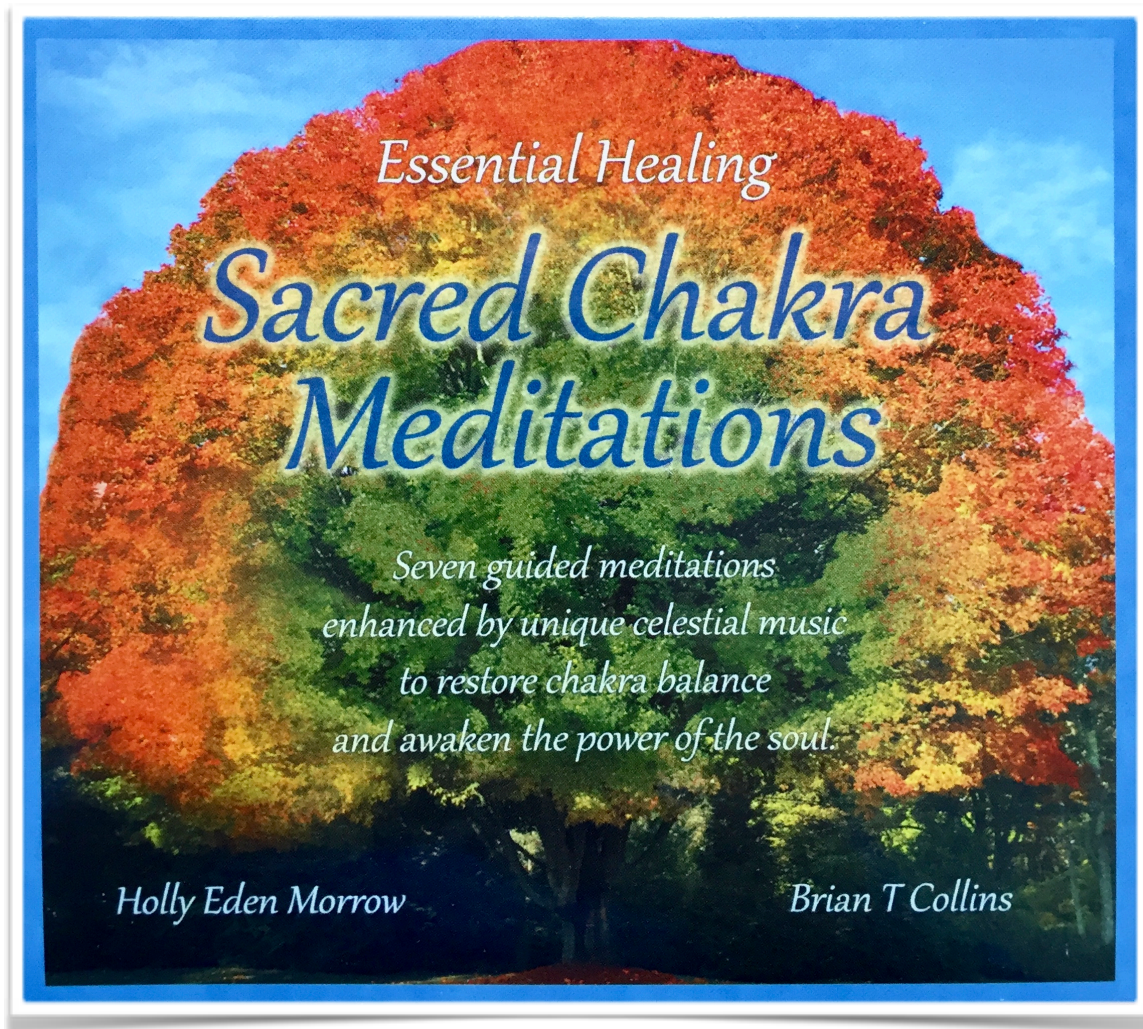


ESSENTIAL WELLNESS

Your FREE CHAKRA eBook



Holly Eden Morrow & Brian T Collins

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Essential Healing Chakras Ebook

