglycemia.

The sound to chant in this meditation is RAM. The animal that is associated with the 3rd chakra is also the ram. In Tarot, it is associated with wands. Its element is fire. Its planets are Mars and the Sun. These are all great images to fixate on when meditating on this center. The yoga posture that helps to open and focus the energy of the third chakra is DHANASURASANA - The Bow. This third chakra posture, the Bow, focuses on the belly. The posture helps to massage the abdominals and the solar plexus and stimulates digestion. This meditation is a moving meditation. Done with your eyes closed, your focus can be geared toward any of the items just mentioned

Begin by lying flat on your belly with your chin resting on the ground. Bend your knees and allow your feet to come close to your buttocks. Reach back and hold your ankles. Squeeze your buttocks and press your pubic bone downward. Lift your head and chest. Press your feet back into your hands, helping you lift the front of your body. Your thighs may come off the ground allowing you to lift your chest even higher. You may find yourself rocking back and forth. You may feel a pulsing in your belly. Breathe while in the posture and hold the posture for 30 to 60 seconds (or so).

To release the posture, first lower your legs and release the grasp of the ankles. Unbend your legs. Lower your chest and head. Relax from the posture. You may still feel the pulsing of energy in your belly. The solar plexus chakra has to do with "belonging." If it's open, the individual will feel that he/she belongs to everything--firmly grounded in his/her place within the universe. It's a mental chakra, but directly related to a person's emotional life. Mental understanding of emotions regulates one's emotional life. If the chakra is open one will have a deeply fulfilling emotional life that does not overwhelm. Also, that person might be susceptible to psychic "attack" or be lost in stars. Physical pain in the chakra stems from overuse. If the chakra is closed, feelings will be blocked. A person might not feel anything and would not understand the deeper meanings of emotions, and might not be connected to his/her greater purpose.



Using Color: **YELLOW ENERGY**

Yellow Energy is governed by the Solar Plexus Chakra. This is often referred to as the brain of the nervous system and is the most critical point of all vitalization points in our body.

The Solar Plexus Chakra - when it is balanced we should not suffer from ulcers, gall stones, catarrh of the large intestine or diabetes.

This energy -- gives power for digestion, constipation, flatulence in the intestine, liver problems, diabetes, and skin problems. Yellow energy may help cleanse the pores of the skin and is a great brain stimulant. Associated with joy and happiness, yellow is laxative and diuretic. It is a stimulant to the brain, the liver and the spleen. It is also effective in the treatment of indigestion, kidney and liver disorders, constipation, eye and throat infections, syphilis and impotence.

In using yellow -- it allows clarity of thought. It gives good ideas and awareness. It has a powerful effect on the nervous system and assists the left brain in operation. Yellow energy is good for children in that it enhances their ability to perceive and understand.

Yellow may help when:

- *you feel nervous or tired.
- *you are sad.
- *you have parasites
- *skin problems
- *weight problems
- *suffer from ulcers
- *poor digestion

Expressions of our Ego

Courtesy of AllPsych and Heffner Media Group, Inc.,

According to Freud, we are born with our **Id**. The id is an important part of our personality because as newborns, it allows us to get our basic needs met. Freud believed that the id is based on our pleasure principle. In other words, the id wants whatever feels good at the time, with no consideration for the reality of the situation. When a child is hungry, the id wants food, and therefore the child cries. When the child needs to be changed, the id cries. When the child is uncomfortable, in pain, too hot, too cold, or just wants attention, the id speaks up until his or her needs are met.

The id doesn't care about reality, about the needs of anyone else, only its own satisfaction. If you think about it, babies are not real considerate of their parents' wishes. They have no care for time, whether their parents are sleeping, relaxing, eating dinner, or bathing. When the id wants something, nothing else is important.

Within the next three years, as the child interacts more and more with the world, the second part of the personality begins to develop. Freud called this part the **Ego**. The ego is based on the reality principle. The ego understands that other people have needs and desires and that sometimes being impulsive or selfish can hurt us in the long run. It's the ego's job to meet the needs of the id, while taking into consideration the reality of the situation.

By the age of five, or the end of the phallic stage of development, the **Superego** develops. The Superego is the moral part of us and develops due to the moral and ethical restraints placed on us by our caregivers. Many equate the superego with the conscience as it dictates our belief of right and wrong.

In a healthy person, according to Freud, the ego is the strongest so that it can satisfy the needs of the id, not upset the superego, and still take into consideration the reality of every situation. Not an easy job by any means, but if the id gets too strong, impulses and self-gratification take over the person's life. If the superego becomes too strong, the person would be driven by rigid morals, would be judgmental and unbending in his or her interactions with the world. You'll learn how the ego maintains control as you continue to read.

Tips for Controlling the Ego

When the ego is in excess, it is important to discharge excess energy:

We need quiet time to meditate, practice yoga, and increase mental and physical flexibility.

It is the ability to let go of control issues. Guided imagery is a necessary practice. It is a time to soften emotional issues of the heart, dissolve blocks of tension that create barriers and to take time, without a goal oriented outcome.

When the ego is deficient, it is important to engage in life:

We need to become more goal oriented. It is imperative to find activities that encourage and stimulate your energy. Passions, which switch on your ability to increase your metabolism, either through food, positive thoughts and/or physical exercise. Boost your outlook on life by taking steps to improve your self-esteem and self-confidence.

Anger

Anger is the feeling we experience when events in our world are not going according to our plans.

Anger is one of the most common and destructive delusions, and it afflicts our mind. Because it is based on an exaggeration, anger is an unrealistic mind; the intrinsically faulty person or thing that it focuses on does not in fact exist. It's as if we have an inner idea of how things, events and people should be. When we get angry and either feel frustrated or try to change them, we tend to give away our power! Many of us remain a victim to our tempers all of our lives. In essence, anger is the feeling we get when we want to control the world about us.

In Traditional Chinese Medicine, anger is most prevalent in the Spring. It is considered the emotion of Spring. Although we can and do experience anger at any time or season, it is in Spring when we are most easily angered. This is believed to be due to the changes of light and dark and the balance between them. It is very important to identify the actual cause of whatever unhappiness we feel. If we are forever blaming our difficulties on others, this is a sure sign that there are still many problems and faults within our own mind. If we were truly peaceful inside and had our mind under control, difficult people or circumstances would not be able to disturb this peace, and so we would feel no compulsion to blame anyone or regard them as our enemy. To someone who has subdued his or her mind and eradicated the last trace of anger, all beings are friends. Anger is the feeling we experience when events in our world are not going according to our plans. Anger is one of the most common and destructive delusions, and it afflicts our mind. Because it is based on an exaggeration, anger is an unrealistic mind; the intrinsically faulty person or thing that it focuses on does not in fact exist. It's as if we have an inner idea of how things, events and people should be. When we get angry and either feel frustrated or try to change them, we tend to give away our power! Many of us remain a victim to our tempers all of our lives. In essence, anger is the feeling we get when we want to control the world about us.

Techniques for Managing Anger

1. The first step towards managing anger, is to identify mistaken attitudes and convictions that predispose us to being excessively angry in the first place! Once these mistakes have been corrected, we will be less likely to fly off the handle than we were in the past.
2. The second step is to identify those factors from our childhood that prevents us from expressing our anger as appropriately as we otherwise might. These factors include fear, denial, ignorance impatience... These blocks to the effective and appropriate management of our anger towards others can be removed so that our suppressed anger will NOT compound itself inside of us as it has been doing for years.
3. The third step is learning the appropriate modes of expressing our "legitimate" anger at others so that we can begin to cope more effectively with anger provoking situations as they arise in our lives. When we are anxious or depressed, we are often experiencing the consequences of our suppressed anger. The problem is that we have suppressed our anger so deeply that we succeeded in concealing it from our own selves! All we are left with is the residual evidence of it, our anxiety or our depression. When we are depressed, very often we are also angry at our self without realizing it. Learning to appropriately manage our anger at ourselves is the antidote to much of alcoholism, drugs and sexual abuse
4. The fourth step in the Anger Management process is to bind the wounds that may have been left by the potentially devastating emotional impact of anger. "Anger wounds" left in us against those who have wronged us. If we do not complete this step, we will cling to the resentment of having been done wrong and will carry the residue of our anger and rage in our hearts forever. One of the most effective means of giving ourselves immediate relief from anger in our personal relationships is to forgive others.

Forgiveness

The need to understand the power and place of forgiveness in our world is important in the healing process. It is urgent that we examine the steps that lead to justice and strengthen society. We need to understand how forgiveness improves the human condition. How do we choose to forgive? What are the effects of holding grudges and seeking revenge? We can find a way to balance our need for security with the potential for granting forgiveness. Forgiveness offers the possibility of two types of peace: peace of mind -- the potential healing of old emotional wounds, and peace with others -- the possibility of new, more gratifying relationships in the future.

Patience

Patience is a mind that is able to accept, fully and happily, whatever occurs. It is much more than just gritting our teeth and putting up with things. Being patient means to welcome wholeheartedly whatever arises, having given up the idea that things should be other than what they are. It is always possible to be patient; there is no situation so bad that it cannot be accepted patiently, with an open, accommodating, and peaceful heart. When patience is present in our mind it is impossible for unhappy thoughts to gain a foothold.

There are many examples of people who have managed to practice patience even in the most extreme circumstances, such as under torture or in the final ravages of cancer. Although their body was ruined beyond repair, deep down their mind remained at peace. By learning to accept the small difficulties and hardships that arise every day in the course of our lives, gradually our capacity for patient acceptance will increase and we shall come to know for ourselves the freedom and joy that true patience brings.

