

# Gathering of the Energy



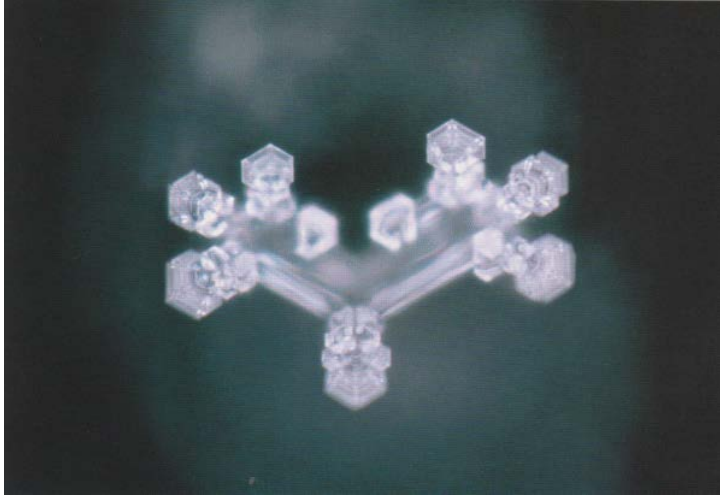
- Chakras
- Meditation
- Qi Gong

# What is energy?



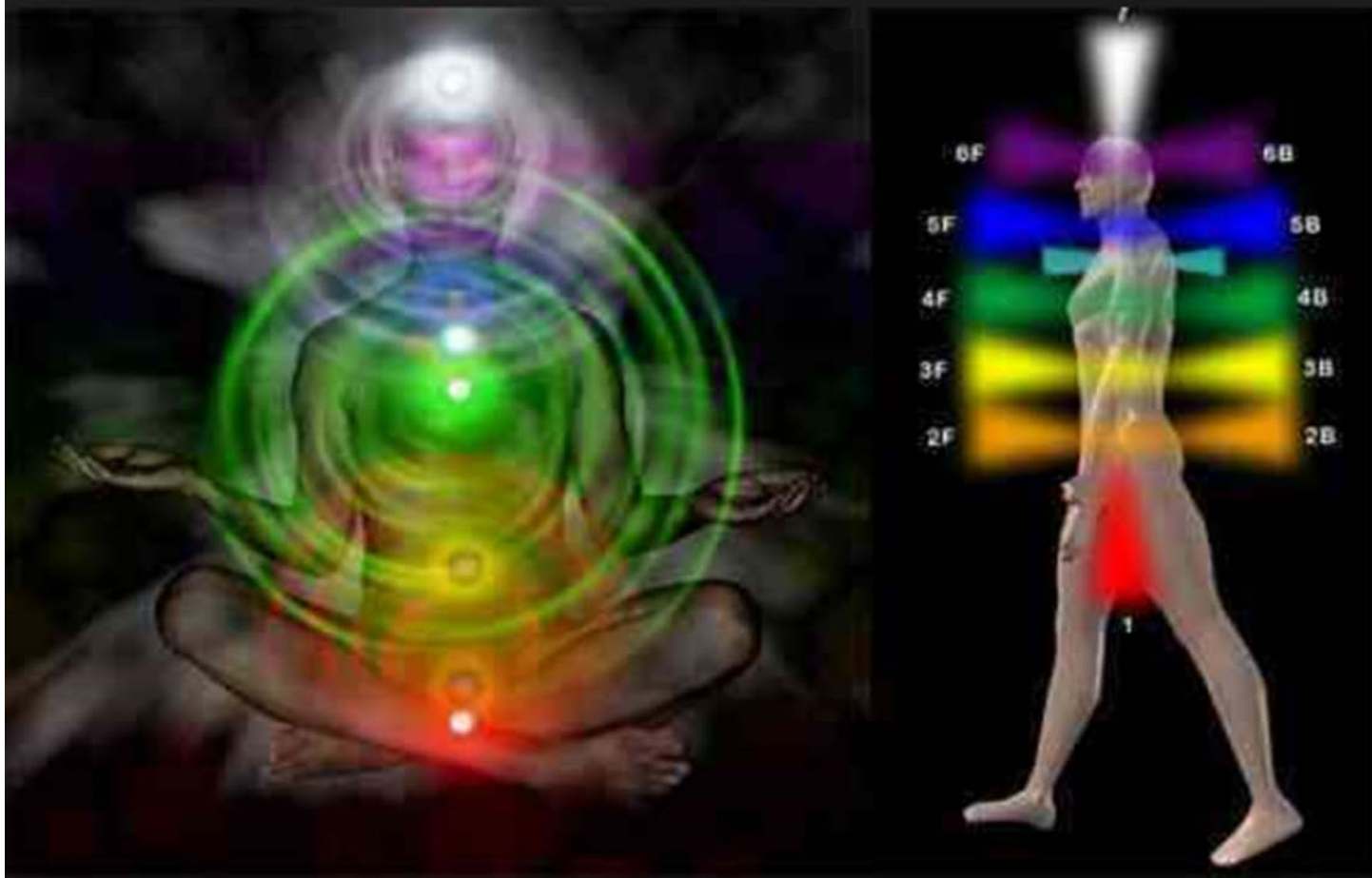
- Sound is energy.
- Light is energy.
- Our thoughts and our emotions are energy.

