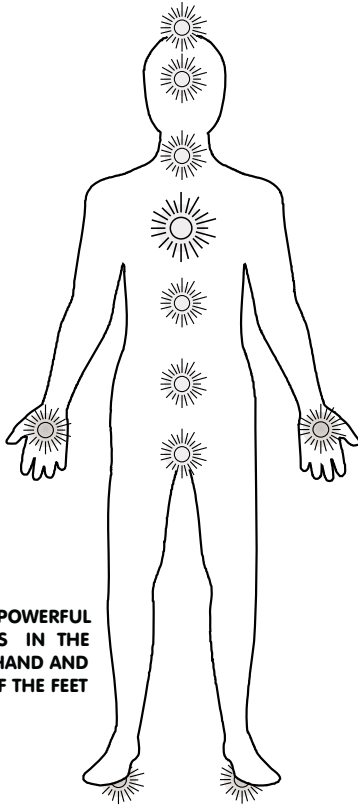


THE 7 CHAKRA ENERGY CENTERS

7. CROWN
6. BROW
5. THROAT
4. HEART
3. SOLAR PLEXUS
2. NAVEL
1. ROOT



THERE ARE ALSO POWERFUL ENERGY CENTERS IN THE PALMS OF THE HAND AND IN THE SOLES OF THE FEET

The 7 Chakras are the main energy centers of hundreds of energy centers in the human body. "Chakra" comes from the Sanskrit word for wheel. These "wheels" of spinning energy are focus points which we use to receive, generate, and utilize various energies in our ordinary daily lives.

Understanding and utilizing these energy points helps us to integrate our different energies to the end of creating harmony, wholeness and integration--with ourselves, others, and the world. The Chakras are the doorways through which we come and go with our (and other peoples) physical, emotional, intellectual, social, and spiritual energies.

We create energy and receive energy. We have some control about what we do with that energy. How we receive it, how we create and send it, how we focus it, and what our intentions are about those energies.

A simple--and very effective--method to energize the Chakras is to sit quietly and breathe. As you breath in and out, imagine that you are moving energy through the Chakra center that you want to energize.

Selfless acts of service are useful to energize Chakras. Do a small thing - of value - for somebody without their knowing who has done it for them.

Credit is irrelevant and distracting to both of you.

Moderate exercise and a wise balance of food is useful. Maintain an awareness of your breathing while you love - work - play - exercise - eat.

- 7. CROWN** QUALITIES : SPIRITUAL WILL - SELFLESS SERVICE - DIVINE WISDOM & UNDERSTANDING - CLARITY BEYOND TIME & SPACE
LESSONS : CONFUSION - ALIENATION - UNWILLING TO SERVE - FIGHT INSPIRATION - DEPRESSION - SCATTERED FOCUS
- 6. BROW** QUALITIES : VISION - INTUITION - CONCENTRATION - PEACE OF MIND - IMAGINATION - WISDOM - PERCEPTION BEYOND DUALITY
LESSONS : CYNICAL - FEARFULNESS - WORLDLY DETACHMENT - DISCONNECTED FROM PEOPLE - BITTERNESS - ALOOFNESS
- 5. THROAT** QUALITIES : SPEECH - SOUND - COMMUNICATION - POWER OF THE WRITTEN/SPOKEN WORD - HONESTY - LOYALTY - TRUTH
LESSONS : ABUSE OF KNOWLEDGE & POWER - SELECTIVE IGNORANCE - INDISCRIMINATE - DEPRESSION - ABRUPTNESS
- 4. HEART** QUALITIES : UNCONDITIONAL LOVE - FORGIVENESS - COMPASSION - GROUP CONSCIOUSNESS - ACCEPTANCE - HARMONY
LESSONS : EMOTIONAL INSTABILITY - CONDITIONAL LOVE - UNBALANCED FEELINGS - SCATTERED - TURMOIL - UPSETNESS
- 3. SOLAR PLEXUS** QUALITIES : PERSONAL POWER - PERSONAL WILL - PERSONAL AUTHORITY - ROBUST HUMOR - MASTERY OF SELF-CONTROL
LESSONS : OVER-COMMITMENT - OVER-EMPHASIS ON POWER & RECOGNITION - ANGER - BLAME - AUTHORITARIAN CONTROL
- 2. NAVEL** QUALITIES : FREE FLOW OF EMOTIONS, SEXUALITY, DESIRE, IDEAS, CHANGE - WORKING TOGETHER IN HARMONY WITH OTHERS
LESSONS : OVERINDULGENT IN SEX-FOOD-SUBSTANCE - JEALOUS - POSSESSIVENESS - PURPOSELESSNESS - IMPOTENT
- 1. ROOT** QUALITIES : GROUNDING - MASTERY OF PHYSICAL BODY - COURAGE - PATIENCE - MATERIAL SUCCESS - INDIVIDUAL IDENTITY
LESSONS : ANGER - GREED - SELF-CENTERED - OVER-CONCERN WITH SURVIVAL - VIOLENCE - UNGROUNDED - INSTABILITY



R&M SEMINARS

**OPINIONS AND FEELINGS ARE FREQUENTLY A PERSONAL TRIUMPH OVER GOOD THINKING
YOU DEFINE REALITY BY WHAT YOU KNOW, WHAT YOU BELIEVE, AND WHAT YOU DO ABOUT IT.**