Lessons of the Solar Plexus Chakra

The impulse to achieve is found in the Solar Plexus Chakra. The personality of the ego is the balancing act of this Chakra.

As **fire** is the elemental association to this Chakra, our powerful energy center flows from a source. This source is our Solar Plexus Chakra. This being the biggest nerve center in our body connected to almost all the organs, the solar plexus is often where we consider our "gut" feeling to come from. This is also where the connection between the three lower Chakra interchanges with the four higher Chakra energy centers.

It rules our personal power, will, and autonomy, as well as our metabolism. This is the center of your power and is cared for in order to build confidence. It is your center of will. This Chakra deals with the human ego, emotions and self-love. **Intuition** is believed to begin in the area of our energy center Solar Plexus Chakra. Although, the Third Eye Chakra is most associated with intuition, the "**spark**" is what is felt in the area of our solar plexus.

When our Solar Plexus Chakra is **out of balance**, it produces rage and destructive anger. The personality that develops during puberty is housed in this chakra, otherwise known as the "EGO". Anyone experiencing dysfunction of the third chakra is having difficulty obtaining or maintaining his/her own "personal power".

The Solar Plexus Chakra is expressed in excessive emotions as judgmental, a workaholic, or a perfectionist.

When the Solar Plexus is deficient, we feel depressed, lacking confidence, and often victimized.

Anger is the feeling we experience when events in our world are not going according to our plans. Anger is one of the most common and destructive delusions, and it afflicts our mind. Because it is based on an exaggeration, anger is an unrealistic mind

One of the **most effective means** of giving us immediate relief from anger in our personal relationships is to forgive others.

When this Chakra is **in balance**, this chakra brings us energy, a strong sense of personal worth and power, respects boundaries, expressiveness, the abilities to and desire to take on challenges, intelligent

The Solar Plexus Chakra has to do with "belonging." If it's balanced and open, the individual will feel that they belong to everything and are firmly grounded in their place within the Universe.

The Solar Plexus is very important for those engaged in healing work of any sort, because this is where we build and release healing energy.

The lesson of the Solar Plexus Chakra is **instinctually following your inner power**. We must not look around, seeking acceptance from an outside source, opinion, look or another's words. It takes the balanced Solar Plexus Chakra energy to look within, trust intuition and find inner strength.



Day 4 – Thursday

Love and Self-Respect through the Heart Chakra

The Heart Chakra is associated with the color green or pink. This love center of our human energy system is often the focus in bringing about a healing. Thus, the words "Love Heals All" have great truth. Hurtful situations that can affect our emotional being are divorce or separation, grief through death, emotional abuse, abandonment, and adultery. All of these are wounding to the heart chakra. Physical illnesses brought about by heartbreak require that an emotional healing occur along with the physical healing. Learning to love you is a powerful first step in securing a healthy fourth chakra. The "wounded child" resides in the heart chakra.

Chakra Four - Associations

- **Color** - green, pink
- **Physical Location** - center of chest
- **Purposes** - emotional empowerment
- **Spiritual Lesson** - forgiveness, unconditional love, letting go, trust, compassion
- **Physical Disfunctions**- heart conditions, asthma, lung & breast cancers, thoracic spine, pneumonia, upper back, shoulder problems
- **Mental and Emotional Issues** - love, compassion, confidence, inspiration, hope, despair, hate, envy, fear, jealousy, anger, generosity
- **Information Stored Inside Sacral Chakra** - connections or "heart strings" to those whom we love
- **Area of Body Governed**- heart, circulatory system, blood, lungs, rib cage, diaphragm, thymus, breasts, esophagus, shoulders, arms, hands

Gemstones, Essential oils and Flower Essences

- Gemstones and Flower Essences that stimulate cleanse and energize the heart chakra:



Gemstones and Flower Essences that stimulate cleanse and energize the heart chakra

- Gemstones – Amazonite, Aventurine, Jade, Emerald, Malachite, Rose Quartz, Rhodochrosite, Rodonite, Ruby in Zosite and Red/Green Tourmaline
- Flower Essences - Chamomile, Golden Yarrow, Peppermint, Mimulus flower, Rose, Holly, Poppy

The heart chakra, also known as the fourth chakra, is associated with the colors green or pink. This chakra is considered to be the love center of our human energy system. Among others, love, heartbreak, grief, pain, and fear, are all emotions that are felt intensely within this energy vortex. For this reason, energy-based therapies that focus on balancing the heart chakra are often the purest healing. Learning self-love is a powerful initiative to undertake in order to secure and maintain a healthy heart chakra.

The Chakra Myst System: Chakra Green: Love, Self-Respect, - contains rose quartz, rhodochrosite, gardenia, rose, geranium. **Designed around this ebook,** each bottle of Chakra Myst spray begins with energy infused blend of pure Angel's Mist essential oils and then combines them with a natural emulsifier of jojoba and Andrew's genuine crystals. Each spray invites a different Chakra related intention to heal your body and soul and supports the specific healing properties of each blend. Use this formula three times a day. Spray yourself in the **morning**. Use this formulation when you are doing **your meditation or body cleansing** and in the **evening**, when you are about to go to sleep.

USING COLOR: GREEN ENERGY

Green Energy is governed by the Heart Chakra. Green is the harmonizing, balancing energy. It has strong influences on the heart and blood supply. Green has much to do with the way you feel about yourself. It is associated with abundance and giving. It's strong tie to nature is very important in order to be balanced, peaceful, harmonious.

The Heart Chakra - allows balance to the heart, lungs, bronchia, arms, hands, and secondary system.

This energy -- gives a feeling of renewal, new life, freshness, and clarity. The heart is the center of the soul and it is the heart that makes us one with our fellow man. Most importantly, it harbors love energy, the leading principle of life. Being with loved ones, family, and friends, strengthens the heart energy. Made up of the blue and yellow, green is regarded as a color of harmony. It is a mild sedative. It is useful in the treatment of nervous conditions, hay fever, ulcers, influenza, malaria, colds, sexual disorders and cancer. It preserves and strengthens eyesight. Being highly medicinal and depressive, it is of great help in the treatment of inflammatory conditions.

In using green -- we must accept and allow love in our hearts and learn to give it without expecting anything in return. When our heart center is balanced, we are able to give positive feelings and happiness, unconditionally.

Green Energy may help when:

- *you need to soothe your nerves
- *you have tension headaches
- *need peace and harmony
- *have chronic problems
- *digestive problems
- *need to calm down

PINK ENERGY

PINK... the universal color of love...This color energy connects us to self-respect and self-love. It is ideal for people who are perfectionists or who are very hard on themselves...surrounding these people with pink helps them to ease up on themselves! When we surround ourselves in PINK energy it helps to remove all

unwanted aggression & irritation. This energy helps to protect us and give us peace of mind, helping to open and warm our Heart Chakra. When babies are born they radiate a beautiful aura of pink energy.

Ways to bring PINK into your day...

Use Pink Aromatherapy scents, they include: Rose, Rosewood, Ylang Ylang, Carnation, Lotus and Jasmine Carry a Pink Gemstone such as: Rose Quartz, Moonstone, Opal or Rhodonite
Take a rosy Pink Color Bath.

Self -Love

Love and all its divine power can be manifested from within us! We can accept no more love than we are willing to give ourselves. The way we love others, **STARTS** with the way we love ourselves. Learning how to love ourselves begins with a few easy steps.

Self-love is probably the most important love we can do for ourselves AND others. It is very important that we love ourselves, first. When this truly occurs, the **Universe allows** all things to fall in to place very nicely!

Self-examination is the only way to know.

1. To live feeling fully alive is our own choice and responsibility. There are many examples of people living their passions from many different walks of life. These choices **re-affirm the love and respect for ourselves.**

2. Self-Love is NOT Selfishness. Selfishness is always voluntary, showing regard to our own interests and gratification, which is sought after and indulged at the expense, and sometimes, to the injury, of others.

3. Having the courage and determination to feel good is our personal business.

4. Deciding to feel good, to whatever degree we can manage, is the most important decision that we can make.

5. Spending even a few moments each day doing something that simply delights us, increases our feeling of well-being and makes it easier to do even more of our soul's passion and allows us to find the confidence to love and respect ourselves that much more.

6. The renewal and invigoration received from doing the activities we find absolute passion in, is so vital to the quality and performance in all aspects of the rest of our lives, that without this **"fire"** for our creative **soul's desire**, all else positive in our lives begins to diminish and become depressed.

7. When something is so wonderfully important to our overall well-being, it is essential that we pursue it!

8. Self-love can often be found by doing something that brings out the passion in our lives. Doing exactly what it is that makes us happy. When we follow the path that we long to follow, we can always find this love in ourselves.

9. It is this passion, which gives us reason in our lives. It allows us to "see" the reasoning behind why we are here in the first place.

10. Bring your love and light to others by truly loving and respecting yourself, first.

Emotional Aspect of the Heart Center

There is an emotional aspect to every illness. Often times, it is the emotional thoughts or "excess emotions" that will lead to illness.

The romantic view of the human heart invokes love transcending all obstacles and unconditional love that truly expands the boundaries of the human heart. When romantic philosophy speaks of the heart, it speaks of things that lie at the very center of what it means to be human. The ability to balance your emotional, mental, physical and spiritual self is up to you. Here are some suggestions:

Open Your Heart!

