chakra
MEDITATION KIT
7 Contemplatation Cards ♦ Music CD ♦ Illustrated Guidebook
BRING
BALANCE
TO YOUR MIND
BODY AND SPIRIT
by
amy zerner & monte farber
AUTHORS OF KARMA CARDS, THE ENCHANTED TAROT, AND THE PSYCHIC CIRCLE
CHAKRA 4:
Name: Green Heart Chakra
Location: heart, mid-chest
Body Parts: upper back, chest, skin, circulation
Color: green
Gems: emerald, green jade
Musical Note: F
Issues: peace, love, forgiveness, intimacy
When this chakra is balanced: compassionate, empathetic, trusting
When this chakra is imbalanced: self-pity, paranoia, insomnia
CHAKRA 5:
Name: Blue Throat Chakra
Location: throat
Body Parts: thyroid, vocal chords, neck
Color: blue
Gems: turquoise, aquamarine
Musical Note: G
Issues: communication, self-expression, faith
When this chakra is balanced: creative, inspired, independent, truthful
When this chakra is imbalanced: self-righteous, secretive, evasive
CHAKRA 6:
Name: Indigo Brow Chakra
Location: between the brows
Body Parts: face, eyes, nose
Color: indigo
Gems: lapis, sodalite
Musical Note: A
Issues: channeled guidance, archetypal symbolism, healing
When this chakra is balanced: open, intuitive, perceptive, deep
When this chakra is imbalanced: closed off, skeptical, naive and rigid
CHAKRA 7:
Name: Violet Crown Chakra
Location: top of head
Body Parts: brain, skull
Color: violet
Gems: amethyst, quartz
Musical Note: B
Issues: universal awareness, spiritual knowledge, protection
When this chakra is balanced: understanding, devotion, generosity
chakra meditations
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The Enchanted World
Amy Zerner & Monte Farber
www.EnchantedWorld.com
Track 1: Red Root Chakra
Track 2: Orange Creativity Chakra
Track 3: Yellow Power Chakra
Track 4: Green Heart Chakra
Track 5: Blue Throat Chakra
Track 6: Indigo Brow Chakra
Track 7: Violet Crown Chakra
Track 8: Chakra Tune-up
Track 9: Seven Chakra Cleanse
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