

THE 7 CHAKRAS



MULADHARA
ROOT



SVADHISTHANA
SACRUM



MANIPURA
SOLAR PLEXUS



ANAHATA
HEART



VISHUDDHA
THROAT



AJNA
THIRD EYE



SAHASRARA
CROWN



MULADHARA
GONADS



SVADHISTHANA
ADRENAL GLAND



MANIPURA
PANCREAS



ANAHATA
THYMUS GLAND



VISHUDDHA
THYROID GLAND



AJNA
PITUITARY GLAND



SAHASRARA
PINEAL GLAND



MULADHARA
LAM



SVADHISTHANA
VAM



MANIPURA
RAM



ANAHATA
YAM



VISHUDDHA
HAM



AJNA
OM



SAHASRARA
SILENCE

Gaias Sacred Chakras

Yan Bai



Gaias Sacred Chakras:

Gaia's Sacred Chakras Margaret Bertulli, 2004 This work is a personal exploration of seven ancient sites as sacred heritage and the relation of each one to one of the seven major chakras In travelling to a sacred place one discovers the site's spiritual power within its actual setting Each site is related to a specific chakra on the basis of the author's experience there and the symbolism and concept associated with the chakra Each chapter begins with an original poem and ends with a guided meditation

Making Magic with Gaia Francesca Ciancimino Howell, 2002-03-01 The author of *Food Festival and Religion* shows how spiritual practices drawn from the ancient magical arts can help to heal Mother Earth A Greenpeace activist Wiccan High Priestess and proud Soccer Mom Francesca Howell has been involved in magical traditions and wildlife preservation since childhood In this one of a kind book she shares her everyday suggestions for spiritual renewal through connecting with nature The meditations ceremonies and spellcraft in *Making Magic with Gaia* spring from an ancient Pagan tradition of Earth stewardship which blends deep ecology magic and activism to bring the reader into a closer communion and harmony with Mother Earth Packed with practical suggestions recycling gardening without pesticides and conserving water and mystical rituals shamanism crystal magic and Power Animals for helping the planet this book is written for anyone with a spiritual ecological awareness Not the witchcraft of Gothic novels *Making Magic with Gaia* is based on a modern religion with ancient roots that can heal the Earth as it heals the practitioner

100 Chakra System Raven Shambhala, 2019-07-23 The 100 Chakra System is a revolutionary spiritual work When all 7 chakras are open and flowing you are functioning at optimal When you are cleared up to the 100th chakra you are illuminated with Divine light and on the path of Ascension Raven defines the anatomy of the energy body which includes 100 chakras and the anatomy of the Lightbody which contains our Higher Self New concepts are discussed like the differences between opened and closed chakras and the concept of negative energies Raven defines types of negative energies that can disrupt energy flow in chakra system Raven introduces psychic development and how to open spiritual gifts She speaks about the differences between clearing the chakras and meditation In order to channel one's guides the spiritual chakra need to be activated and the 100 chakras need to be cleared Negative Energy Release Work is a style of pranic healing taught by Raven which is introduced here The self healing section provides a self study course for you to start your own energy healing practice The 100 Chakra System book is the foundation work for Raven's psychic development courses and introduces concepts that are explored in her work

Touching the Breath of Gaia Marko, 2012-06-01 Arguing that what the earth chiefly needs is conscious human cooperation beyond the material realm this unique interactive spiritual perspective on how to save the planet describes ways to communicate with Gaia herself and become her hands allowing her to use her vast resources to save all the creatures on her surface including humans Because people have forgotten how to listen and converse with the goddess this book purports that she uses natural catastrophes as her hands to get humankind's attention By using the exercises for personal growth