# How do our intentions affect us?



- The power of intention affects us in many ways, both good and bad.
- Here are some examples of water molecules that have been influenced with the intention of a heart...
- And hope...
- See the resemblance?
- Our bodies are over 70% water **and** the earth's surface is over 70% water.

# What are chakras?



- Chakras are energy fields in our bodies.
- The word chakra is a sanskrit word that translates to spinning wheel.
- It is a funnel shape blossom that is in constant motion.
- This rotation attracts energy and draws it in or gives it off.
- Chakras radiate energy directly into our environment, thus changing the atmosphere in our surroundings.



# Chakras are...



- Recognized even in our own culture.
- Notice the heart chakra and crown chakra illuminating.
- See the light of the aura energy?



# How many chakras are in the body?

- There are 7 chakras in the physical body
- Each chakra governs different organs and emotions.
- Balanced chakras ensures vitality to all organs and promotes healing.
- Imbalanced chakras cause disease, deficiency to organs, over stimulated nervous system, causing stress, anxiety, and emotional disturbances.



# Chakra Chart

Name	Chakra 1 Root	Chakra 2 Sacral	Chakra 3 Solar Plexus	Chakra 4 Heart	Chakra 5 Throat	Chakra 6 Third Eye	Chakra 7 Crown
Location	Base of Spine	Lower Abdomen Sacrum	Upper Abdomen	Center of Chest	Throat	Brow	Top of Head
Element	Earth	Water	Fire	Air	Sound	Light	Thought
Main Issue	Survival	Sexuality Emotions	Power Energy	Love	Speech	Intuition	Knowing
Goals	Grounding Stability Prosperity	Fluidity Pleasure Relaxation	Vitality Will Purpose	Balance Compassion Acceptance	Clear Speech Creativity	Perception Imagination	Wisdom Spiritual Connection
Color	Red	Orange	Yellow	Green	Blue	Violet	Golden White
Stones	Garnet Hematite Bloodstone	Coral Carnelian	Topaz Amber Citrine	Emerald Rose Quartz	Turquoise	Amethyst	Clear Quartz





## How to use Chakra Meditation

### Chakra Meditation for Beginners

Most of the time we are aware of our surroundings, looking outward.

Chakra meditation helps us to look inward, to experience our inner selves, and, in time, to achieve self-realization.

When we practice this meditation, we are working toward chakra balancing, chakra cleansing or chakra healing.

Becoming introspective helps us to sort out thoughts and problems--and analyze them, using good information.

Meditation also helps us to relax physically and to rid ourselves of harmful emotions, stress and tension.

There are many different ways to mediate but one of the most powerful of these is Chakra meditation.

## Chakra Meditation Technique

To balance and cleanse the seven chakras helps to remove tension and stress throughout your body and mind.

Start from the base chakra and move upwards through the seven main chakras, including the crown chakra. Examine each chakra for impurities.

Take your time to mentally examine each one for impurities--and then mentally wash the impurities away--ending up being cleansed and balanced. Breathe slowly and deeply.

As you go through this exercise, feel free to return to a chakra, if you feel that you need to...

1. Make yourself comfortable and relax your body.
2. Breathe slowly and deeply for a couple of minutes.
3. Visualize the color red in all forms – a red rose, crayon, apple, etc. Anything you can think of that is red – imagine it. Immerse your thoughts with red. Now using your imagination, move that brilliant red colour to your base chakra. Visualize it moving, swirling, cleansing your base chakra. Keep doing this until you see only a pure red color within your base chakra.
4. Now do the same thing with your sacral chakra (below the navel). This chakra is orange, so you'll be visualizing the color orange in many aspects – the orange fruit, flowers, butterflies, warming fires, the brilliant orange of the sun, etc. Absorb yourself in the color orange. Once you have the color orange firmly in your mind imagine it moving down to your sacral chakra and flowing through it and making it pure. The orange sun colour warming and spinning your sacral chakra removing all impurities. Imagine it cleansed.