*The purpose of this ebook is to share a glimpse into each of these amazing energy centers that offer you so much more intuitive insight into how magical your energetic body is. When adding our **Essential Healing Chakra LIVE Series**~8 week program, you will receive the benefits not only from clearing blockages in your physical, emotional, mental and spiritual levels... but also by raising your energetic blueprint while enhancing your frequency and focus. As we delve deeper into each chakra you will connect with color, affirmations, and intention. The music and tones will help further create a resonant experience that will solidify your integration process. A complete musical immersion. This will also greatly increase your own intuitive gifts.*

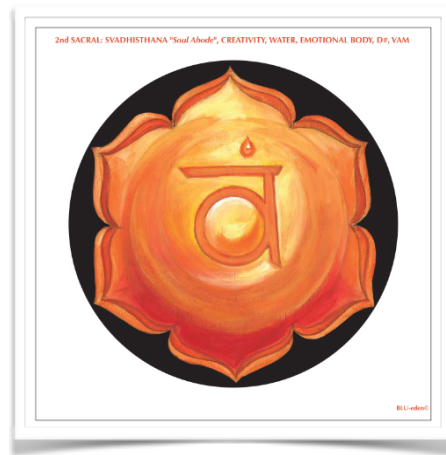
*The Chakra is derived from the Sanskrit word meaning "wheel". It's a swirling vortex that contains a powerhouse of energy. This is where matter and consciousness meet within the auric field and physical body. These meridians are energy hot spots. Each one pertains to an area within the body and corresponds to specific organs/body parts and show up as ailments when these centers are blocked. The 1st or Root Chakra begins at the base of the spine while they move up sequentially to the 7th or Crown Chakra at the top of your head. When they're open and spinning they're in alignment, when they're closed or blocked you feel off balance. Restoring the power of your chakras allows you to take control of your health and wellness by learning to work with your own energy. Open chakras allows your kundalini "coiled up" energy to flow upward creating greater connectivity and awareness. Enjoy our **Power Up Meditation** after your quick read!*



The Red Root Chakra or *Mulhadara* is the first chakra, located at the base of your spine. Its energy is represented in the element of earth. This is where you feel rooted, safe, and grounded. It is the beginning of the chakra system and creates the foundation in which you build your life. This chakra is a cone of energy starting at the base of the spine. Key characteristics of the root chakra are security, safety, and survival. The key to self preservation and physical aspects of self. It supports us in growing and allows us to feel safe in exploring all aspects of life in the physical with family and finances. It's where we ground or root ourselves into the earth and anchor our energy into manifesting our foundation. When the first chakra is imbalanced you have feelings of insecurity. The desire for security translates into concerns over work, physical safety, home, and health.

Getting grounded by connecting to the earth in nature, hiking, getting fresh air, eating healthy, gardening helps stabilize your "roots" or foundation. Connecting to the earth in our physical bodies helps readjust the root chakra imbalances and increases your vitality.

An affirmation ~ " *I am safe and secure.*"



The Orange Sacral Chakra is the second chakra also known as *Svadhithana* or "*your own place*". It is the emotional body and relates to feeling, passion, and creativity. The seed of creation. It represents the element of water so it relates to flow. It is motivated by our sense of pleasure and is located in the lower belly just behind the navel in your co-creation space. It is the fire that ignites desire and emotion.

The symbol is also represented by the crescent moon which symbolizes the relationship between the phases of the moon, the tides in water and your emotions. A great way to balance this chakra is to connect with water and your emotions. Being divinely inspired by creating art, writing, dancing, and being in your flow keep it vibrant.

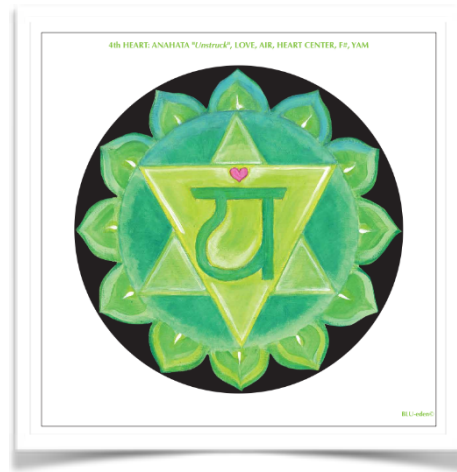
An affirmation ~ "*I create my own happiness!*"



The Yellow Solar Plexus is the third Chakra known as the *Manipura*, which means “*city of jewels*”. The main function of this energy center is to provide actual momentum in taking pro-active steps in realizing your personal desires and intentions in the world. It’s your place of personal power and action. It influences one’s direction in life and motivates you to reach your goals. It relates to self-esteem. Its main function is to help transform matter into energy to fuel your body. This area is located above your navel. When someone is negatively affecting you energetically, it feels like your being punched in the gut.