- **Harvest Unconditional Love...** love that does not judge, but embraces.
- **Positive Emotions and Attitudes** reduce stress and promote a healthy heart.
- **Be Humble:** Be Loving and Compassionate to all Mankind.
- **Do things in a casual way:** Speak softly. Avoid anger. Indulge in whole-hearted laughter.
- **A balance is found** between loving ourselves and loving others. Find this balance through honoring who you are, loving yourself and expressing that love outward to those around you.

Passion:

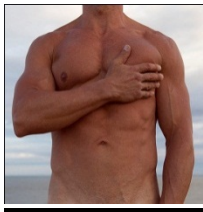
The feeling physically aroused and attracted to someone. Passion is what makes you feel "in love" and is the feeling most associated with love. It also rises quickly and strongly influences and biases your judgment. Passionate love involves continuously thinking about the loved one and also involves warm sexual feelings and powerful emotional reactions.

Intimacy:

The feeling close and connected to someone (developed through sharing and very good communications over time). Intimacy is what makes you want to share and offer emotional and material support to each other.

Commitment:

Pledge to yourself and each other to strengthen the feelings of love and to actively maintain the relationship. Commitment is what makes you want to be serious, have a serious relationship and promise to be there for the other person if things get tough. Compassionate love is having trusting and tender feelings for someone who is close to you.



Connecting

This exercise provides balance and connection upward and downward. Close your eyes and breathe deeply and regularly. Visualize clean white light pouring from above down into the top of your head, down through your body, and out your feet into the center of the earth. As the light flows through you, allow it to illuminate and cleanse every cell of your body. Imagine every cell bright and alive with light.

Visualize bright clear emerald light coming up from the earth, into your feet, up your legs, up your back, out the top of your head. Allow it to swirl through every cell, healing and nourishing and connecting you intimately to the very core of the earth of which you are a part. Now allow both lights to flow through you, white from above and green from below, and combine them in a bright blend throughout your being.

Feel the connection to the earth and the heavens, feel the calm nourishment of the energy, feel that the universe is truly your home.



The Anahata or Heart Chakra

Located at the heart. Its name means unstuck, fresh, clean unhurt. It is associated, in the body with the heart, hands, arms and thymus gland, with the element air and the colors green, pink, and rose.

Our Gift and our Challenge is to open our hearts to the nonjudgmental, detached vibration of universal love.

Soul Desire - to experience unity, devotion, reverence for life, unattached bonding.

Primal Relationship - with higher spiritual power, our own heart and the hearts of others, the pulse that unites us with the universe.

The natural feeling at the heart chakra is deep radiating warmth. The essence power is love. When we are in tune with the natural rhythm of our heart and experience the warm, nurturing glow that it generates, we know we are connected to the Source of all healing and spiritual power. We are able to surrender to, unconditionally accept and delightfully enjoy life as it presents itself moment to moment. We are in love with life and that is more than enough to make us happy and at peace with ourselves, each other and the world. The sense related to the heart chakra is 'touch' in its aspect of relating to the person inside the body and distinct from the sensation of the third chakra, which is more about the sensation one feels from his own body. Hugging, therefore, is a heart chakra activity. When one hugs, one is aware of what the person inside the other body feels and they are aware of what you feel inside your body. Sensitivity about being touched indicates heart chakra sensitivity.

An Anthem of Unconditional Love

"I love you as you are as you seek to find your own special way to relate to the world, or the way you feel that is right for you. It is important that you are the person you want to be and not someone that I or others think you should be.

I realize that I cannot know what is best for you although perhaps sometimes I think I do. I've not been where you have been, viewing life from that angle you have, I do not know what you have chosen to learn how you have chosen to learn it with whom or in what time period. I have not walked life looking through your eyes so how can I know what you need.

I allow you to be in the world without a thought or word of judgement from me about the deeds you undertake. I see no error in the things you say and do, in this place where I am. I see that there are many ways to perceive and experience the different facets of our world. I allow without reservation the choices you make in each moment.

I make no judgment of this for if I were to deny your right to evolution than I would deny that right to myself and all others. To those who would choose a way I cannot walk, while I may not choose to add my power and my energy to this way, I will never deny you the gift of love that God has bestowed within me for all creation, as I love you so I shall be loved, as I sow, so I shall reap.

I allow you the universal right of free will to walk your own path, creating steps or to sit a while if that is what is right for you. I will make no judgement of these steps, whether they are large or small, nor light or heavy or that they lead up or down, for this is just my viewpoint. I see you do nothing and judge it to be unworthy and yet it may be that you bring great healing as you stand blessed by the light of God.

I cannot always see the higher picture of divine order. For it is the inalienable right of all life to choose their own evolution and with great love I acknowledge your right to determine your future. In humility I bow to the realization that the way I see is best for me does not have to mean that it is also right for you. I know that you are led as I am following the inner excitement to know your own path.

I know that the many races, religions, customs, nationalities and beliefs within our world bring us great richness and allow us the benefit of teachings of such diverseness. I know we each learn in our own unique way in order to bring that love and wisdom back to the whole. I know that if there were only one way to do something, there would need to be only one person. I will not only love you if you behave in a way I think you should, or believe in those things I believe in, I understand you are truly my brother and sister though you may have been born in a different place and believe in another God than I.

The love I feel is for all of God's world. I know that every living thing is part of God and I feel a love deep with every person, and all tree, and flower, every bird, river, ocean and for all the creatures in all the world. I live my life in loving service being the best me I can becoming wiser in the perfection of divine truth, becoming happier in the joy of unconditional love."

-author unknown

Lessons of the Heart Chakra

Our Heart Chakra rules our connection to others and ourselves. It is related to love and is the integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity.

As **air** is the elemental association to this Chakra, breath is the association to life! It is an exchange of electrons. Air is the primary nutrient and breathing is our flow of energy. Survival without it is measured in minutes. It is so important that you do it without thinking. Your breathing is the voice of your spirit. It's depth, smoothness, sound, and rate, reflect our mood. If you become aware of your breath and breathe the way you do when you are calm you will become calm.

Practicing regular, mindful breathing can be calming and energizing. Breathing air in can even help stress-related health problems ranging from panic attacks to digestive disorders. Focusing on the breath is one of the most common and fundamental techniques for accessing the meditative state. Breath is a deep rhythm of the body that connects us intimately.

When we take a deep breath, we truly love ourselves.

When our Sacral Chakra is **out of balance**, we can feel negative emotions such as hatred, guilt, selfishness, paranoia, impatience, and self-pity. We can have powerful, passionate feelings for others, but will only love another or do something for them on the condition that they love or do something for us first. We are a hard-hearted, unsympathetic, self-centered person. We are afraid to love others, and unable to love ourselves.

Broken hearts are sometimes difficult to mend. In heart healing we learn how to heal these wounds by going to the heart of the matter. Core issues block our abilities to give and receive love, and to recognize love when love shows in our lives. When we open to love, we realize the more we love the more we can love.

When this Chakra is **in balance**, we feel a healthy connection to a propensity to love deeply, feel compassion, have a deep sense of peace and centeredness and ourselves. This chakra deals with physical healing, balance, harmony, compassion and love. When it is balanced, you trust in others, take risks, love and feel loved.

A balanced heart center shows as a very compassionate, understanding, and generous person. The emotions of love, joy, happiness, honesty, and respect are very important are easily expressed. We are considerate and sensitive to the needs of others, and empathetic to their pain.

We are able to feel love for all beings around us, in an ever-widening circle from ourselves and family, to our pets, friends, neighbors, countrymen, fellow human beings and all those living beings on Earth.

Ultimately, we can see the Divine - we can see God or Godhead or the Self - in all beings, and we realize the same Self in us is also the Self in them as well.

The lesson of the Heart Chakra is that **Love and all its divine power can be manifested from within us!** We can accept no more love than we are willing to give ourselves. The way we love others, **STARTS** with the way we love ourselves.



Day 5 – Friday

Communication - Creativity with the Throat Chakra

The Throat Chakra is associated with the color sky blue. This chakra is our will center. The healthfulness of the fifth chakra is in relation to how honestly one expresses himself/herself. Lying violates the body and spirit. We speak our choices with our voices (throats). All choices we make in our lives have consequences on an energetic level. Even choosing not to make a choice such as in repressing our anger (not speaking out) may manifest into laryngitis. We have all experienced that "lump in our throats" when we are at a crossroad of not knowing how to speak the right words in any given situation, perhaps even stuffing our own emotions. A challenge of the throat chakra is to express ourselves in the most truthful manner. Also to receive and assimilate information. Seek only the truth.

Chakra Five - Associations

- **Color** - blue
- **Physical Location** - throat, neck region
- **Purposes** - learning to take responsibility for one's own needs
- **Spiritual Lesson** - confession, surrender personal will over to divine will, faith, truthfulness over deceit
- **Physical Dysfunctions**- sore throat, mouth ulcers, scoliosis, swollen glands, thyroid dysfunctions, laryngitis, voice problems, gum or tooth problems, TMJ
- **Mental and Emotional Issues** - personal expression, creativity, addiction, criticism, faith, decision making (choices), will, lack of authority
- **Information Stored Inside Throat Chakra** - self-knowledge, truth, attitudes, hearing, taste, smell
- **Area of Body Governed**- throat, thyroid, trachea, neck vertebrae, mouth, teeth, gums, esophagus, parathyroid

Gemstones, Essential oils and Flower Essences

Gemstones and Flower Essences that stimulate cleanse and energize the throat chakra:



Gemstones – Blue Lace Agate, Blue Calcite, Angelite, Chelcedony, Chrysocolla, Turquoise

- Flower Essences - Cosmos, Trumpet Vine, Larch

- Endocrine correspondence: Thyroid
- Physical organs: throat, lungs
- Function: communication, self-expression.
- Patterns of balance: content, centered, creative and expressive, lives in present
- Patterns of imbalance: arrogant and self-righteous OR scared, quiet and inconsistent

The Chakra Myst System: Chakra Blue: Communication, Creativity - contains angelite, aquamarine, clove, nutmeg, cedarwood. **Designed around this ebook**, each bottle of Chakra Myst spray begins with energy infused blend of pure Angel's Mist essential oils and then combines them with a natural emulsifier of jojoba and Andrew's genuine crystals. Each spray invites a different Chakra related intention to heal your body and soul and supports the specific healing properties of each blend. Use this formula three times a day. Spray yourself in the **morning**. Use this formulation when you are doing **your meditation or body cleansing** and in the **evening**, when you are about to go to sleep.