5. Move onto the solar plexus chakra and the color yellow. Do the same with the color yellow and purify the solar plexus chakra. First, imagine yellow in all its forms and immerse your thoughts with the color yellow. Feel a tingle of energy swirling in your solar plexus chakra. Imagine it becoming pure and cleansed with the color of yellow.
6. Slowly bring your attention to the color green. Emerald green, grass green, your favorite green color. Immerse yourself thoughts in the color green. Imagine the green color filling your heart chakra. Open your heart the cleansing color of green. Watch your heart chakra swirl and grow with the purest of green energies. Visualize it cleansed and balanced.
7. Imagine the color blue in all its forms – sky blue, water blue, blue butterflies & flowers, etc. The color blue should be firmly in your mind before you move it to flow through your throat chakra. Your throat chakra soaks in and swirls the blue energies removing and cleansing all impurities. See the throat chakra completely cleansed.
8. Focus your attention to the color indigo or purple. Envelope your thoughts with everything indigo and then imagine the color cleansing your third eye/brow chakra. Feel the intense pull and tingling sensation in your forehead as the vortex swirls and awakens your third eye. Imagine the color indigo sparkling and cleansing your brow chakra.
9. The violet color moves through your thoughts slowly building in intensity. When the violet color immerses your thoughts and mind imagine it growing to fill your crown chakra. Concentrate on the violet flame as it grows in power and strength. Imagine your crown chakra completely purified.
10. Keep your concentration on the violet color and watch it grow until it covers your whole body. Visualize all chakras cleansed and purified in their own colors. See the violet flame cleansing your mind, body and soul.
11. Visualize the pure divine white light coming down from the heavens and merging with the violet energy. Watch the violet color turn pure white. Your whole body is now encompassed in a pure white light. Enjoy yourself within this peaceful energy for as long as you like.

This chakra meditation is best practiced in a quiet place at first, but when you become confident at doing it you can imagine cleansing your chakras at any time of the day.

Learning how to use chakra can take some time and practice. The most important part of learning how to use chakra is to be consistent and to practice the chakra meditation on a regular basis. Being consistent will help you achieve your chakra cleansing or healing goals more readily.

# What is Qi Gong?

- Qi Gong is able to connect with the unlimited supply of energy that exists in nature.
- Qi Gong is a synchronized breathing meditation with flowing movements.
- It is moving with awareness and presence.
- There are over 3000 styles of Qi Gong still being practiced all over the world today.



# Where did it come from and how long has Qi Gong been around?



- It's China's ancient healing system dating over 3500 years ago.
- It allows us to have complete control of our own health and vitality.
- It prevents disease and provides a deeper sense of self-awareness.
- Its a complete work out for the mind, body, and spirit.



# Can anyone do Qi Gong?



- Yes! If u can breath, you can do Qi Gong.
- Every person, at any age can do it and will see and feel the immediate benefits of Qi gong.
- It only takes 7-15 minutes to see a radical change on how you feel.
- It can be done in a seated or standing position.





# What are the benefits of Qi Gong?



- The movements build strength, flexibility and helps you get centered.
- Increases blood circulation and increases oxygen flow.
- Opens the chakras, elevates the energy field.
- Increases your life force energy, allowing access to the natural energy around us.
- Calms the mind of mental stress, improves concentration.

# What are the benefits of Qi Gong?



- Transforms tension and stress out of the body.
- Strengthens the immune system, releases “feel good” endorphins.
- Revitalizes the organs, moves stagnation.
- Cures patterns of stress or longer term issues.

# Studies show after doing Qi Gong for a few weeks...

- If you meditate, you look 12 years younger than your biological age.
- The person brings into their body twice the amount of oxygen than before, dramatically increasing the energy available to every cell in the body.
- Improves concentration and calms the mind and emotions.
- Transforms your stress response to a relaxed state.



# Examples of Qi Gong...



- **MAKING A BALL OF ENERGY**
- Feel the energy ball, learn how to play and expand the energy.



# PULLING UP THE EARTH AND OPENING THE HEAVEN ENERGY



- Draws energy up from the earth and into the body.
- Helps body calm and relax the mind, helps circulate more internal energy.
- Draws in more life force energy from the heaven above.

# TURNING THE WHEEL



- To recycle and recirculate energy back into the body.

# KNOCKING ON THE DOOR OF LIFE



- Stimulates kidneys and key pressure points on the lower back for vitality and energy.
- Stimulates all muscles and joints attachments for better flexibility.
- Moves stagnation and increases blood and oxygen flow.
- Releases endorphins and feel tingling all over.

