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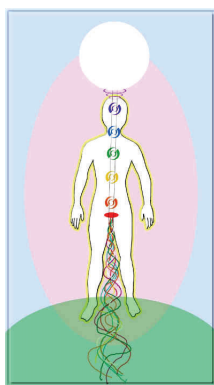
The Chakras - A New Understanding

Human Developmental Stages and Soul Embodiment

A core teaching by Michele Mayama

Attend any or all of these 8 Sessions

Begins Wednesday Evening October 15, 2008



The chakras could be described as our personal system for translating energy and information into consciousness and functional creation. Changes occur rapidly in this transitional time in human evolution, as finally make a shift away from the conflicts and competition of the "old story" of Duality. Movement into the next experience is becoming a reality for many people and is more visible daily with attributes of cooperation, a sense of the whole, and conscious participation in our creations. In discussion we often refer to this emerging structure as the New Field of Living Love or simply the New Matrix.

Our entire energetic body is being rewired as we move into the New Field. For most of us growing up in Duality, our individual chakras adapted within a system of distorted reality. We have been more focused on survival or getting needs met than on thriving as an individual soul moving into expression and creation. For each person, the transformation from the old story to the new is directly related to the ability of the individual to shift the structures and adaptations in the chakras.

We consider this series a core teaching, fundamentally connected to the rewiring described above. Information shared by Michele is highly beneficial in understanding the human development process, how adaptations come into being and what is needed for restructuring. Guided processes are also part of the experience, and are very effective in creating the changes needed to complete the shifts. As such, this series is recommended to everyone wanting more ease in their own transformation process, as well as educators, parents, practitioners, and others who would benefit from a deeper understanding of the developmental stages of growth from a soul standpoint.

Attendance at all 8 sessions is not required, but participating in the first class (Root Chakra) is highly recommended. Clearing distortions in the Root Chakra and re-establishing connection with the earth is crucial to accessing the New Field, so all participants are encouraged to attend this session. Each chakra must eventually return to its un-adapted state to fully enter the new field, so each session will address the impacts of the distortions on the development or transformation of the individual.

Classes that are missed can be made up via a DVD video package created from a previous class, and individuals or groups

Several participants from previous classes have shared their experiences. Here is a sampling:

"If you think that you know the chakras inside and out, think again. Michele's chakra class series brings new insight, depth, and integration to understanding the importance of a vital, healthy and high functioning chakra system. Each class is designed with visual, auditory, and sensory components that appeal to all learning styles. Whether for personal development or to add to your repertoire of counseling and healing skills, you will not be disappointed. I felt blessed to be in the presence of a true teacher's teacher, who shares with incredible clarity, understanding and expertise." - Carol N.

[This course] was a deep, delightful, multi-sensory adventure. Michele has artfully woven together 25+ years of experience with her finely-tuned consciousness and deep insight about the seen and unseen worlds to create eight wonderful life-changing classes focused on the chakra system. Michele generously shares her wisdom through her heart and gently coaches each of her students to release thoughts, beliefs, structures, and behaviors that no longer serve. Each class was brimming with new awareness, intriguing experiences, and sensory delights. If you are ready to dive into the new Living Matrix of Light and fully live as your radiant Authentic Self, I highly recommend this series. -Loris S.G.

"Michele's chakra classes are just what I needed to learn about these energies. I feel as if Michele helped me get right inside each chakra and really have fun learning the function and qualities of each one. She provided a multi-dimensional experience, with interesting lectures, music, photos, paintings and experiential materials. I know I will use the information for myself and for my massage and Healing Touch clients forever." - Kate P., CMT, CHTP

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Descriptions, dates, and
cost listed on reverse



The Chakras - A New Understanding

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Healing and Restructuring the Root Chakra

WEDNESDAY EVENING, OCTOBER 15, 2008, 6:30-9:30PM

The Root Chakra evolves from conception through gestation, birth, and the first 3-4 months of life. This class includes connecting with the Earth Star (Well of Life below our feet) and establishing our foundation for our soul's vertical alignment and connection with the new Living Field. As we move beyond survival issues often bound in the Root, we release fear and trauma, unravel adaptations due to survival or abuse, and begin to call back aspects of soul that may have left the body in early infancy. We will touch on the nine veins of the evolved Root, the choice to be here, and resourcing one's life directly through a relationship with the Earth Mother.