The Art of Listening

Communicating is both verbal and non-verbal through body language and intonation. A large part of communications is listening. What commonly gets in the way of good communication is when someone is more interested pushing their own particular viewpoint rather than hearing out what the other person has to say.

Giving someone our full attention is very important to communication. We should truly want to understand the other person's views, feelings, and the meaning of what's being communicated.

1. **The key to good listening** to know where to focus. Learn to discern between the words and the emotions of a situation.
2. **Good listening** also involves getting the message so we know what the other person is feeling and thinking.
3. **Good listening** skills minimize misunderstandings. If we're really paying attention we'll know immediately when a misunderstanding occurs. Clarification follows and keeps the communication flowing.
4. **Paraphrase in your own words.** This lets the other person know you understand what's being said and that you're not merely repeating.
5. **Mirror back their sense** of the facts, their evaluations, and what they desire and expect. Let them know you recognize their feelings.
6. **Let someone see** when you appreciate what was just said.
7. **Know when to speak up** and give your message. Get a sense of the rhythm of the give and take.
8. **Avoid long stretches of muteness** without some feedback on your part. Often the speaker may feel some unease that their message is not being heard.
9. **If you're confused** by what the other person is saying, speak up and ask for clarification or say it in another way so you'll have a clearer understanding.
10. **Be accepting and empathetic** with the person. Be respectful of their viewpoint even if you still hold yours and it is different from theirs.

Using Color: **BLUE ENERGY**

Blue Energy is governed by the throat chakra. Blue represents the spiritual aspects of our life. The sky and the ocean give us the feeling that life is an endless process. Blue is the greatest healing power in the world. Blue is the color of purity and those who enjoy it, carry with them a sense of calmness, peace, serenity, and beauty.

The Throat Chakra - is energized by blue. Through the throat, we express ourselves, connecting with sound and voice, carrying power with our words.

This energy -- is peaceful and soothing. Calming tired nerves, alleviating agony and pain we suffer from physical stress. It has a pacifying effect over our nervous system and brings us great relaxation. Cool, soothing and sedative, blue alleviates pain, reducing bleeding and heals burns. It is beneficial in the treatment of dysentery, colic, asthma, respiratory disorders, high blood pressure and skin aberrations.

In using blue -- blue connects us to a spiritual and higher ground. The nature of blue energy is to connect our beings with the cosmic universe.

Blue Energy may help when:

- *you need to calm your mind and nerves
- *have throat problems
- *cannot sleep
- *have menstrual problems
- *eye, ear, nose, throat problems
- *have had a shock
- *have a fever

Meditation with a Blue Candle

Using candles as therapy has been around for thousands of years, and has been practiced by nearly every religion. Candle therapy can be used to **unite the powers of mind, body, and spirit**. From ancient times to the present, Candles have lit our way through every transition! From celebrations and ceremonies to proclamations and processions! The candle's flame has always been a **metaphor for the soul!** It possesses a tranquil and almost hypnotic atmosphere to those who allow its power to take them to a very special place. A candle acts as a **"self-object"**. A self object is an object that is a reflection of our self, a reflection upon which we can act. **The candle reflects the spiritual and ethical changes** we would like to bring about in ourselves. It burns as a reminder and symbol of our desires. Sometimes we have to hand our dreams over to a force more powerful than we are.

When working with candles, you can be as simplistic or as complicated as you would like to make it. We suggest that you always **charge** your candle before lighting it.

Sit in a quiet place hold the candle in your hands at heart level and visualize the area in your life you want charged (changed). This will personalize your connections with the candle and allow the needed energy to come to you in a more direct way. Begin by using a positive affirmation, then expand on it based on your specific situation.

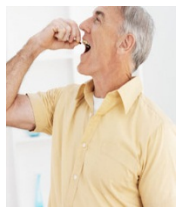
You get as much out of a candle (or anything) as you put into it. You must create your own reality through the use of your energy, emotions and visualizations. What you wish to create may come immediately or it may take some time. Experience shows that results are only realized at the appropriate time (the Universal time, not your own)! This allows us a great lesson.



Chanting Mantra

The practice of repeating a mantra, a word or spiritual saying, over and over is a great way to focus your mind. Silent repetition of a sound or word allows the mind to concentrate on one thought, one pulse of energy, disconnecting it from conscious thought. You can do this method for a few minutes in your daily practice, or at any point in your daily routine. There are many mantras to choose from. Some examples: **Ram-Sanskrit , Aum , OM , Amen, Shalom.**

These magical sounds help heal physical imbalances, relax the mind, quiet the emotions, and open the heart. They stimulate, activate, motivate, and rejuvenate. They are designed to remind us that love, laughter, and inner peace are our birthright. They help us go beyond borders, realize our potential, and celebrate the power of love. Mantras offer increased flexibility and strength while they gently expand your consciousness, and help you experience love, compassion, and inner peace.



Toning

Vocal toning is a way to quiet the chatter that the mind produces.

While doing toning, start by sit in a chair with your feet flat on the floor, stand or lie down.

Start by making a **long vowel sound with an exhaled breath**...starting with **Aaaaaaaa**

Follow with the other four vowels:

Eeeeeee

Iiiii

Ooooo

Uuuuu

Benefits of this meditation: At SMU (Southern Methodist University) in Dallas, they found that **10 minutes of toning equaled five to 10 milligrams of Valium,**" said Cash, who developed her techniques in sound meditation as former director of music and medicine at the University of Louisville School of Medicine.

Lessons of the Throat Chakra

The Throat Chakra represents the **eloquence of expression**. The Throat chakra rules the faculty of speech, being midway between the heart and the tongue. There is also a listening component to this Chakra. It is associated with clairaudience (hearing spiritual voices), and with hearing sounds, words, and music. Another function associated with this chakra is taking in and assimilating of physical and emotional nourishment. Experiencing taste and smell including the sensuous desire and enjoyment for food.

Here we experience the world **symbolically through vibration**, such as the vibration of sound representing language. We experience the incredible gift of music and it is this Chakra where creativity comes to full terms and can be expressed outright. The “spark” of creativity occurs in the Sacral Chakra, but finally manifests here in the Throat Chakra.

As **ether** is the elemental association to this Chakra, in Vedic tradition, the ancient sages explained this element as **lighter than air**. Often referred to as “space”, it is the essence of emptiness. It is the space the other elements fill. These qualities are based more upon the absence of its opposing quality than on the actual quality itself. That which is the most subtle and difficult to perceive is a function of the element ether.

When our Throat Chakra is **out of balance**, we can feel arrogant and self-righteous or scared, quiet and inconsistent. Holding tension in the Throat Chakra is often due to lack of support in the early years regarding self-expression and freedom of speech.

When there is an insufficient flow of love or emotional nourishment to the Heart Chakra, the person may try to **compensate** by desire for physical nourishment through the Throat Chakra. Problems with gluttony or compulsive eating would then result. When there is also a negative functioning in the base-of-the-neck Chakra (negative self-image) the result could be bulimia and anorexia.

The yin side of **sound is silence**. Someone who talks without listening, interrupts or talks over someone’s conversation is speaking from a place of imposing his or her power.

Instead of listening to the silence between the words, the space (ether) between breathes, the fearful and ungrounded person can babble annoyingly and incessantly. The self-absorbed, egotistical personality of this Chakra out of balance, is a person with Solar Plexus (ego) imbalance as well.

When this Chakra is **in balance**, we find it easy to express ourselves and one's speech is clear and smooth. We listen as well as speak at appropriate times. We fearlessly express our truth and hear the sound of the universe.

We make sure to be heard and understood, as well as transmit and receive the Truth. When in balance, we are content, centered, creative and expressive, lives in present. With a healthy Throat Chakra, one’s words are kind, thoughtful, clear, and truthful. The voice is strong and alive with many tones of expression. Usually there is ease with writing, speaking, and sharing thoughts with others. A healthy Throat Chakra cannot sustain lies, coercion, or manipulation.

The Throat Chakra also **connects to the hand charkas**, where we express creative works and manifest symbolically, as well as literally.

The lesson of the Throat Chakra is being able to speak our truths from a place of honesty and integrity. Learn to master the **art of listening** as well as the eloquent **expression of speaking**. True communication comes from understanding this balance, not dictating it.



Day 6 – Saturday

Intuition - Insight with the Third Eye Chakra

The Brow Chakra is associated with the color indigo. It is also often referred to as the "third eye" or the "mind center." It is our avenue to wisdom - learning from our experiences and putting them in perspective. Our ability to separate reality from fantasy or delusions is in connection with the healthfulness of this chakra. Achieving the art of detachment beyond "small mindedness" is accomplished through developing impersonal intuitive reasoning. It is through an open brow chakra that visual images are received.

