

Thank you for purchasing the Quantum' Chakra Clearing and Balancing Series.

Please **RIGHT** click (or cut and paste the link below into your web browser address bar) to access the page with your meditations.

<http://jonettecrowley.com/ChakraMeditations.htm>

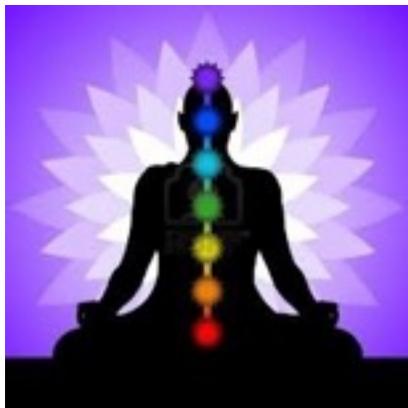
If you need any further assistance please contact:

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'Quantum' Chakra Clearing and Balancing Series - We will focus on 'quantum' re-alignment and balancing of each of our 7 chakras. More than a singular clearing at an individual level, our process will move into the collective consciousness, unhooking us from ALL THE PATTERNS and baggage that has collected for eternity and attached to our chakra system and imprisoned us in old energies! The result is a movement beyond thought forms into the true essence and power of our chakras — as gateways to energy, interconnection and enlightenment!



Root Chakra, 1st Meditation - We begin our extraordinary journey with our base or root chakra, moving us from instinctual survival to true connection with Earth and life force energy. It is the opening of the gateway for the kundalini, the feminine shakti or power of raw creation!

Sacral Chakra, 2nd Meditation - We continue our process with our second or sacral chakra— known as the relationship chakra. This opens up our creativity, sexuality, abundance, emotions and connectedness.

Solar Plexus Chakra, 3rd Meditation - The 3rd chakra which is the core of our identity, power, drive and self-worth. Healing our karmic and collective third chakra issues releases us from the dance of controlling or being controlled. We are freed up to act responsibly, making choices that further our sense of self. Identity becomes more authentic, allowing us to move beyond either aggression or defensiveness. Deep anger and smoldering resentment begin to be healed in the true golden fire of our solar plexus center. When we clear the hooks and barbs that others hold onto us here, we make room for ourselves. The empowered and awakened solar plexus chakra is truly where the radiant light of our soul becomes seated and centered. When you are cleared and open here you may notice the immensity of spinning doorways, allowing you access to other worlds. I have always traveled out through my heart, so I was amazed by the kaleidoscopic universe that presented itself to me once I experienced this quantum chakra clearing.

Heart Chakra, 4th Meditation - Most of us are limited in our spiritual growth by the blocks in our Heart Center. We are disconnected, dissatisfied, numb or hurting... We've stuffed our

emotions for so long we have lost our ability to truly feel. This month's meditation opens all the gates, as our heart is our connection to the cosmos.

The Throat Center, 5th Meditation: Our ability to communicate, express ourself, feel creative, be heard, speak our truth without 'swallowing our feelings' is all a function of a healthy, open, and balanced 5th chakra — our throat center—the center for trust issues.

Third Eye - 6th Meditation: Since the time of Lemuria our 6th chakra — the 3rd eye, our intuition center, and '6th-sense' has been closed down. We are blinded by illusions and materialism, unable to use our full capacity of knowing, 'shamanic seeing,' and access higher inner wisdom.

Crown Chakra- 7th Meditation: This meditation culminates our 7 months of work with our body's chakra system. Experience yourself lifted through the doors of separation into communion with all-that-is as your thousand petaled lotus opens up. Feel transcendence and grace revitalize all your energy centers -- leaving you radiant, balanced and whole!