



chakra healing

an inner journey of consciousness

course description

This course is designed for those who wish to undertake a journey of personal transformation, but who may not wish to undergo training in polarity energy balancing at the same time. It is also suitable for trained polarity therapists as an adjunct to more traditional forms of training. As such it stands alone.

Chakra healing sets a stage to understand who and what we are on the seven main levels of existence. It provides us with a map and takes us on a journey through the sacred sites of the soul. It provides an opportunity to heal the wounds of struggle, face our worst fears and release the lies of ignorance. It supports the journey back home and provides an opportunity to bathe in our radiance, know what it is we can trust and to simply just be. You are warmly invited to take yourself on a journey to realign your life with its soul purpose.

The chakra system is the energetic core of the human energy field and carries the codes and information necessary for the development and transformation of human life. There are seven main chakras and each represents a certain level of consciousness and governs specific aspects of human life. Each chakra is a spinning vortex of energy and functions somewhat like a transformer. The chakra system receives energy and information from universal and cosmic sources and transforms that information into a language comprehensible to matter. When chakras are free to spin, as they are designed to, all is well. If they become blocked, human life begins to function unintelligently.

If personal stresses and traumas are ongoing or unresolved, the resulting tension in the body can disrupt the spin of the chakras. Chakra healing is all about correcting the spin of energy in and around the body and aligning each of the chakras so life can function freely and consciousness can realize its potential. There are a number of ways this can be done. In this course we will draw upon self-awareness, breath, movement, sound, visualization, emotional freedom techniques, the power of intention and work with crystals and other archetypal correspondences to heal and empower each chakra in turn.

Chakra healing is an excellent way to work through personal issues, re-connect with the purpose of human life, deepen self-awareness and align the individual soul with the cosmic forces of all life. As we systematically balance each chakra we will release mental and emotional blocks underpinning e.g.

- Safety and right livelihood at the **Base Chakra**
- receiving and giving in relationship at the **Sacral Chakra**
- personal power and individual uniqueness at the **Solar Plexus**
- loving unconditionally at the **Heart Chakra**
- speaking the truth at the **Throat Chakra**
- accessing and trusting your intuition at the **Third Eye**
- connecting to the source of life at the **Crown Chakra**

Pre-Requisites

None required. The inner journey of consciousness is suitable for both novices and practitioners.

You are warmly invited

Course Logistics

When: The course will be conducted over eight days, as arranged on a one day a week/month basis

Hours: 9:30am to 5:30 pm.

Activities: Each day will incorporate presentation of course topics, question and answer time, inner processing work and reflection, and visualizations and meditation, all within a sacred space.

Manual: A comprehensive and fully illustrated manual covering all course topics, techniques and processes will be provided.

Investment: \$850 (includes manual)

Deposit upon Registration: \$400

Balance: \$450 10 days prior to training.

Courses: as arranged