

**As you read the words on this page, an incredible ecosystem of energy is flowing through you. It controls your emotions and dictates your desires. It influences your strengths and weaknesses. It has been there since you were born, and will stay with you until you die.**

Like any other ecosystem, its parts work in tandem, and determine the strength of the whole. Your energetic ecosystem is known as the 7 Chakras—and just like how the flora and fauna in a rainforest rely on each other to create an optimal living environment, your 7 Chakras work together to create an optimal life for you—*when they're properly strengthened.*

**The big question is?**

## **Is your energetic ecosystem working the way it should?**

And more importantly, do you know how to influence it? Imagine having the ability, at any given moment, to instantly uplift any aspect of your life by tapping into one of your 7 Chakras, and empowering it.

Need to perform better at work and get that raise or promotion? Strengthen your 1st Chakra. Want to eliminate misunderstandings and connect better with your spouse, kids, friends and co-workers? Work on your 4th Chakra. Want to spice up your sex life and enjoy mind-blowing orgasms? Unblock your 2nd Chakra. Need to lose that excess flab and look good in your clothes? Again, work on your 1st Chakra.

This is the foundation of the ancient science known as Chakra Healing—an effective, spiritual and completely natural way to break free from the shackles of personal limitations, and start living on your own terms.

### **Great Minds on Chakras:**

*The Dalai Lama*

#### **The Dalai Lama acknowledges the importance of Chakras**

In his critically acclaimed meditation book *Mind in Comfort and Ease*, His Holiness the Dalai Lama discusses the locations of the Chakras, and the life-influencing



energies that flow through them. He is one of the many spiritual and scientific leaders who frequently discuss the crucial role Chakras play in our lives.

# But what exactly *are* these 7 Chakras?

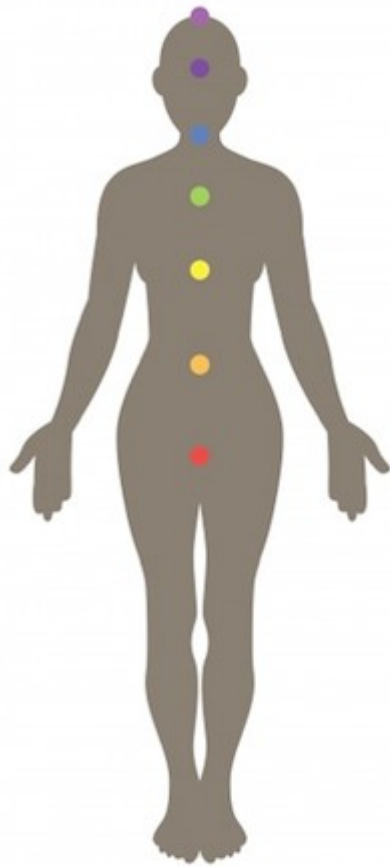
Chakras are 7 circular vortexes of energy (or sometimes pictured as flowers with petals) starting from your tail bone, and ending at the crown of your head. They are the focal points of your life force, or *prana*—and their individual states are vital to your holistic well-being.

Consider this—if we are all energetic beings of limitless potential, why do we face challenges in so many aspects of our lives? Why do our relationships, finances, career and sex life sometimes go awry?

The answer may be that the Chakra controlling this part of your life is dysfunctional—which means it's your job to strengthen it.

Today, more and more people are realizing that the ancient science of Chakra Healing holds the key to virtually everything you've ever wanted in life. Have you ever wondered how some people can...

- Almost effortlessly become top performers at work, have all the money they need for necessities and luxuries alike, and look fabulous doing it? **That's because their 1st Chakra, which controls their *career and finances*, is strong.**
- Indulge in mind-blowing passionate sex multiple times a week, even if they're extremely busy and have been married for years? **Their 2nd Chakra which controls their *sexuality*, is most likely glowing.**
- Consistently project an image of unwavering confidence, even in the toughest of situations, and play an active role in their families and communities? **That's all thanks to the radiance of their 3rd Chakra, which controls their *personal power*.**
- Enjoy deep, loving and understanding relationships with their teenage children, spouses, friends co-workers, and solve any dispute amicably? **Their 4th Chakra, which controls their *relationships*, is no doubt healthy.**
- Always speak their minds, wear their hearts on their sleeves, and be respected for their authenticity? **That's a shining 5th Chakra, which controls their *true voice*, at work.**
- Rely on their "gut feelings" to intuitively solve problems at home and make important decisions at work—and be right about it most of the time? **They've got an efficient 6th Chakra, which controls their *intuition*, to thank for that.**
- Experience an unwavering connection to God and their higher selves, and savor the security of knowing they're being watched over at all times? **Their 7th Chakra, which controls their *divine consciousness*, is surely empowered.**



- Crown Chakra
- Intuitive Chakra
- Throat Chakra
- Heart Chakra
- Personal Power Chakra
- Sacral Chakra
- Root Chakra

## Learn from the source of all energy healing practices.

Have you tried any form of energy healing in your life?

Maybe **Yoga? Tai Chi? Qi Gong? Reiki?**

If so, then **you've already experienced some form of Chakra Healing** at work.

Why? Because **Chakra Healing is energy healing in its purest**, truest form—and *all* energy healing disciplines are based on the concept of Chakras. The origins of this ancient science are **rooted in Hinduism and Buddhism**, and date back to the time of the Vedas, four holy books that Hindus believe

**emerged between 1500 and 1200 BC.**

So if you're looking for holistic, effective healing in every aspect of your life, **why not learn from the source?**

**Grid Spirit .com/Chakra**

**Great Minds about Chakras:**



*Jose Silva, Mind Empowerment Pioneer & Founder of the Silva Method*

**“The precursor to the Silva Method”**

“Before the Silva Method was developed, I trained people to read auras so they would be aware of people’s problems... Auras of the human body are said to be composed of seven radiating dimensions, each connected to a source that is spiritual, in the sense that it is nonphysical. The point where each dimension connects to the physical is called a chakra, a Sanskrit word. There are seven centers of life energy in the human body counting from a Chakra at the base of the spine to one at the top of the head.”