

WHAT ARE CHAKRAS?

Your Chakras are a dynamic, flowing system within the subtle anatomy of your Aura.

The Chakras swirl in a cascading stream that connects the Divine, eternal part of you (your deathless soul) with the earthly, finite part of you (your physical body). You can think of Chakras as metaphysical energy wheels that drive the vehicle of your life.

Why are Chakras important?

Chakras help us understand the way energy is processed in our lives. They affect the flow and types of thoughts we have, the energies we gather to take action on those thoughts, and ultimately, our ability to manifest what we desire and need in our lives. Consequently, opening and balancing our Chakras affects our perceptions, feelings, and choices.

Where are the Chakras located?

The first seven Chakras correspond to the location of glands in the endocrine system or to nerve plexes in the central nervous system. The eighth major Chakra corresponds to the magnetic field of your body: your Aura.

How do the Chakras work?

Chakras are never static, but their energies can become bogged down for several reasons, causing various consequences in life. Your Chakras wax and wane in a dynamically flowing vortex field within your subtle energy body, which interpenetrates your physical body. No Chakra stands alone; all Chakras work in unison. The lower three Chakras focus on elimination and reduction. The upper three focus on accumulation, creation, and refinement. The Heart Chakra in the middle is the balance point between the "lower triangle" and the "upper triangle," where our experience shifts from "me" to "Thee" or from "me" to "we."

This workshop is for **YOU** if you are:

- curious about your spiritual anatomy ~ beyond **aura photos!**
- **"stuck"** in some area of life, despite therapies etc.
- a **healer / energy worker** seeking effective tools and techniques to balance and open Chakras
- ready to break through your "demoting patterns" caused by **old subconscious habits / beliefs**
- seeking **higher consciousness** and deeper, more steady connection with GOD / the Divine
- a **metaphysical teacher / psychic reader / practitioner** who wants practical Chakra methods

SAVE! Register EARLY for only **\$175**
Regular Registration (after March 31) **\$200**



REGISTER ONLINE

transformation-oracle.com/category/events/

The Awakening Center

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SONYA SHANNON is an artist, author and teacher in the metaphysical realm. A mystic vision at age 11 revealed



her higher purpose. At 15, she began to create divinely inspired artwork and to channel spiritual messages. Her journey led to Kundalini yoga and meditation as taught by Yogi Bhajan. She is passionate about using her gifts to help people overcome childhood wounds, and believes that all are entitled to our birthright of empowerment, self-fulfillment, and connection to the Divine.

