



Hello and Welcome to "**Chakra Wisdom for Beginners**"

Thank you for enrolling ... and congratulations on taking action to change your life for the better!

I'm really glad that you're here and I'm excited to share this mini course with you, because I know how positively it can impact your life ... if you stick with it and *actually use* the information and techniques presented here!

You might be asking "How is this "mini course" different than a regular course?" ... I'm glad you asked!

A mini course is like speed reading. You still get all the information you need, but it won't take you a semester to get through it.

It's also broken down into "bite-sized" pieces so that it can be consumed and absorbed without overwhelming you. You set the pace. Complete it today, or take a month. It's all up to you.

Again, go at a pace that's comfortable for you. Fly through some of the lectures, slow down or repeat others. You have lifetime access to the material.

This mini course has been specifically designed to be laser targeted and packed with actionable steps.

I hope you enjoy this course and will leave comments below each lecture. I welcome any and all feedback.

Are there more topics you'd like me to cover, is there something I said that didn't make sense, would you like me to deliver it differently? You can post your comments below each lecture.

So let's get started exploring your body's chakras and how you can use them to improve your health, increase your energy and release stress!

All the Best,

*Donna*

**p.s.** You might notice right away that the mp3 recordings are not in my voice.

If you've been to any of my live workshops, you know that my Rhode Island accent is comical in person, but it can be fairly annoying to listen to over and over in a recording! So I've enlisted the services of a voice-over professional.

You'll be glad 😊