Chakra Six - Associations

- **Color** - indigo
- **Physical Location** - center of the forehead
- **Purposes** - action of ideas, insight, mind development
- **Spiritual Lesson** - understanding, reality check point, detachment, open mind
- **Physical Dysfunctions**- brain tumors, strokes, blindness, deafness, seizures, learning disabilities, spinal dysfunctions, panic, depression
- **Mental and Emotional Issues** - fear of truth, discipline, judgement, evaluation, emotional intelligence, concept of reality, confusion
- **Information Stored Inside Sacral Chakra** - seeing clear picture (symbolic or literal), wisdom, intuition, mental facilities, intellect
- **Area of Body Governed**- brain, neurological system, eyes, ears, nose, pituitary, pineal glands

Gemstones, Essential oils and Flower Essences

Gemstones and Flower Essences that stimulate cleanse and energize the throat chakra:



Gemstones - Purple Fluorite, Lapis Lazuli, Sodalite, Blue Tiger's Eye, Demourterite

- Flower Essences - Wild Oat, Queen Anne's Lace, Madia

The brow chakra is our mental calculations and thinking processes are functions of this chakra. We are able to evaluate our past experiences and life patterns and put them into perspective through the wisdom of this chakra's actions. Our ability to separate reality from fantasy or delusion is connected to the healthfulness of this chakra. It is through a receptive brow chakra that auric hues and other visual images are intuited clairvoyantly.

The Chakra Myst System: Chakra Indigo: Intuitive, Self-Reflection - contains amethyst, iolite, lavender, jasmine, myrrh. **Designed around this ebook**, each bottle of Chakra Myst spray begins with energy infused blend of pure Angel's Mist essential oils and then combines them with a natural emulsifier of jojoba and Andrew's genuine crystals. Each spray invites a different Chakra related intention to heal your body and soul and supports the specific healing properties of each blend. Use this formula three times a day. Spray yourself in the **morning**. Use this formulation when you are doing **your meditation or body cleansing** and in the **evening**, when you are about to go to sleep.

Using Color: **INDIGO ENERGY**

Indigo Energy is governed by the Brow Chakra, or appropriately called the "Third Eye." Indigo energy is where our intuitive experiences come from. In Indigo, lies the understanding of the life process, the need to serve mankind, and gives energy to seekers of beauty, love and justice.

The Brow Chakra -- allows you to withdrawal into your inner-self. It allows you to withdraw to obtain peace, quiet, and freedom to stretch boundaries. It is also the source for intuition, clairvoyance, and extrasensory perception.

This energy -- gives power to the pituitary gland, which is linked to the nervous system, mental abilities, and psychic potential in all humans. The sense organs such as the eyes and ears are also influenced by indigo. Purple or indigo combines the blood-warming red and the cooling antiseptic blue. It is an excellent stimulant without being an irritant. It is beneficial in the treatment of advanced stages of constipation, hydrocle, leucorrhoea, many disorders of the stomach and womb, cataract, migraine and skin disorders. It exerts a soothing effect on the eyes, ears and the nervous system.

In using Indigo - it has a psychological balancing influence on fear, frustration, and distortions of inner energy.

Indigo Energy may help when:

- *you need to find inner balance
- *calm nerves and lymphatic systems
- *have hearing problems
- *have sleeping problems

Human Challenge and Gift - to move from dualistic mind to intuitive neutral mind.

Soul Desire - to focus the mind, where one-pointed clarity and peace automatically occur.

Primal Relationship - with inner and cosmic knowledge.

Meditation and the Third Eye Chakra

Ajna, the Sanskrit word for the 6th chakra, means to know, to perceive, to command. It is located in the head at or just above the 3rd eye level. The element associated with ajna is light. Its function is seeing and "intuiting". The verb that corresponds with this chakra is "I see".

The body parts affected by the 6th chakra are the pineal gland and the eyes. Malfunction of the 6th chakra can manifest in blindness, headaches, nightmares, eyestrain, and blurred vision.

The colors associated with the 6th chakra are indigo or royal purple. For chanting, the sound is **Om** is what opens this center

Herbs for incense are mugwort, star anise, acacia, and saffron. Jupiter is its planet. The animal is the Owl.

SEATED YOGA MUDRA

The 6th chakra is the 3rd eye center at your forehead between your eyebrows. The 7th chakra is the crown of your head (or just above it). This posture draws attention to both chakra centers.

Begin by sitting on your heels. Bring your hands behind you to your sacrum. Interlace your hands and stretch your arms down. Stretch upward with your chest. Squeeze your shoulder blades together and open your chest. Now, bend from your hips forward until you can go no farther before your back starts to round. Allow your back to round and bring your forehead down to the floor. Your forehead, the area of the third eye, is resting on the floor. Raise your arms up behind you. Relax into this posture and breathe.

Now lift your buttocks off your heels and find yourself on your knees. Roll your head forward from the focus point being at the forehead to the crown of your head. This is the 7th chakra portion of the posture. Continue to keep your arms engaged overhead and continue to breathe.

To release from the posture, roll back to the forehead and come back to sitting on your heels. Let your arms come down and rest. Slowly, raise yourself up, with your head coming up slowly. It has been down for a while and you don't want to bring it up too quickly. Allow yourself to come back to balance. Sit comfortably. Breathe effortlessly. Close your eyes. Allow your hands to rest on your knees or in your lap. Let the tension leave your body. Feel the peacefulness. In time, you will want to get up and go back to your daily activities.

Another meditative posture for the 6th chakra is palming your eyes, when you warm the palms of your hands by rubbing them together and then letting the hands rests on your eyes. Color is very much associated with this chakra and you might try a color meditation to enhance the 6th chakra abilities. Visualization would also be good 6th chakra work. This chakra is actually in the brain so it's nature is very mental. One finds inner vision as part of this chakra as well as actual seeing and outer vision. That is why the mystic and clairvoyant abilities are also associated with the 6th chakra.



Lessons of the Brow (Third Eye) Chakra

The Brow Chakra represents **self-reflection**. It is related to the act of seeing, both physically and intuitively. As such it opens our psychic faculties and our understanding of archetypal levels.

As **light** is the elemental association to this Chakra, light therapy has been valued throughout history as a remarkable source of healing. Today, the therapeutic applications of light and color are being investigated in major hospitals and research centers worldwide. Results indicate that full-spectrum, ultraviolet, colored, and laser light can have therapeutic value for a range of conditions from chronic pain and depression to immune disorders. The oldest form of light therapy is natural sunlight, which is the ultimate source of full-spectrum light. For those living in areas that see very little sunlight this time of year, there are other options; full-spectrum light therapy, bright light therapy, various forms of UV light therapy, syntonics optometry, cold laser therapy, and visual color therapy.

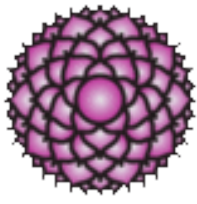
For treating SAD, white light therapy is often preferred over the full-spectrum light because the additional UV light found in full-spectrum light is not necessary to achieve the antidepressant effect of the therapy, and can be harmful to the eyes. Different wavelengths stimulate different aspects of our physiology, all playing a vital role in our functioning. We especially need natural light with its subtle variations that act on our well-being. The rhythm of dark and light from day and night and the full-spectrum of light is essential to our circadian rhythms (biological clock), endocrine, immune, sexual and nervous systems.

This Chakra is associated with the power behind **lucid dreams** and the **astral dream** state. Astral projection (or astral travel) is an interpretation of out-of-body experiences (OBEs) achieved either awake or via lucid dreaming, deep meditation, or use of psychotropics. Proponents of astral projection maintain that their consciousness or soul has transferred into an astral body (or "double"), which moves in tandem with the physical body in a parallel world known as the astral plane. Astral travel is a natural possibility that anyone can develop through practice.

When our Brow Chakra is **out of balance**, we lose touch with our intuitive side. Our bodies can act out like a child through stress, fear and anger. These emotions block our clairvoyant mind and results in the emotional attachment to people or outcomes of particular situations. This "lack of clarity" clouds our decision-making, intuitive thoughts and the "vision" that leads us to the right action.

When this Chakra is **in balance**, it allows us to see clearly, in effect, letting us "see the big picture." When this chakra is open, you experience spiritual wisdom and enlightenment. It is the center of physical and spiritual understanding. Visual imagery is something everyone can do. It is the language of the soul and we are able to guide our images to healing and mental clarity. In balance, we use the fire of the ego from the Solar Plexus Chakra to act but it is with the Brow Chakra that we utilize our intuition to know how to act from our personal truths.

The lesson of the Brow Chakra is **the rhythm of dark and light**. Clairvoyance is the unequivocal ability to see the truth. We all have this unique ability to use this third eye. The question is, are you paying attention?



Day 7 – Sunday

Transformation, Transcendence with Crown Chakra

The Crown Chakra is associated with the color violet. When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss. **This chakra also incorporates a mixture of Silver, Gold and White along with Violet.** It is the combination of All that Is and the Divine Connection. The crown chakra is located at the top of the head. The silver is the feminine energy of creation, the gold is the masculine energy of creation, and the white/violet light is truth and clarity which give clear vision of the truth and protection.