readers can learn to use their emotions intuition and feelings rather than intellect and these traumas will be avoided and replaced with joy and companionship Gaia Matrix Peter William Champoux,1999 The Chakras Handbook Athena Perrakis,2019-01-22 Tap into the nine major chakras that affect your power health and well being A condensed version of the best selling The Ultimate Guide to Chakras The Chakra Handbook is the essential portable reference for the experienced energy worker as well as the perfect introduction for anyone just starting out First discussed in ancient Hindu texts and studied for thousands of years in numerous spiritual traditions including acupuncture meditation and yoga chakras are the power centers connecting your physical body and the world of energy By tapping into the power of your chakras you can live a healthier balanced and more abundant life Athena Perrakis leading metaphysical teacher and creator of the world s largest online metaphysical resource website SageGoddess com has created a modern guide to the ancient practice of working with the chakras Unlike most other guides which only address the seven body chakras The Chakra Handbook addresses the nine major chakras you can tap into to balance heal and manifest This guide explains how and why different crystals aromatherapy essential oils and sacred plants help to support each chakra Each chapter of The Chakra Handbook also includes magical exercises for accessing the energy of each chakra including meditations journal exercises and working with goddesses and spirit guides Readers will even learn how to create a dedicated chakra altar a mandala chakra specific incense blends as well as other inspired projects Lavishly photographed and illustrated this guide promises to be an essential volume for beginners and experienced energy workers alike **Chakras for Beginners** Athena Perrakis,2024-06-18 Discover the chakras the power centers connecting your physical body and the world of energy and explore the basics of energy healing Your chakras are the power centers that translate between the seen world of the physical body and the unseen world of energy These powerful portals hold the key to our well being By tapping into the power of our chakras we can live healthier balanced and more abundant lives Written by Athena Perrakis leading metaphysical teacher and creator of the world s largest online metaphysical resource website SageGoddess com this beginner s guide Addresses the nine major chakras we can tap into to balance heal and manifest Teaches how and why different crystals essential oils and sacred plants help to support each chakra Includes magical exercises for accessing the energy of each chakra including meditations journal exercises and working with goddesses and spirit guides Colorful fun and approachable Chakras for Beginners is the perfect beginner s guide to the world of chakras and energy healing **Beyond 2012: Catastrophe or Awakening?** Geoff Stray,2009-05-21 An illustrated encyclopedic overview of the prophecies calendars and theories that indicate the year 2012 is a threshold of great change for humanity Looks at the scientific and anthropological evidence for the rare galactic alignment due to occur in December 2012 Sifts through the catastrophic theories to show what we might really expect in 2012 In December of 2012 the Mayan Calendar s Great Cycle will come to an end Opinion remains divided as to whether apocalyptic scenarios of worldwide destruction or utopian visions of a spiritually renewed humanity will prevail after this key date has

passed What is certain however is that a rare galactic alignment will occur one so unique that it is found at the core of many wisdom traditions from around the globe Geoff Stray has been collecting the vast amounts of data relating to the 2012 phenomena since 1982 Far from confining his research to the Maya who provide the most prominent predictions indicating this date will herald significant changes for humanity he has studied the prophetic traditions of other cultures including the Tibetan Chinese Jewish Ethiopian and tribal cultures from around the globe to show the kind of convergence of cosmic purposes happening along a number of parallel tracks This book offers an extensive study of many modern theories including Terence McKenna's timewave zero and Maurice Cotterell's sunspot research as well as anomalous phenomena such as near death experiences and crop circles Sifting through all the scientific research and speculation that the year 2012 has inspired Geoff Stray provides an encyclopedic look at what we might really expect on this pivotal date

Gaia Speaks Pepper Lewis, 2007-05-01 Pepper Lewis is a natural intuitive a gifted full body channel and a recognized writer speaker and teacher of metaphysics who travels the world sharing Gaia's wisdom at conferences seminars and in personal sessions The unique and distinctive channeled messages brought forth by Pepper have become favorites of readers all over the world Most popular are the featured articles authored by the sentience of our planet Mother Earth affectionately known as Gaia which also appear in the pages of the monthly Sedona Journal of Emergence and in these books Gaia has always been animated engaging and even humorous That being said she is also very direct and does not diminish her words to suit a guest She aims directly for our hearts and rarely misses Her energy is just as you might imagine the Earth to be youthful and ancient strong and elemental soft innocent and pristine refined but a little rough around the edges Gaia's voice is different than my own and her use of language is altogether her own Most people hear a dialect but cannot place it Everyone seems to experience her in unique and different ways which not surprisingly is her intention Pepper Lewis These days there are lots of channelers around but only one Pepper Lewis Her process with Gaia is unique and the profundity of her messages rings with truth and the wisdom of the ages Lee Carroll channel for Kryon The book you now hold is like a mystery that will unfold as you read it More than a collection of pages you will find that it is one part textbook and one part oracle You might even wonder if it is biographical or autobiographical in nature as the coincidental references to your own life will seem almost uncanny How can that be Gaia is a living learning teaching library of everything that is was or might be related to the Earth Because you are Gaian you are also a part of the great living library that is Gaia you are a library within Gaia one whose contents are a collection of ever unfolding experiences You are a lifetimes old master storyteller unraveling each tantalizing chapter That's why you cannot help but find yourself within these pages Your purposes are made of multidimensional similes and metaphors designed to stimulate encourage create and resolve As Gaia tells it you have at least seven purposes or reasons for being You instinctively consciously or unconsciously know one or more of these but others may remain hidden for many years or even throughout your entire lives Given this expanded view of what you are and why you are here you can begin to see how this