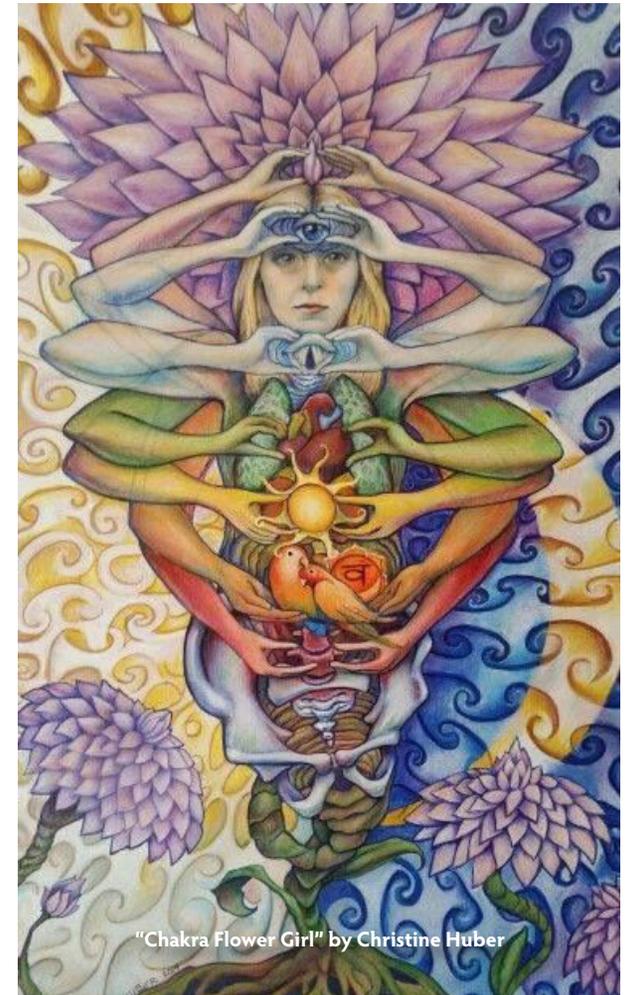
YOUR CHAKRAS

A SPIRITUAL ANATOMY WORKSHOP

WITH **SONYA SHANNON**

Saturday April 13 • 10 am - 6 pm

Sunday April 14 • 2pm - 6 pm

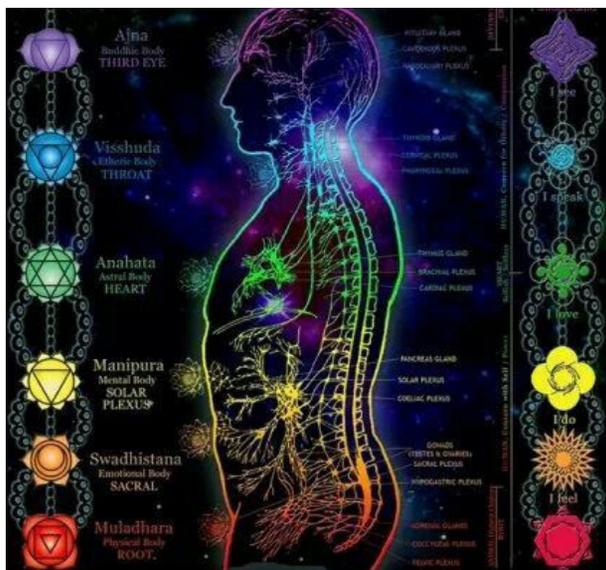


"Chakra Flower Girl" by Christine Huber

Join us!

The Awakening Center

694 E Spaulding Ave.
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SATURDAY | Begin Deep Healing

10:00am - 6:00pm • April 13, 2019

INTRODUCTION TO SPIRITUAL ANATOMY

- Brief Overview of Functional Western Anatomy
- Igniting the Energy of Our Divine Creative Potential
- Awakening The Body's Self-Healing Powers

CHAKRA BASICS

- Introduction to the 8 Major Chakras
- The Lower Triangle, Balance Point, and Upper Triangle
- How Chakras Work & Interact
- Chakras, Elements & Integrating the Many Human Dimensions
- Development of the Chakras from Birth

THE LOWER TRIANGLE

First Chakra

- **Steadiness:** Foundations, Security and Habit
- Identifying & Healing Rigidity, Depression and Greed

Second Chakra

- **Creativity & Affection:** To Feel, To Desire, To Create
- Identifying & Healing Guilt, Delusion and Indifference

Third Chakra

- **Purification:** The Will of the Spiritual Warrior
- Identifying & Healing the Desire for Control, Fear and Shame

THE BALANCE POINT

Fourth Chakra

- **Hope and Forgiveness:** Love and Awakening
- Identifying and Healing Indecision, Anxiety and Attachment

SUNDAY | Open to Your Higher Self

2:00pm - 6:00pm • April 14, 2019

THE UPPER TRIANGLE

- Subtlety and Refinement of Wisdom
- Beyond the Elements: Intuition, Being and Vastness

Fifth Chakra

- **Honor and Sense of Command:** Speak and Create
- Gaining Self Control and Contentment

Sixth Chakra

- **Intuition and Wisdom:** The Union of Opposites
- Projecting Goals and Assessing Long-Range Effects

Seventh Chakra

- **Transcendence:** Opening The Tenth Gate
- The Infinity of Self and the Arena of Elevation

Eighth Chakra

- The Projection of Power vs. The Depression of Defeat
- Maintaining Radiance

THE FLOW OF ENERGY THROUGH CHAKRAS

- Clearing the Clouds of Emotion in Upper Chakras

Additional Minor Chakras

- Male and Female Spiritual Anatomy
- Regaining Self Esteem



"Third Eye" after George Tooker

WHAT PEOPLE ARE SAYING...

"Sonya is a beautiful Light in this world. I highly recommend her workshops."

~ Violet Rayne | Littleton, CO

"Your teachings provided me with peace, light, and hope when I needed it most. You will never know or understand how much your class has helped me make it through each day. I wish for you to ALWAYS have God's blessings for you to continue spreading the knowledge and warmth that you do."

~ Michelle Whitehead, Colorado Springs CO

"An angel on earth seems pretty close to the truth. Thank you so much, Sonya! I loved how you integrated spirit working through you and the knowledge you shared into an intuitive and logically presented workshop."

~ Dwight Rixman | Peyton, CO

"Sonya takes you on journey of personal self discovery and insight in her weekend intensive classes. Her stories and in-depth spiritual downloads will keep you on the edge of your seats, begging for more—3 days is just not enough."

~ Cynthia Santana | Lakewood, CO

"I went into Sonya's workshop as a total beginner. I was a little apprehensive, yet the class kept calling to me! I'm so glad I went. Sonya conveyed the information beautifully, and I left feeling empowered. Thank you!"

~ Sue Cobb | Lakewood, CO

"Thank you Sonya Shannon for a fantastic workshop! I loved every minute of it. I am looking forward to applying what I have learned to bring awareness and love to people who are seeking answers."

~ Sandy Schneider | Colorado Springs, CO