Sitting in your Power is a great way to connect. Imagine feeling the warmth of the sun fill you with radiant light. Do anything that makes you glow.

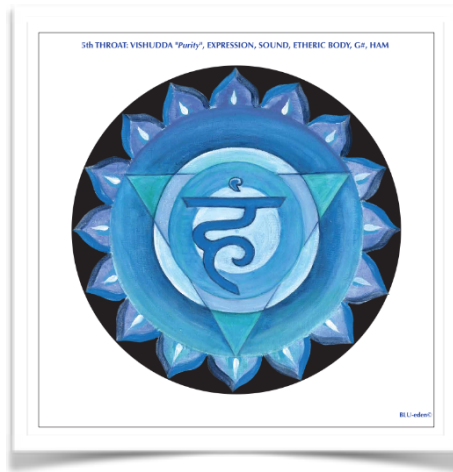
An affirmation ~ “*I can do anything!*”



The Green Heart Chakra, *Anahata* means “*unstruck*”. It’s the source of love, compassion, forgiveness, and passion. Guided by the principles of transformation and integration, this fourth energy center is said to bridge earthly and spiritual aspirations. Being heart centered is what drives our purpose and soul’s potential. It is who we are authentically. It’s linked to the element of air, of breath, and movement as well as to the spaciousness within the connection of all things. The two triangles symbolize the union of seemingly opposite principles or types of energies, of the divine masculine and feminine, spirit and matter. The star that they form evokes the harmonious joining of forces and highlights the function of the heart chakra as the center of integration and connection. Found in the center of the chest.

When you are in love or in full heart flow, the center of your chest beams like a radar dish. Do things that bring you joy.

An affirmation ~ “*My heart is open to love!*”

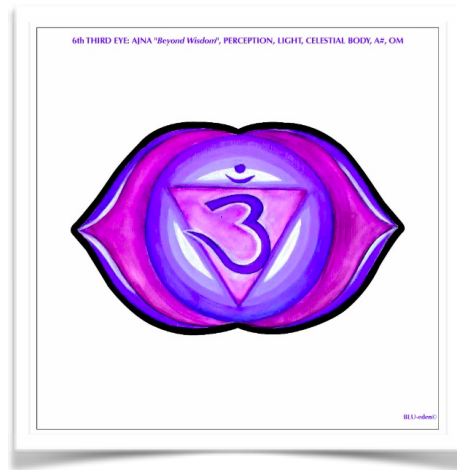


The Blue Throat Chakra, Vishuddha, means “*pure*”. This fifth chakra is about speaking your truth. It represents the element of sound. Through the throat, sound is transmitted into the air and its vibration can be felt not just in our ears, but also in our whole body. It’s an important instrument of communication and expression. When you are blocked in your throat it’s usually a result of needing to have a clearing by sharing your words with someone.

This chakra is associated with the etheric body, which is said to hold the blueprint or perfect template of the other dimensions of the body. It’s an important reference point to align the energy through the whole chakra system as the blue color heals.

When you speak your truth, you are in integrity. Sing, speak, express your feelings.

An affirmation ~ “*I empower others when I speak!*”



The Third Eye Chakra, located at the forehead, between the brows, is the center of intuition. *Ajna*, means “*perceiving*”. Its function is to trust and allow what we are receiving, seeing, understanding within the imagination. This chakra is related to the “supreme element”, which is the combination of all the elements in their purest form. It’s the *center* where we transcend the duality of a personal “I” separate from the rest of the world, existing *independently* from everything else. It is the “*eye*” of sight to inner vision.

It gives us impressions, images, colors, and symbols that allow us to intuit messages from Spirit. Journal any information that you receive so that you learn to trust what you are receiving. See your life in HD.

