

Calling in all Goddesses!!!

CHANTING THE CHAKRAS

Raising Your Energy

An Experiential workshop with

Anique Radiant Heart

On her PREMIER VISIT to Canada!

From Maitland Australia



The Chakras

The chakra system is an ancient means of accessing the inner world for personal and spiritual growth. Dating back thousands of years as an oral tradition, knowledge of the chakras became widespread in India during the Tantric period of yoga philosophy—about 500—1000AD.

The chakras, as portals between the inner and outer worlds, are associated with primal elements of creation: earth, water, fire, air, sound, light and thought. In yoga philosophy, the Serpent Goddess Kundalini-Shakti, rises up the spine, piercing and energising each chakra in turn. Chanting is a very effective way to awaken this energy.

The Power of Chanting

The human voice chanting the sacred names of the Goddess for the well-being of the Earth and all its creatures has healing power. These pure sounds actually replenish the Universe, create harmony and keep the Universe healthy. They have the same healing effect on the human body.

The Workshop

During this workshop we shall explore the chakras as they operate within our bodies. We shall combine chant, breath and movement to connect with and energise the chakras. We shall learn about their correspondences:

Main Function, Goddess, Element, Crystal, Musical Tone, Physical Correspondences and ways of working with them.



July 27 \$50.00 10am -5pm (1 hr meal break)

The Church of Truth

111 Superior Street Victoria, BC

CONTACT: Gail Hull gailhull@shaw.ca

250-4 79-2801

www.wisdomwithin.ca www.goddess.nret.au

Relax! You do not need to be a “good” singer..... this will be group chanting!