

Mp3 Lisa Ross-walker - Heal Your Life One Chakra At A Time

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This Powerfully Healing 3 CD set gives you a basic description of your 7 main Chakras, along with specific cleansing meditations, positive affirmations, energizing techniques, aromatherapy and crystal therapy for each individual Chakra center. 17 MP3 Songs NEW AGE: Meditation, NEW AGE: Energy Healing Show all album songs: Heal Your Life One Chakra at a Time Songs Details: Knowledge is power! The more you know about yourself and your Chakra system, the more powerfully you grasp the miracle of life. As your spirit naturally craves joy and balance, this amazing 3-CD workshop gives you the opportunity to claim your power and Heal Your Life, One Chakra at a Time. The focus of this program is on the seven major Chakras, or energy centers of your body. Scientifically proven to exist, they are connected to your sensations, thoughts and feelings. Maintaining open Chakras and allowing energy to flow without obstruction is the key to physical, mental, emotional and spiritual well-being. You hold this key! By listening to and practicing the techniques taught here, you can cleanse, balance and energize your Chakra system, calling forth the powerful healing of relationships, emotions, health, energy, abundance, and spirituality. Included in this personalized workshop are three CDs that give you a basic description of each Chakra, guided meditations, affirmations, and energizing exercises. In addition, there is valuable information on Chakra aromatherapy and Chakra crystal healing to enhance your journey to self-empowerment and well-being. Lisa Ross-Walker has been a holistic healing facilitator for 20 years. She is a Reiki Practitioner, a Reiki Master Instructor, and is nationally certified in Holistic Iridology. She started her career as a licensed massage therapist two decades ago when she founded a massage and holistic healing center still located in Orem, Utah. Throughout her career, she has apprenticed and mentored many massage therapists and has certified hundreds of Reiki students. Lisa received her first attunements to Usui Reiki from two different Reiki Masters in Utah almost a decade ago and has since studied with several Reiki Master Instructors from different regions. She is currently working with the International Center for Reiki Training, and offers her students a classroom environment that is fun, safe, and powerfully healing! She teaches Reiki Healing Classes and Chakra Healing Workshops throughout

the U.S. She has produced this healing CD set, Heal Your Life, One Chakra at a Time, at the request of her students and clients whose lives have been empowered with the healing meditations, affirmations, and techniques that Lisa teaches. She is currently working on more beautiful meditation CDs that will be available soon. Lisa is absolutely dedicated and passionate about her work in assisting others on their own healing journey. She sets aside three days a week to continue her work with clients in one-on-one sessions. This is a 90-minute treatment that includes Healing with Reiki and Crystals, Chakra balancing, Aura Clearing, Cord Cutting, Intuitive Spiritual Guidance, Guided Imagery and Meditation. Lisa has been married for 21 years, she has five children and three grandchildren. Her husband, three of her children, and her oldest grandchild have also learned how to do healing work with Reiki and Chakra Balancing. For more detailed information about Lisas Healing Classes, please visit [HealingLTCor](#) call her at (801) 360-6909. My purpose is to teach, to bring joy, to give and receive love, creating a world of enlightened beings who remember who they are and who live in their magnificence everyday, creating heaven on earth. And so it is! Namaste, Lisa Ross-Walker

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