Chakra Seven - Associations

- **Color** - violet
- **Physical Location** – top of the head
- **Purposes** - wisdom and purpose
- **Spiritual Lesson** - perfection, integration, unity with the divine
- **Physical Dysfunctions**- loss of control in cerebrum, right brain hemisphere, right eye, central nervous system
- **Mental and Emotional Issues** - consciousness as pure awareness
- **Information Stored Inside Sacral Chakra** - universal consciousness, understanding, enlightenment
- **Area of Body Governed**- brain, neurological system, eyes, pineal glands

Gemstones, Essential oils and Flower Essences

Gemstones and Flower Essences that stimulate cleanse and energize the crown chakra:



Gemstones – Amethyst, Sugilite, Iolite, Azeztulite, Petalite, Selenite, Clear Quartz, Charoite, Danburite, Diamond

- Flower Essences - Wild Oat, Queen Anne's Lace, Madia

The crown chakra is our connection with the Godhead and the source of the White Light comes into your energy field Thought, Universal identity, oriented to self-knowledge This is the crown chakra that relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, spaceless place of all-knowing. When developed, this chakra brings us knowledge, wisdom, understanding, spiritual connection, and bliss.

The Chakra Myst System: Chakra Violet: Transformation, Transcendence - contains clear quartz, azezulite, frankincense, myrrh, lotus **Designed around this ebook**, each bottle of Chakra Myst spray begins with energy infused blend of pure Angel's Mist essential oils and then combines them with a natural emulsifier of jojoba and Andrew's genuine crystals. Each spray invites a different Chakra related intention to heal your body and soul and supports the specific healing properties of each blend. Use this formula three times a day. Spray yourself in the **morning**. Use this formulation when you are doing **your meditation or body cleansing** and in the **evening**, when you are about to go to sleep.

Using Color: **VIOLET**

Violet Energy is governed by the Crown Chakra. This is the most exalting, most enlightening of all the energy rays. An extremely balanced and refined space of unconditional enlightenment is found here. It is the highest frequency of vibrational speed and cannot be utilized by most people.

The Crown Chakra -- has the ability to obtain a connection with everything that is divine, living or dead, spiritual helpers of human or non-human origin. Controller of the pineal gland in the brain.

This energy -- has the most intense electrochemical power. With this energy we have the gift and the possibilities that reach far beyond the physical plane. Violet is beneficial in the treatment of nervous and emotional disturbances, arthritis, acute cases of consumption and insomnia.

In using violet -- it enhances spiritual power and creativity and is known as the color of the spirit.

Violet Energy may help when:

- *you have emotional problems
- *want to clear an existing situation
- *strengthen your spiritual values
- *strengthen your creativity

Violet is the color of the crown chakra, which is concerned with the energy of the higher mind. It also affects the entire skeletal and nervous systems of the body. It is very antiseptic, purifying on both physical and spiritual levels. It helps balance the physical and the spiritual energies. Violet is effective in cancerous conditions of the body. Arthritis can be eased by a violet light that leans more toward the blue shades. Violet also helps the body assimilate nutrients and minerals. It is the color of dignity, honor, self-respect, and hope. It is used to bolster self-esteem and counter feelings of hopelessness, as well as in the treatment of mental and nervous disorders. Its complement is yellow.

Violet stimulates inspiration and humility. It assists in stimulating dream activity.

A true violet is fifty percent blue and fifty percent red. It is the balance of the physical and the spiritual. It is a reminder that we need both aspects within our life for balanced health. Violet helps to restore a proper perspective both in regard to the mundane aspects of life (including the physical well-being), and the spiritual aspects, helping to keep them practical. Violet is excellent in calming or overcoming the

excesses of violent insanity. It controls irritability in the sane. Violet controls excess hunger. Violet is an inspiring and spiritual color. In meditation violet can help open us to our past lives, especially those which are presently affecting our health. Leonardo da Vinci believed that the power of meditation can be magnified ten-fold under the violet light falling through the stained glass window of a quiet church.

Violet has the highest vibration of all the color rays. Though it is primarily made up of red and blue, it is the embodiment of all the colors, and so brings us closest to our consummate self. People who have a predominance of violet light energy are very connected to their spirituality. They are also able to tune into the energy that is going on around them. They are very sensitive to sound and air pollution. They must carefully try to screen as much of this out as possible, as they are apt to develop allergic reactions to much of their environment.

Although the violet person is searching for spiritual development and self-knowledge, they often have their head in the clouds and can't deal well with day-to-day responsibilities. An imbalance in this color can predispose one to nervous and mental disorders such as neurosis, phobias, and epilepsy.

The violet ray links to the brain and nervous system, so violet foods strengthen and nurture our mental health. People who have a strong violet ray are powerful people, so they must make sure they are working for the good of others rather than just for themselves.

Are you a violet type person? Let's find out. Ask yourself:

1. Do you have deep blue or violet colored eyes?
2. Are you an artist, musician, writer, medium, or clairvoyant?
3. Would you describe yourself as a spiritual person?
4. Do you suffer from headaches, mood swings, or migraines?
5. Do you often change your mind?

Score of 0-1 means this color center was under energized at birth.

Score of 2-3 means you inherited a balance of this color energy from your parents.

Score of 4-5 means you have a predisposition toward violet light energy.

Yoga and the Crown Chakra

With the continued practice of yoga and an exploration of its eight limbs, mantras, meditations and root locks, we continue to open the energy lines to create balance in the chakra system. As we maintain this equilibrium, we will benefit from the energetic affirmations noted above and raise our energy from our primal instincts to a higher level of spiritual awareness and existence in the world.

To stimulate the Crown Chakra, try the headstand. Meditation in full or half lotus will also stimulate this region. Yoga mudra from a seated position with the crown of your head resting on the floor instead of the headstand is also suggested.

If you are not a yoga person or have never done a headstand, another way to stimulate the crown is by laying back on your bed and allowing your head and even your shoulders to hang over the side. With a little practice you can eventually get your arms over your head. Slowly trust yourself to let your hands touch the floor. This should bring your waist about level with the edge of the bed, your hands on the floor under you and your head hanging freely.

Another version of this would be an exercise ball. Let your buttock be midway on the ball. Depending on the size of the ball you can lean back and let your head hang freely. With the same technique as on the bed, raise your arms up and back over your head. Try to let your palms touch the floor, your head hanging back and your back is supported over the ball. These are all great ways to stimulate the Crown Chakra.



Full Moon Meditation

The reflective light of the full moon gives a wonderful and magical sense of harmony and peacefulness. Meditating in its light gives an etheric and positively enchanting feeling of oneness and unity with nature and sky.

Meditating with A Crystal

When you sit in your meditation pose, cross your legs and place your hands on your knees. You can sit with your palms open and place a crystal in both of them. **Choose one of the crystals listed above.**

Step by Step: Energize your space with your Chakra Myst. In the glow of a full moon, find a peaceful place, either indoors, perhaps where you can view the full moon, or outdoors when the moon is high in the heavens. Make yourself comfortable.

Slowly take three deep breaths. With each one, consciously release the mental, emotional, and physical tensions. Visualize our radiant light reaching out and connecting with every object under the light of the full moon. Know that we are connected with each individual through the collective emotions we all share by the wonder of this lunar light. Feel this radiant light reaching out even further as we realize that we are all joined by the human experience. Give thanks for the abundance in your life and feel the connections created by our own emotions. Recall that we are all in this struggle together, that we are not alone, and that we live by the law of Universal love.

Sit quietly with your mind receptive and open to receive spiritual energies. Do all that you can to feel the light of the full moon upon you. Feel how your crystals vibrate in your hands.

Make mental notations on thoughts or ideas that come to you. These can appear as knowledge, wisdom, understanding, or inspiration. Whether you are conscious of it or not, you are planting the seed of intention that will manifest with time. From this point forward, it is time to release the old beliefs that no longer serve you. Let go of the pain and suffering you endure. Forgive those around you who have hurt you. It's OK. Develop the ability to listen within, as you go about your expansive meditation. This is a similar process as remembering an important dream. The full moon brings ideas and dreams to full fruition. Meditate on the image presenting itself. See what is in front of you. Glow with the realization of who you are and the full potential you can become.

In this meditation, you can become part of the Universal flow that brings peace, compassion, love, humility, and gratitude into your human consciousness. As you become more spiritually grounded, you can become more of your true self. Use the light of the full moon to "see" all that is before you. It is your journey to find the best parts of "you" and enhance these special gifts. It is also within your journey to learn and let go of those habits we may have acquired that block us or keep our minds closed.

This miracle of light is the sun reflecting on the moon. Therefore, this combination of two heavenly bodies, offers both an opportunity and a choice. An opportunity to change the parts of us, we wish to better and a choice to make it truly happen.

When you are ready to take control, you can slowly open your eyes. Be sure and journal about this experience so that you can look back on your insights gained through this meditation.

Lessons of the Crown Chakra

Our Crown Chakra is Universal identity, oriented to self-knowledge. This is the Crown chakra that relates to consciousness as pure awareness. It is our connection to the greater world beyond, to a timeless, spaceless place of all-knowing.

As **thought** is the elemental association to this Chakra, thought creates our world. Thought is faster than light, therefore strong thoughts and beliefs are the power that can generate all things.

Our Belief System can be one of our most powerful assets or our worst enemy. Our belief system essentially makes up who we are. Our belief system is made up of a set of core values, which we tend to base everything we do, say, or believe in.

To start our journey in life, **we create a set of beliefs, which define us**. Through our journey, we take our beliefs as our ultimate truth and often do not sway from them.

Sometimes, it is necessary to reinvent our belief system and redefine our values so that we can see clearer and be able to achieve the fulfilling life that we desire.

When our Crown Chakra is **out of balance**, we experience a sense of isolation and aloneness, as if they are in a shell, and having difficulty with feeling contact with those around them. Thought processes tend to justify and maintain the sense of aloneness.