Second Chakra and Hip to Foot Chakras

WEDNESDAY EVENING, OCTOBER 29, 2008, 6:30-9:30PM

The Pelvic Chakra evolves between the ages of 3-4 months -2-2.5 years of age. This class includes working with the personal and collective unconscious, magnetism and sexuality, body knowing and instinct, emotion and motion, yes and no, release of pain memory imprints, and opening the "valve" on the upward currents of Life so more potency is accessible for conscious creation.

Solar Plexus Chakra

WEDNESDAY EVENING, NOVEMBER 12, 2008, 6:30-9:30PM

The Solar Plexus evolves during the process of individuating from age 2-2.5 - age 6 or 7. The class includes identifying and working with self-concept and self-honoring, cording and co-dependency, addictions, evolution of the inner feminine and inner masculine, the persona or ego, making the unconscious conscious, action and follow-through, and the capacity to gather, store and use energy with integrity.

Heart Chakra and passageways to Palm Chakras

SATURDAY, DECEMBER 6, 2008, 10AM-5PM

The Heart Chakra evolves during the ages of 6-7 - Puberty. This class will include working with both the personal and universal Heart chakras, unraveling conditional love knots, the formation of the inner marriage, empathic resonance (picking up others feelings), giving and receiving, honest self-love, and the capacity to honor heart knowing. Since this is an all day class, we will expand on the relationships between the chakras and the process growing one's Solar Core and experience a second process to assist the soul to restore greater wholeness.

Throat Chakra and Shoulder and Jaw Chakras

WEDNESDAY EVENING, DECEMBER 17, 2008, 6:30-9:30PM

The Throat Chakra evolves between the ages of puberty - 19-21. This class will include exploring personal and universal Will, personal expression, staying in integrity, environmental resonance (sensitivity to one's environment), the effects of judgment, lies, and agenda, the release of the Survival Will, clearing auditory memory, and opening ones capacity to choose with an alignment with Life and inner wisdom.

Third Eye Chakra

WEDNESDAY EVENING, JANUARY 7, 2009, 6:30-9:30PM

The Third Eye evolves from the ages of 19-21 - age 29-30. This class will include clearing and refining the mind and mental field, focus and interpretation through the Third Eye, natural position of the Third Eye, discernment of astral interference and energy, the "Back Door", the care and feeding of direct perception, wisdom flow-writing, and the capacity to see oneself with greater clarity.

Crown Chakra

WEDNESDAY EVENING, JANUARY 21, 2009, 6:30-9:30PM

The Crown Chakra evolves during ones thirties and forties. This class will include clearing access to receive wisdom and guidance, maintaining one's frequency, authority within one's own energetic field, course corrections, working with the downward currents of Light, life after death experiences, and beginning to understanding the Causal Plane.

Solar Logos, Higher Self, and Integration

SATURDAY, FEBRUARY 7, 2009, 10AM-5PM

The last day-long class will assist participants to access their own Higher Self, Monadic Self, and Eternal Spirit. This will include opening the Akashic Records and past life memories. We will also work with soul contracts, release of vows and curses, and changing the Soulprints for this life. There will be a closing experience designed for integration and synthesis of the restructured chakras within the whole body.

Evening classes are \$90 each, and Saturday classes are \$150. The entire series is \$840, but a discount is available if you pay \$800 for the entire series on or before the first class. If you prepay and have to miss a class you will receive the full recorded version from our previous series. All classes are held at the Lightsmith building in St. Paul.

Please pre-register for these classes (pre-payment is not necessary)

Just send email to michele@lightsmith.com, or call 651-224-4451

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