

# THE 7 CHAKRAS

CROWN

*Represents awareness and our divine connection with the universe. A force that nourishes the body, mind, + spirit.*

THIRD EYE

*Known as the seat of intuition. It correlates with our mental acuity, psychological tendencies, and decision-making processes.*

THROAT

*Houses the awareness of our personal power and the knowledge that we are in control of the choices we make.*

HEART

*Seat of balance within the body, characterized by emotions of love, attachment, compassion, trust, forgiveness, and passion.*

SOLAR PLEXUS

*The formation of our independent self. Represents power, transformation, confidence, and self-will.*

SACRAL

*Represents desire, pleasure, procreation, and creativity. Allows us to discover satisfying relationships and our own personal interests.*

ROOT

*Allows for a safe and grounded foundation. Represents stability, security, family, connection to earth, and survival.*

## FULL LIBRARY OF TRACKS SELECT SESSIONS BASED ON CURRENT FEELING

### Attract INTENTIONS & LIFE GOALS

**PERFORM** Boost self-confidence and unleash a powerful energy that will help you achieve any goal you set for yourself. Best used before an important meeting or presentation.

**MANIFEST** It's all about the law of attraction and the connectedness of our Universe, giving you a renewed sense of peace and guidance. Best used when starting a journey or setting your intentions. **This track contains dogma-free spiritual references.**

**LOVE** Using **Theta** to improve clarity, increase charisma, and make you more available for love and connections. Best used when you desire affection for yourself and others.

**RECLAIM** The perfect sequel for those who enjoy Manifest. This session delivers the same powerful messages about the law of attraction but from a second person perspective. Best used when resetting your intentions. **This track contains dogma-free spiritual references.**

**PROSPER** Using **Theta** waves set to the sound of ocean waves to reprogram your mind for more prosperity. You will begin to cultivate a more prosperous attitude towards wealth.

### Cope with STRESS & ANXIETY

**ASCEND** Perfect for those who have difficulty meditating. Featuring a powerful combination of **Theta, Alpha** and **Delta**, this track will guide you into the extraordinary meditation state known as 'Body Asleep-Mind Awake'.

**BLISS** Using **Theta** waves and music to increase charisma and reduce your fears and ambitions. Expect to feel immense love and sensuality.

**CONFIDENCE** Featuring **Theta** waves with the relaxing sounds of the ocean and subliminal affirmations designed to increase confidence and remove self doubt. Best used when you are feeling uncertain.

**ASPIRE** Explore your heart's deepest desires and imagine them being fulfilled. Best used when you need clarity of intention around your desires and the aspiration to fulfill them.

**CLARITY** Using **Theta** and spoken meditation to encourage you to look into your heart to discover the purest, deepest intentions for your life. Theta waves erase thoughts of lack or limitation.

## FULL LIBRARY OF TRACKS IDEALLY PRACTICED 2 - 3/WEEK

### Physical PERFORMANCE & RECOVERY

**FIT** Using **Theta**, which is associated with heightened receptivity and is the ideal state to reprogram your mind with positive thoughts that assist in changing behaviors. Best used when you are trying to live a healthier lifestyle.

**HEAL** Using **Delta** to release GHG, which helps to accelerate healing, boost your immune system, and support well-being. Best used when you feel misaligned or have ailments.

**RECHARGE** Using **Beta, Gamma,** and **Theta** to massage your mind, promote creativity, and relieve tension. Best used as a midday pick-me-up, or at the end of a hard day.

**RELAX** Can be used every day to calm your mind and relieve stress. **Alpha** promotes clarity and restoration. Best used whenever you need a time out.

**SNOOZE** Using **Delta**, which is the brain state of deep sleep to help guide you into a restful state. Beta waves will gradually wake you up. These naps provide a fresh burst of energy and help eliminate the need for caffeine during the work day.

### Enhanced FOCUS & CREATIVITY

**MOTIVATE** Featuring the calming sound of ocean waves. **Theta** waves heighten your receptivity to help improve procrastination habits. You will experience increased flow of energy and motivation to be productive.

**FOCUS** Using **Beta, Gamma,** and **Theta** states to help increase energy and mental acuity. Best used to power through your day, mentally prepare for a workout, or get in the zone.

**SUCCEED** Improves your mood and self-esteem. **Theta** states initiate 'big picture' thinking and can help to overcome obstacles. Best used before a meeting or throughout your workday.

**CREATE** Unlock your imagination with the use of **Alpha** waves. You will experience improved cognitive functioning a boost of creativity. Best used when you need to feel inspired.

**OVERCOME** Perfect for those struggling with addictions or unhealthy habits. **Theta** states increase energy and metabolism, and can help eliminate self-sabotage. Best used when you must triumph or prevail.

 Guided Session