Some of the associated problems relating to the crown chakra are depression, Parkinson's disease, schizophrenia, epilepsy, senile dementia, Alzheimer's, many mental disorders, confusion, dizziness, and even just feeling as if one has hazy thinking.

We can experience oversensitivity to light, sound, environmental stimuli; psychic depression; migraine; lethargy; hair and scalp problems. Imbalance can lead to a sense of frustration and self-destructive tendencies.

When this Chakra is **in balance**, it brings us knowledge, wisdom, understanding, spiritual connection, and bliss. When this chakra is balanced, we connect with the Godhead and the source of white light comes into our energy field.

It is the combination of All that Is and the Divine Connection. The Crown Chakra is located at the top of the head. The silver is the feminine energy of creation, the gold is the masculine energy of creation, and the white/violet light is truth and clarity, which give clear vision of the truth and protection

It is the union with your higher self, with spirituality, and your higher consciousness. We experience a sense of peace, trust, being open to the divine, access to both the conscious and subconscious.

The lesson of the Crown Chakra is that this is where **body and spirit are fused**; action and understanding become one; you are aligned with all the Chakras.

This is the experience of the self as part of the omnipresent pure Being which contains all matter.



The Chakra Myst System™

The power of nature's purest elements have been brought together in this unbelievable body care system! Andrew has formulated these "**energy mists**" based on the Chakra system and the needs of his patients! He has formulated the seven scents to nourish and hydrate your skin in a light, fresh scent and honor your aura with a blend of pure **Angel's Mist essential oils and genuine crystals!**

Designed around this newest ebook The 7 Day Chakra Healing Program, each bottle of **Chakra Myst** spray begins with energy infused blend of pure Angel's Mist essential oils and then combines them with a natural emulsifier of jojoba and Andrew's genuine crystals. Each spray invites a different Chakra related intention to heal your body and soul and supports the specific healing properties of each blend.

Chakra Red: Grounding, Protecting, - contains hematite, obsidian, patchouli, rosemary, pine
Chakra Orange: Joy, Sex, Empowerment - contains carnelian, moonstone, plumeria, sandalwood, sweet orange
Chakra Yellow: Self Control, Will Power - contains tiger's eye, citrine, bitter lemon, cardamom, saffron
Chakra Green: Love, Self-Respect - contains rose quartz, rhodochrosite, gardenia, rose, geranium
Chakra Blue: Communication, Creativity - contains angelite, aquamarine, clove, nutmeg, cedarwood
Chakra Indigo: Intuitive, Self-Reflection - contains amethyst, iolite, lavender, jasmine, myrrh
Chakra Violet: Transformation, Transcendence - contains clear quartz, azeztulite, frankincense, myrrh, lotus

The Chakra Myst System™ (Chakra/Aura Aromatherapy)

Aromatherapy is the practice of using naturally distilled essences of plants to promote the health and wellbeing of your **body, mind, and emotion spirit**. This essence, called essential oils, can restore balance and harmony to your body and to your life. Aromatherapy can be experienced through several mediums. Essential oils are the purest form and most medicinal in their action. Incense are made from the oils and resins of plants. Sacred herbs, such as Sage, Cedar, and Sandalwood and Amber resin are known for their cleansing and healing properties and are often used for cleansing negative energy. Essential oil blends are essential oils blended with a carrier oil in order to disperse the healing properties over larger areas of the body and to protect the skin from irritations, burns or sensitive reactions. Aromatherapy is also incorporated in herbal candles, in crystals and gemstones and in massage and body lotion.

There are **hundreds of uses** for the **Chakra Myst System**! Aromatherapy is a profound and great integrative therapy that can be used in conjunction with many other forms of health care. We have collected the most beneficial products to work with the incredible mastery of this healing art form.



Guidelines for Essential Oils

- * Essential oils are very concentrated. Their safe use requires they be treated with care and respect. The user should be knowledgeable about their properties and actions before any use. Most personal applications require drops rather than ounces.
- * Keep oils out of reach of children and away from pets. Please do not ingest by mouth. Because of the potency of certain essential oils, proceed carefully and with guidance from a trained aromatherapist if any of the following situations exist: pregnancy, high blood pressure, epilepsy, open wounds, diabetes, rashes, neurological disorders, or if taking prescription medications.
- * Undiluted pure essential oils are never applied directly to the skin. For application to the skin, dilute in pure vegetable carrier oil, such as almond, grape seed or jojoba. For full-body and foot baths, dilute the oils in water. Special care is advised when using essential oils, which heighten skin sensitivity to ultraviolet light. These oils include angelica, verbena and citrus oils such as bergamot, bitter orange, lemon and lime. Avoid exposure to ultraviolet rays for a minimum of four hours following application of photosensitive essential oils.
- * Check this site for specific precautions about each essential oil. Essential oils have different levels of potency. The more potent the oil, the smaller the quantity used. Sage, fennel, hyssop and wintergreen are relatively more potent than most oils; rose, lavender and chamomile are relatively mild. Most essential oils are safe and nontoxic when proper dilution recommendations are followed. When in doubt, seek guidance from a professional aromatherapist or medical professional.
- * Essential oils are not intended for use in the treatment of specific medical conditions. For treatment of health ailments, seek diagnosis from a licensed medical practitioner.

How to Use

Use this formula three times a day. Spray yourself in the **morning**. Use this formulation when you are doing **your meditation or body cleansing** and in the **evening**, when you are about to go to sleep.

Your Days of the Week

Each of your Chakra days means something. Not only do they relate to the energy centers of the body, they have coordinating emotions, colors, crystals and reasons for manifesting certain desires at particular times. I would like you to reference this each day you do a different Chakra.

Monday: Ruled by the Moon, Monday is best for magic involving home, family, pets, peace, healing, fertility, feminine issues, psychic development, divination, astral travel, and dreams. Corresponding colors are white, silver, ivory, pearl, and lavender. **I am.**

Tuesday: Ruled by Mars, appropriate spells and magic include those dealing with business, work, confrontation, partnership, protection, sex, courage, bravery, gardening, and passion. Corresponding colors are red, pink, and orange. **I feel.**

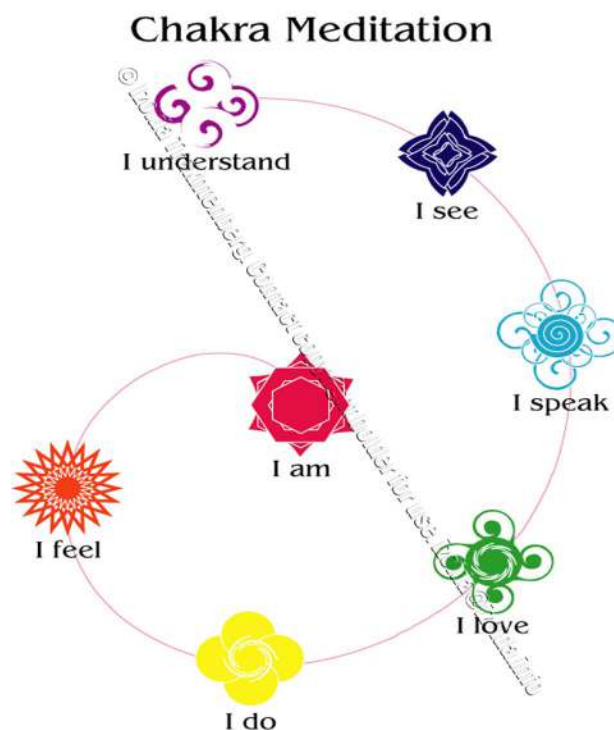
Wednesday: Ruled by the planet Mercury, Wednesday is best for issues of communication, creativity, healing, wisdom, legal issues, divination, astrology, studies. Corresponding colors are purple, silver, and magenta. **I do.**

Thursday: Ruled by Jupiter, spells and magic relating to money, prosperity, holidays, travel, business, growth, self-improvement, wealth, health, generosity, and luck are best performed on this day. Corresponding colors are any metallic colors, blue, green, turquoise, white, and purple. **I love.**

Friday: Ruled by Venus, Friday is best utilized for magic involving love, friendship, affection, harmony, reconciliation, romance, beauty, and socializing. Corresponding colors are green, pink, white, rose, and coral. **I speak.**

Saturday: Ruled by Saturn, spells and magic relating to binding, debts, justice, karma, discovery, protection, longevity, home, and endings are best done on this day. Corresponding colors are black, gray, brown, blue, red, and white. **I see.**

Sunday: Ruled by the Sun, Sunday is best used for masculine issues, ambition, career, goals, health, strength, protection, spirituality, and success. Corresponding colors are yellow, gold, orange, and amber. **I understand.**



Creating A Sacred Space

Making a sacred space of your own, whether it be an altar, meditation space, area for your crystal treasures or just room for you to breath, can be a fun and exciting choice.

1. First, find a space to use on a regular basis for "your" space. Doing this, conditions your mind to become familiar and therefore feel relaxed once you are in the space, as it allows you to ascend. In time, just sitting in your space will immediately relax you.

Your space can be a small area in your home where you can sit with your eyes closed for at least a few minutes each day. Choose a clean, quiet place away from all distractions where you can sit on a chair or on the floor. If you use a chair, choose one that allows you to keep your back as straight as possible. If you sit on the floor, you may want to lean your back against something so that you can keep it straight.

2. Whatever area you choose to use, you first want to cleanse/clear that space.

Space clearing can be done on a physical level by decluttering your surroundings. It can also be done on a metaphysical level with such tools as herbs, salts, crystals, incense, oils and yes, intention.

