

THE CHAKRA COURSE

PART 1: SANITY, SECURITY, AND STRENGTH IN THE LOWER 3 CHAKRAS

Build a better you from the ground up.

True spiritual growth cannot happen in the upper chakras alone. We must deal with our thoughts, feelings, memories, and beliefs related to the lower 3 chakras if we are going to develop a solid foundation.

This new set of 3 mp3s will teach you to the necessary basics to clear out and rebalance your lower chakras, or energy centers. These chakras cover family, relationship, and self-respect issues and must not be overlooked or ignored if you are to grow into your power as a soul living a human life.

Turn fear, pain, confusion, and regret into strength.

My approach to the chakras has been in large part channeled from Ascended Master Djehuty (a.k.a. Thoth, St. Germain, Merlin), and in this course I share with you what I've learned from him about how to build a better, clearer, saner, and stronger you.

I highly recommend working programmed tiger iron for this course. If relationships, sexuality, money, and abuse issues figure prominently in your life, I recommend adding programmed red jasper. If trauma looms large for you and needs unearthing, I recommend adding programmed black onyx. All can be ordered via <http://tdjacobs.com/crystals.html>. You may also find Caroline Myss's *Anatomy of the Spirit* helpful as you explore these life issues.

4 mp3s totaling around 3.5 hours, \$49. \$38 for subscribers to my monthly service (see the private subscribers page for the link).

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