An affirmation ~ “*I trust my intuition!*”



The Crown Chakra, located on the top of the head, is driven by consciousness and gets us in touch with our guides, and the greater universe. Its associated with the transcendence of our limitations, whether they are personal or bound to space and time. This is the quality of awareness that comes with transcendence. *Sahasrara* is represented as the “*thousand petal*” lotus.

When your crown is connected and open you feel a state of blissful union with all that is, of spiritual bliss. This chakra allows access to the upmost clarity and enlightened wisdom. This is the gateway to the cosmic self or divine self, and to universal consciousness.

Meditation, even for a short period, allows you to connect with your greater I AM presence.

An affirmation ~ “*I am connected to the all, that is!*”

Holly and Brian are here to share their gifts of collaboration to balance and heal your body, mind, and soul through meditation and music. This ebook serves as a simple guide to understanding the basics of each chakra as you join us for our

Essential Healing Chakras LIVE Webinar Series

This is an **8 Week Wellness Webinar Program**

on **MEDITATION MONDAY**

that originated from their Sacred Chakra Meditation CD.

Allowing you to embrace your week to its fullest.

So, what does this *8 Week Wellness Webinar* entail? Well, 1st week will be a live intro to the process and share of what will be included in this **POWER PACKAGE** for you. Weeks 2-8 will involve you being guided through a *Chakra Tone Clearing*, a POWER UP Chi Reactivation with sequential *Chakra Meditation*, and *Affirmations* by Holly then followed by Brian's shamanic sound experience. You will then integrate in a musical immersion of Brian playing his *Therachord*. His 432 hz celestial music and tonings will enhance your experience exponentially. *Get ready to amplify your energy!*

Each **Holistic Happy Hour** will be done in the comforts of your own home /sacred space. No need to drive or worry about the weather. This hour is designed to help you clear blockages and give you tools for greater guidance, allowing you more peace and focus.

Dedicating some much needed time to yourself to regain balance, reclaim your power and focus, recharge and renew you for your week ahead. **Limited spaces are available.**

Why?...because we have more to offer this private group.

You will be given **private group access** through our **ESSENTIAL HEALING CHAKRAS on FACEBOOK** where you'll find your Chakra Meditation Videos recorded to use when you like. We'll also be doing **LIVE Q & A** so you can jump on.

This special introductory gift of guidance and shamanic sound experience combined is **only \$222** for this 8 week series. Brian's 1/2 hour *Therachord** sessions are normally \$220. The cost of less than 1 session with the two of them together.

All 8 weeks+...A value of \$2960!

Just for being the first to join us in this conscious collaboration. We are dedicated to making this a year of transformation for you.

[JOIN US HERE](#)

Holly is available for Intuitive Coaching & Workshops and Original Chakra Prints, Sacred Numerology Mandalas & Energetic Gem Art @ Blu-Eden.com and for corporate business @ TheEdenAwarenessMethod.com

Brian is available for his one-on-one deep dive 30 day emotional healing frequency program @ SoundHealingVibes.com or BrianTCollins.com

Brian T Collins recognized that sound can go much deeper than language to release trauma that is stored in the deep muscle tissues. Based on his own independent research, he had a special instrument created called a *Therachord** which looks similar to an ancient instrument known as a Pythagorean *monochord*. He uses this instrument to clear out emotional wounding and trauma stored in the body. This instrument is also excellent for balancing Chakra energy in the body and has been called the *next evolutionary step in sound and music therapy* by counselors.



Modern life often distracts us from the magic that the universe is created from frequency in the form of sub atomic vibration, oscillation, ratio and harmonics. Life plays out like a symphony in a musical universe. Sound and music can be a powerful force for transformation. Music in general can lift us up to great emotion or bring us down to sadness and sound can even be used to levitate objects or shatter disease. Sound is not a wave as shown in science text books. Sound is round and forms geometric patterns called cymatics. Cymatics create geometry that our bodies recognize. If we tune sound a certain way it can be used to unblock stuck energy in the body and clear emotional wounding that lives in the nervous system. It can even reprogram the mind and assist us to attract the life we've always wanted.

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