The power of (halite crystal) sea salt is a safe and effective way to clear and cleanse any space of negative energy. Sea salt is obtained by evaporating seawater. Energy in itself, is the vital source, which radiates from everything and everyone around us. When we are ill, emotionally upset, angered or imbalanced, our moods and of course, our energy is altered. Coming in contact with energy that is negative can often be sensed, even felt. The result is often a feeling of uneasiness, confusion or an opposed feeling to our current state of mind. Cleansing with sea salt or rock salt is preferred over iodized, processed table salt.

Cleansing a room with salt can be done by placing salt in small bowls and placing them in the 4 corners for 24 hours. Take two teaspoons of sea salt and dissolve it into some warm water. Pour it into a mister or spray bottle and spray it wherever you need cleansing.

Cleansing your space with Chakra Myst System can be done on a daily basis with the coordinating scents of essential oils and crystals or it can be done with anyone particular Chakra Myst you are attracted to. It can give an added bonus to cleansing.

Herbs such as **lavender, sandalwood, tea tree, thyme, and rosemary** are all good compliments. When using herbs, place them in the salt and shake the salt in a closed container. This bruises the herbs and allows its essential oils to incorporate into the salt matrix.

When using essential oils, add a few drops to salt and then stir or shake the salt in order to mix them well. Misting yourself for an overall clearing can do cleansing of negative vibes.

Draw a bath. As the hot water is filling the tube, add two or more tablespoons of sea salt to the running water and stir it so it dissolves in the tube. Relax in your bath for 15-20 minutes.

3. For a few days just sit quietly in your space for five to ten minutes. This will help establish your energy.

4. Before you sit, consider using the following "tools" to help increase your intention for the space.

a.) You may light a candle or some incense, if you like. Eventually, lighting the candle or incense will signal your brain that it's time for "sacred time".

b.) Place in your space only items you absolutely love unconditionally. Do not place it there just because you think it belongs there. These "tools" should be items that empower you, give you strength, energy and allow you to feel good.

c.) Add your most special crystals into your space. You can create a border with them or design an area or "cluster" just for them.

d.) Remember, this is a living breathing space, so any items that served you this day, may not serve you tomorrow. So, feel free to bring into your space different items (or crystals) that work for your that day.

e.) Now, sprinkle with intention. Intention is a tool that can be used to bring about change. With clear intent, we formulate a greater deliberateness in order to achieve the end result.

The Map of Intention

When you break down the process of what true intention really is, you will find a process that unfolds before you. By applying this process, you create your intention. Here is how you map out your intentions:

1. Have purpose: Your reason behind your intention is purpose. Having a purpose infers a more determined path.

2. Design your intent: This suggests a more careful, laid out and calculated plan of action. What, when, why where, how.

3. Improve your aim: By improving your aim, you add to your implications or target effort directed toward attaining your intention.

4. Gain your objective: Create a clear objective by aiming for something tangible and immediately attainable.

5. Reach your goal: The goal is the result of your intention, put into action and attaining it by thought out effort and un-waiving focus.

You have now created your sacred space. Bring to it what you want. Use it for what it is and allow it to remain sacred.



Food for Thought: Incorporating Color Choices Into Each of Your Day's Ritual

Monday: Red/Black	Strawberries, raspberries, currents, cherries, tomatoes, watermelon, guava juice, red cabbage, beet root, radishes, red onions, chilies, red pepper, pink grapefruit, black beans, blackberries, kidney beans, red meat, chicken, fish. Meat, chicken, fish, Sugar falls under this color category and the Violet, Crown Chakra. Both natural sugar and processed white sugar provide bursts of vital energy. Red grapes are, of course a red food, which makes wine. There are sugars in wine. Chocolate, coffee, peanut butter, vitamins, antioxidants: pomegranate, mangosteen, acai and goji berries, noni
Tuesday: Orange	Beta-carotene, Vitamin C, A and calcium, apricots, peaches, oranges, mango, sweet potatoes, carrots, pumpkins, squash, orange/yellow peppers, fiber, amaranth, brown rice, buckwheat, millet, oats, quinoa, seafood, sesame seeds, copper, selenium, zinc.
Wednesday: Yellow	Vitamin A, B complex, E, sodium, potassium, selenium and chromium, lemon, bananas, grapefruits, corn, rye and wheat, eggs, certain fish, fish oils and foods rich in fatty acids. Omega 3 Fatty Acids, additional grains. Certain cheeses
Thursday: Green	Asparagus, watercress, spinach, broccoli, parsley, dill, romaine lettuce, zucchini, green peppers, green apples, pears, avocados, green grapes kiwi and limes, Klamath Lake and Spirulina Blue Green Algae, Chlorella Green Algae, Barley Grass and Wheat Grass.
Friday: Blue/Indigo	Blueberries, black currants, plums, concord grapes, purple cabbage, as well as, Vitamin E, kelp, iodine and seaweed products.
Saturday: Purple	Eggplant, purple cabbage, blackberries, wine
Sunday: Violet	
White	Sugar falls under this color category. Both natural sugar and processed white sugar provides bursts of vital energy. White flour foods. Certain cheese. Dairy products. Fried foods.



Making It Happen

Stress, as you can now see, has a large emotional component that affects our energies in so many ways. What is the crucial take home lesson here is how we allow it to affect us. When we are conscious of our, not so good, as well as truly bad habits, we can understand where these habits come from.

We are not always going to make the right choices or the best decisions in our process of regulating our stress levels, but as we have seen here, it is cumulative effect that makes the difference in the end.

This is tuning into our energy. By doing so on a daily basis, it allows us to make the better choices over time that matter, not the choices in each moment. It is important to see how our self-love and forgiveness opens the door to a better outlook and a better outcome. It is also relevant to pay attention to those feelings, emotions and behaviors that are a detriment to our life-balancing journey.

As you have now read, so much of the energy gone into trying to regulate our lives, has nothing to do with what comes at us but it has everything to do with the “mental energy” surrounding the process and how we choose to handle it.

Learning to regulate everything in my life was my greatest lesson. Regulating my food, my behavior how I handle my emotions and how they must not play into HOW I regulate my daily life choices.

It is through this book and my clinical practice in New York City, that I have had the privilege, the practice and the experience to meet and work with so many hundreds of people. All reaching for a similar goal, only in the way they know how. Learning the lessons we each have to learn and having the support to do so. This is how the 7 Day Chakra Balancing book was created!

I hope this book gives you much love and support and that you use it as a workbook. We know every day is different with different challenges. Use this book to bring you through each day. Use it to your advantage. Chart information, emotions, feeling or simply words that come up during the day and need attention.... Good or bad. I have always found charting, journaling and reading to be my window to my soulful thoughts. I hope you have the same experiences.

Blessings,

Andrew Pacholyk, MS, L.Ac
Author of *Lead Us To A Place ~ your spiritual journey through life's seasons*
Peacefulmind.com
Therapies for healing
Mind, body, spirit

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THE FOUNDATION OF HEALING

Andrew Pacholyk MS L.Ac. leads us through an exciting and inspirational look at the "seasons of our lives" and their important aspects.

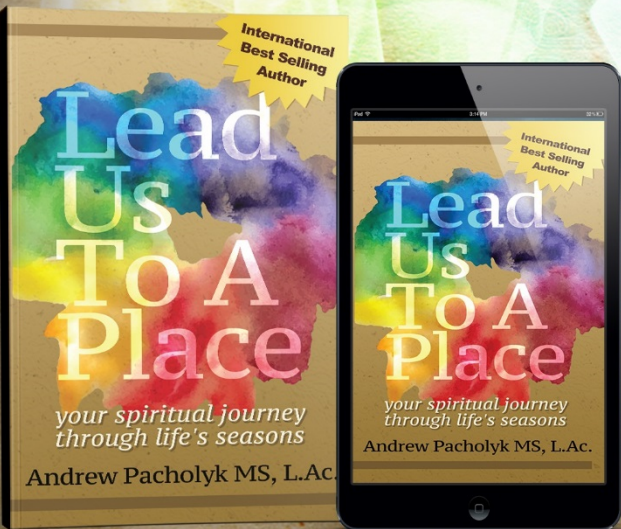
Throughout this book, you will find Andrew making references to the rhythms of time from different cultures. He often connects the passage or transitions through the seasons by relating them to music, color, stones, aroma and much more. He considers the references from other countries and their cultural, spiritual and historical traditions to be amazing teaching tools of self-discovery. Andrew has dropped some "gemstones" along the way for us to follow. These are little "pearls" he has created to help himself to understand a subject a little better. Andrew hopes you find them useful. He relates life markers to our senses, as well as our physical and metaphysical processes for the purpose of looking a little deeper into "who WE are" and how we can access more of our own innate wisdom.

THE POWER OF MIND/BODY

In this book, Andrew makes many references to energy. The energy around us and the energy within us. He believes we are all vibrating, energetic beings that are constantly regulating – constantly fluctuating. This never stops, even after death. He also believes we still "resonate" energy after death, in the form of spirit.

THE MYSTERY OF SPIRIT

This book does not preach religious dogma nor a one-sided view of faith. Rather, this book is a "window" to all faiths, religions and ancient beliefs that lead us to the same place... spirituality. It is up to you to decide what you feel, speaks to you and gives you a chance to formulate your own belief system.



International Best Selling Author

Andrew Pacholyk

Lead Us To A Place

your spiritual journey through life's seasons

Andrew Pacholyk MS, L.Ac.

International Best Selling Author

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Your spiritual journey through life's seasons

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