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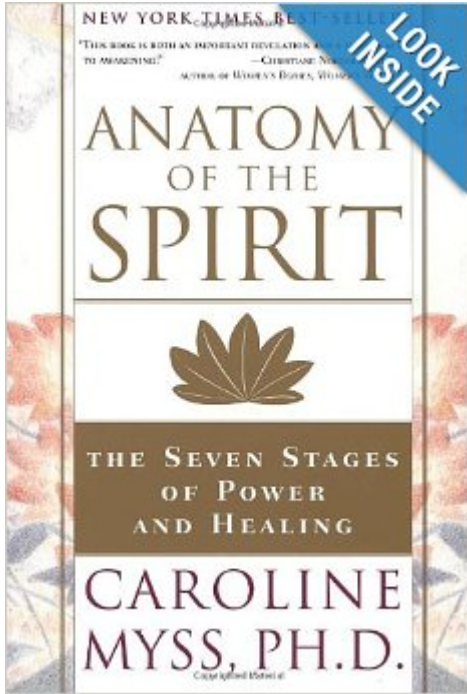
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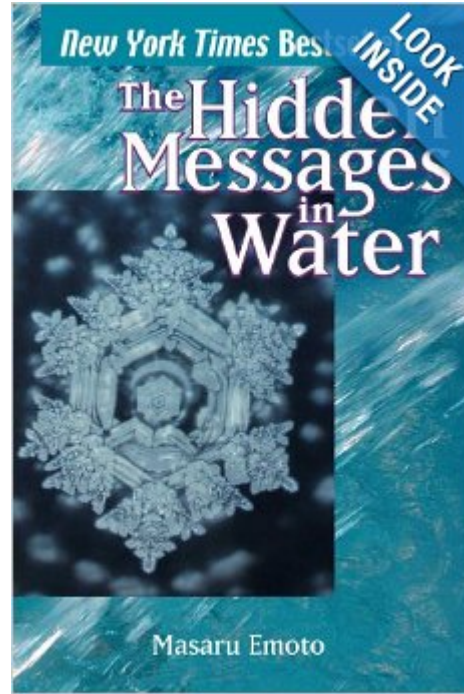
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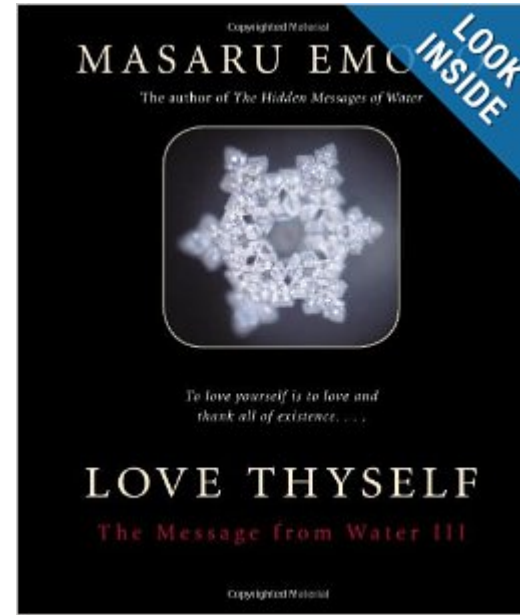




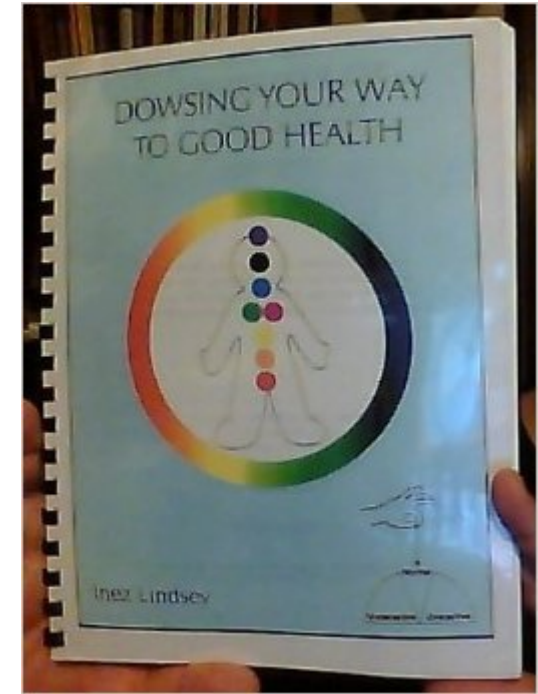
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