

## **GUIDELINES FOR OPTIMIZING YOUR LISTENING EXPERIENCE**

- \* Lying down in a quiet, environment without any distractions would be ideal. Cover your eyes if you desire.
- \* Be sure to give yourself the time to “enter” your relaxed Journey state as well as to “exit” and re enter your everyday world.
- \* Strongly suggested to avoid listening while driving or operating any machinery
- \* Emotions, creative ideas, thoughts, strong physical sensations (heat, cold, vibration, sweating, etc.) , visions, visitors from your past, present, future (from this time and space) may occur during as well as even into your evening sleep time later. Nothing to be alarmed about, but actually can be embraced!
- \* Stay hydrated and drink plenty of water afterwards
- \* ENJOY!!!

## **CHAKRA INFORMATION**

- \* Chakras (pronounced CHAH KRAH) are spinning wheels of energy located deep along the spine and emerging outward to the front as well as to the back of the body. The exception to this are Chakra 1 which is located at the base of the spine extending downward and Chakra 7 which is located at the crown of the head and extends upward.
- \* They are a cone like shape with the smaller end towards the spine and the larger end outward
- \* There are 7 primary chakras and some philosophies sustain that there are more that extend above the physical body as well as below the feet.

**CHAKRA 1: Root Chakra, Red, Muladhara, Seed Sound: LAM**

**CHAKRA 2: Lower belly, below the navel, Orange, Svathisthana, Seed Sound: VAM**

**CHAKRA 3: Solar Plexus/Navel, Yellow, Manipura, Seed Sound: RAM**

**CHAKRA 4: Heart/Center of Chest, Green, Anahata, Seed Sound: YAM**

**CHAKRA 5: Base of the Throat, Blue, Visshudhaa, Seed Sound: HAM**

**CHAKRA 6: Third Eye/ Between the Brows, Indigo, Ajna, Seed Sound: AUM**

**CHAKRA 7: Crown, Violet, Sahasrara, Seed Sound: OM**