book might be of use to you *The Seven Powers of Spiritual Evolution* Alba Ambert,2008-09-18 This book is a call to the heart for all those who are seeking a more profound and enduring connection to their spiritual selves It offers a springboard to move forward on a spiritual path based on an open and awakened heart It deftly combines information on the seven spiritual powers within us with meditations and practices that allow the reader to tap into these powers easily and effectively If you are ready to make the change from mind domination to heart guidance this book will help you make that shift The 8th Chakra Jude Currivan,Jude Currivan Ph. D.,2010-06-21 The seven chakras of the human personality are familiar to anyone working with healing or spiritual awareness But that consciousness is essentially incomplete It is the universal heart of the 8th chakra that can offer us the missing key to remembering who we truly are Both accessible and profound this groundbreaking book is a practical and empowering guide to our personal and collective spiritual wholeness and shows us how we can Understand and integrate the principles of Cosmic Consciousness Reconcile science and Spirit to show not only how they physical world is as it is but why Directly access and embody newly available Cosmic energies and higher transpersonal awareness Manifest our soul purpose on Earth The Chakra Bible Patricia Mercier,2007 Chakras are the centers of subtle energy in our bodies that can affect our health and well being In this colorfully illustrated guide you ll learn about the seven main chakras and how to bring them into balance Use of reflexology aromatherapy reiki yoga and other self healing techniques can positively impact these energy centers **Open the Doorway to Your Soul** Maggie Chula,2015-06-10 Open the Doorway to Your Soul is a book of channeled messages from the Master Teachers of the Akasha These messages have been shared to help expand your conscious understanding and connection to the source of your true being your soul The Master Teachers share The Master Teachers included in this first book are Goddesses Isis White Tara Lakshmi Diana and Mother Mary Archangel Raphael Ascended Masters Ganesh Kuthumi Krishna Saint Germain Jesus Apollo Merlin and Lord Melchizedek Open the Doorway to Your Soul is an introduction to the course work the Master Teachers have channeled through Maggie Her connection to these Master Teachers was established very early in her childhood as they taught her ways to overcome her physical disabilities and many illnesses to become a spiritual healer and teacher able to heal her body her mind and her connection to her soul and God Come and join the Master Teachers as they share their sacred wisdom Experience vibrational healing sessions and learn how to flow within the river of well being Learn how you can Open the Doorway to Your Soul and become a conscious partner in creating your life and the world you live in with love as you joyfully look forward to what you will create next *The Spiritual Path To Success* Corinne Waller,2025-09-09 Have you ever reflected back on your life and realised that you have been experiencing the same health challenges as your parents did repeating the same emotional and mental habits or perhaps have developed similar behavioural patterns You are not alone as life s twists and turns have taken you down a similar path that your parents walked experiencing marriage and financial issues work challenges or going through bouts of sickness illness or disease to leave you with a dis ability The

strategies contained in the guided meditations enable you to let go of the ancestral habitual patterns to embark upon a new adventure to become the best version of yourself A new family legacy can set your spirit free to soar to new heights of abundance and prosperity having new opportunities and resources based on the divine plan for your life that establishes positive beliefs of wealth in all areas of your life and an enriched Earthly life for spiritual evolution while assisting in shifting planet Earth to the next dimension *Chakra Frequencies* Jonathan Goldman,Andi Goldman,2011-05-24 Using the science of sound healing for higher consciousness stronger relationships planetary oneness and physical and emotional healing 2024 Coalition of Visionary Resources Gold Award Offers exercises with breath tone sacred vowel sounds and the chanted Bija Mantras to activate and balance the chakras for greater health and harmony Shows how to practice sound healing individually or with a partner to enhance communication reduce stress and create inner balance and peace Previous edition won the Best Book in Alternative Health Award from the Coalition of Visionary Resources As both ancient spiritual masters and modern quantum physicists acknowledge the universe is vibration Through sound and its ability to communicate with our chakras and subtle body we can tap into the vibration of the universe for greater harmony and stronger relationships physical emotional and spiritual healing expanded consciousness and planetary oneness In this step by step guide sound healing pioneer Jonathan Goldman and his wife holistic psychotherapist Andi Goldman reveal specific ways the voice can resonate the physical and subtle bodies including 7 powerful chanted Bija Mantras and sacred vowel sounds to balance and align the chakras Providing exercises with breath tone mantras and seed sounds the authors show how to practice sound healing either individually or with a partner to strengthen relationships reach deeper emotional levels enhance communication reduce stress achieve inner balance and create harmony with those around you as well as the whole planet

