

Chakra Balancing

MASTER COURSE



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Crystal Souls
SOUL TEACHINGS



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7 MAJOR CHAKRAS



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The Journey of Awakening

Ancient yogic texts speak of the chakras as special energy centers which can be found within our subtle bodies. The Sanskrit meaning of chakra is "wheel."

Chakras are often described as wheels of energy throughout the body. There are seven main chakras, and there are thought to be as many as 360 chakras in total (Gerger, 2001). Each chakra is associated with a nerve plexus and endocrine gland.

Chakras are spinning orbs or vortexes of energy that can be felt when open, and also sensed and seen with our intuition. The chakras are situated in a vertical line ascending from the base of the spine to the top of the head, and they are connected to each other via nadis, our energy channels in the subtle bodies.

CHAKRA BALANCING

Each of the chakras are learning centers for emotional and spiritual growth. When we are not living in alignment and spiritual truth, and ignore what needs to be learned, our chakras can become blocked and imbalanced, which in turn impacts our whole body, nervous system, glands, as well as our energy flow, prana. So the benefits of inner work and mastering our lessons can't be emphasized enough.

Meditation is one of the best techniques for balancing our chakras, and helps us open, cleanse, and charge our chakras. Yoga practices are also very helpful whenever blockages are experienced and can truly help enhance the much needed energy flow in the body. Other methods of balancing our chakras include crystal layouts, aromatherapy, dreamwork, and affirmations.

In this course, you will learn about all the chakras in more details, including how to detect when a chakra is out of balance, and what you can do to help bring yourself back to balance. Most importantly, you will identify the lessons you need to master on your own journey of awakening.

Dreamwork and Mastery of Lessons

A powerful way of making sure you always hear what it is you need to learn is to listen closely to your dreams.

Paying close attention to your dreams helps you to:

- Develop a deeper understanding of limiting beliefs that are holding you back
- Bring unconscious patterns to the light so that you no longer feel trapped in the same situation
- Identify underlying anxieties, unhealed emotional wounds, and grief that need to be lovingly processed
- Understand yourself with love and compassion
- Learn to better understand your interactions with others and identify self-sabotaging behaviors
- Learn to see life situations from higher perspectives
- Learn to see what lessons keep coming up in your life
- Embrace sacred messages and inner guidance
- Enhance your awareness
- Remember your soul dream
- Remember who you are
- Live in soul alignment