

Aura & Chakra Mastery - 7 Keys to Discover Your Inner Wisdom – Live Class

Presented by Carolyn White PhD

Learn a new paradigm for this ancient wisdom while discovering your energy field. Find out what works to instantly shift your energy and watch the process via our Aura Photo & Chakra Imaging system. Lots of handouts and hands-on fun! Learn valuable and practical information that will enrich your life. The two module course expands on the information presented in the book *Chakra Mastery: 7 Keys to Discover Your Inner Wisdom* and the accompanying *Chakra Mastery* journal series.

Course Objectives:

- Present a different paradigm for understanding your energy and how it works
- Learn to experience your inner wisdom
- Discover and learn about energy therapy modalities
- Experiment and learn what works best for you to shift your energy
- Balance your Chakras and heal your life
- Watch, using the Aura Photo & Chakra Imaging System, as you transform your aura and chakras using various modalities
- Know Thyself

Module 1 –8 hours of instruction plus “beginning” aura and chakra photo

- I. Tradition of the Aura & Chakras
- II. What is an Aura?
- III. Our Electromagnetic environment
- IV. What is a Chakra?
- V. The Chakras – 7 Keys to unlock your energy Blueprint; overview and correspondences
 - A. Root Muladhara Chakra
 - B. Sacral Svadhisthana Chakra
 - C. Solar Plexus Manipura Chakra
 - D. Heart Anahata Chakra
 - E. Throat Visuddha Chakra
 - F. Third Eye Ajna Chakra
 - G. Crown Sahasrara Chakra
- VI. Preview of Module 2 & homework!

Module 2 –8 hours of instruction & “hands on” work with the Aura Photo and Chakra Imaging System

- Prerequisite: Module 1 Aura and Chakra Imaging

- I. Review of Module 1 Aura and Chakras
- II. Overview of Methods to Balance the Chakras
 - A. Why “balance” the Chakras?

- B. Why certain modalities “work” for some & not for others
 - C. Preparation for experimentation on Aura Photo and Chakra Imaging System
- III. Hypnosis/Self-Hypnosis
 - IV. Breathing Techniques
 - V. Color Therapy
 - VI. Sound Therapy
 - VII. Crystals
 - VIII. Mudras
 - IX. Overview of Energy Therapies
 - A. Reiki
 - B. Emotional Freedom Technique (EFT)
 - C. Rapid Eye Therapy
 - D. Reflexology
 - E. Deep tissue massage
 - F. Thai Yoga Massage
 - G. Acupuncture
 - X. Hand Reflexology
 - XI. Aromatherapy Overview
 - XIII. Water/Shower
 - XIV. Overview of physical activity-body movements
 - XV. Affirmations in Motion (AIM)
 - XVI. Practical application for this knowledge
 - XVII. Aura Photo and Chakra Imaging
 - A. Background of Aura and Chakra Imaging
 - B. Playtime!
 - a. Work with the aura and chakra imaging system
 - b. Experiment with various modalities that we learned
 - c. Find out what works the best to balance your chakras and aura