Creating Gaia Culture Marko Pogačnik,2021-10-14 Humanity stands at the threshold of a new phase of Earth s planetary evolution Breathtaking possibilities in tune with the evolutionary path of the universe are now available Yet the question arises Does humanity have the ideas foresight and potential for action that could create a culture that corresponds to the planet s transformation In the midst of distressing ecological crises Marko Poga nik offers fresh hope Having worked intensively in the fields of holistic ecology geomancy and Earth healing for four decades he now formulates a vision of a culture based on co creation with Gaia the Earth her elemental worlds and beings from parallel evolutions Creating Gaia Culture is also a workbook featuring dozens of drawings and meditative exercises to help transcend mental obstacles by cultivating the quality of living imagina tion Poga nik UNO Goodwill Ambassador and UNESCO Artist for Peace presents numerous ways to collaborate with the process of creating Gaia culture He allows us to look into the primeval source of the future by interpreting the ancient book of the biblical Apocalypse a text that holds the secret of Earth changes in a coded vision of a new human civilization and uses his experiences visions dream stories and communications with beings from parallel worlds to trigger pictures that can enable a new human culture become a tactile reality The only path that makes

sense is to reconnect with the essence of life and embrace a loving partnership with Gaia Earth This path involves a challenging transformation of our current cultures and may provoke changes in many aspects of the embodied world as we know it as we continue to evolve into the future

Crystal Prescriptions Judy Hall,2019-08-30 Crystal essences and gem waters have been used for thousands of years to bring the body back into harmony and restore personal and environmental well being They are an extremely convenient way of combining crystal properties In this the latest volume in the Crystal Prescriptions series you will learn how to create your own essences from healing crystals Powerful aids to self development and soul growth these potent essences heal and rebalance the chakras support your abundance and aspirations assist in overcoming addictions stress and PTSD expand your consciousness provide protection against detrimental electromagnetic fields facilitate environmental and earth healing and accelerate karmic ancestral and past life healing Sections are included on emotional and mental healing physiological essences and those to specifically assist young people You can also explore innovative astrological and astral magic essences that harness the power of the planets and their associated crystals to capitalise on the strengths of and overcome the challenges in your birth chart These along with essences for the day to day movement of the planets enable you to fulfil your true potential Each section is accompanied by a Directory of appropriate crystals and an introductory section assists in the care and selection of exactly the right crystals for your essences

GAIA LEGACY Rico Paganini,2021-08-20 Rico Paganini one of the leading megalithic geomantic and spiritual researchers has visited all the Earths major power points In this book we travel along with him And we are able to share in his stirring experiences in sensitive discoveries and the wondrous insights that he was able to gain He has not compiled them for himself but for us all Perhaps he could only manage his adventures travels bear the travails and overcome some resistance because the spiritual world was on his side accompanied him encouraged him and led him with direct guidance These received messages are also an essential and moving part of this book and are a special feature is astonishing As is the telling of the tale of the spiritual and material creation and the fact that Mother Earth is alive and is conscious our ancestors had not yet forgotten this He also leads us through the destruction of the environment climate changes and the increasing natural catastrophes What have we done At the same time he presents us with solution paths gives us courage and hope in this dramatic turning point it is not yet too late Hence GAIA LEGACY is much more than a travel report and insight into the power points It is one can say without exaggeration an incomparable book full of awakening and strength just as the fifteenth power source

The Encyclopedia of Energy Medicine Linnie Thomas,2023-04-08 An Expansive Resource with 55 Energy Healing Modalities This newly revised edition of The Encyclopedia of Energy Medicine is an extensive directory for anyone wishing to study energy healing practices With newly added modalities updated course listings and an improved list of energy medicine associations this comprehensive reference features dozens of healing schools as well as licensure and certification programs in a field that is constantly growing and evolving Linnie Thomas offers resources for pursuing your education in fifty six

energy healing methods such as Reflexology Healing Touch LomiLomi Holotropic Breathwork Thought Field Therapy Reiki Medical Qigong Melody Crystal Healing This much needed sourcebook covers healing session summaries certification and continuing education requirements endorsements and accreditations standards of practice legalities and class availability Thomas lists each therapeutic approach course descriptions including contact information and codes of ethics making it easy to find the information you need to explore these healing techniques for yourself Includes a foreword by Cyndi Dale internationally renowned author of The Complete Book of Chakra Healing [Her Perspective: Gaia Speaks About Her True Story](#) Alloya Huckfield, 2012-04-26 Whilst traveling with friends to a crystal dig Alloya finds herself in an altered state Suddenly Mother Earth Gaia appears to her as a beautiful goddess I want to tell you my story she says Words and images flood over her like a continuous movie film for three days as Alloya is barely able to speak drink or eat Afterwards she wonders how she will remember this amazing tale The Goddess tells her Do not worry This story you already know it is coded into the cells of your living body When you come to write my story all of this will come flooding back Journey with Alloya to the beginning of time as Gaia tells her true past If you've ever wondered about your soul's many incarnations into various life forms created by Gaia or what really happened in the herstory of our planet Her Perspective will answer your questions This compelling work will fill in the missing gaps empowering readers as they discover our ancient origins and the glorious beings that lie dormant within us

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Gaias Sacred Chakras Introduction

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