

The *Goddess Guide* to

Chakra Vitality

Through honoring the Feminine Divine, we reconnect with our inner goddess. We respect and empower ourselves spiritually, psychologically, emotionally, and physically.

Keeping our chakras healthy and energized is one way to nurture the inner goddess and achieve balance in our work, home and social lives.

In this book you can expect to learn about the seven essential aspects of life and how they can lead to bliss; how goddess energy empowers these major aspects of life; how to recognize which goddess energy is impacting your life; and how to incorporate goddess energy into daily life and situations.

The Goddess Guide to Chakra Vitality has been developed to equip you with the basics of chakra health so that you can shine with a goddess glow day in, day out.

Love and light,

A handwritten signature in cursive script that reads "Anita".

Anita Ryan.

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What is a Chakra?

When you see the color red, do you think ‘Danger danger Will Robinson’, or do you think about love, passion and all the good stuff in between?

Either response would be appropriate. Red is a power color that is related to the base chakra – the energy center that gives us a sense of grounding, of security, of loving our path in life, and of course, sex.

The base chakra is one of seven major chakras, and yes, everyone has them.

They are spinning wheels of light that respond to color, essential oils, musical tones, gemstones, mantras, body movements and more. When the seven chakras are all vibrating at their ideal level, you are able to feel a deep-seated contentedness, even bliss.

The chakras are located roughly near our glands along the vertical meridian of our body. The name of each chakra describes roughly where it is located.

The major chakras and their domains are as follows:

Base	Self-preservation
Sacral	Self-gratification
Solar Plexus	Self-definition
Heart	Self-acceptance
Throat	Self-expression
Third Eye	Self-reflection
Crown	Self-knowledge

When all chakras are balanced and spinning at their optimum vibration level, they integrate physical, emotional,

psychological and spiritual facets of the human into a coherent whole.

There is generally an overlapping and sharing of functions amongst chakras, both physiologically and psychologically.

The Physiological Role of Each Chakra

The base and sacral chakras are related to generative and sexual functions, while the solar plexus chakra is related to the stomach and digestion.

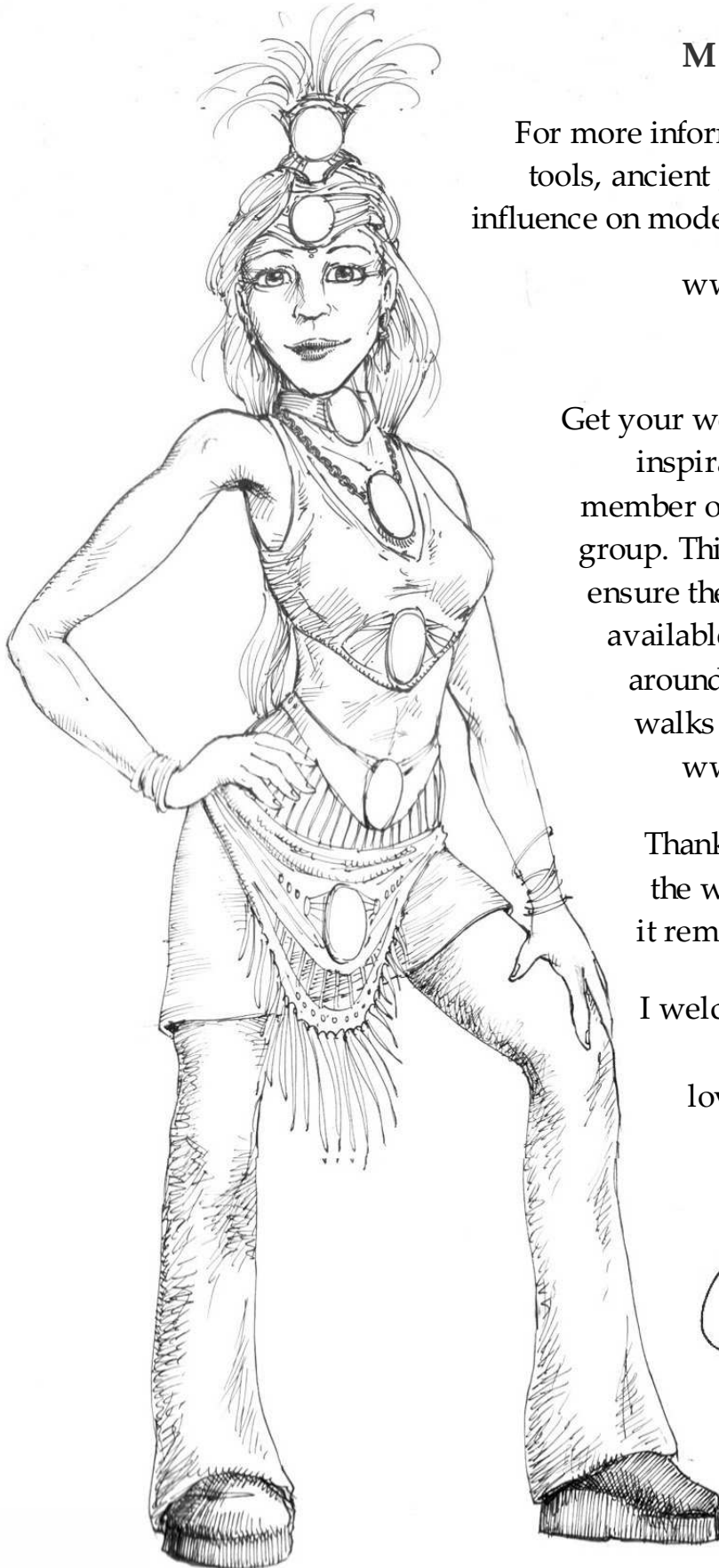
The heart chakra is related to the heart and circulation, and the throat chakra is related to the lungs and the voice, including the ears, nose, throat and thyroid glands.

The third eye chakra is related to vision, the eyes, and the pituitary gland, while the crown chakra is related to the brain, and especially the pituitary and pineal glands.

The Psychological Function of Each Chakra

The three lower chakras are related to our raw emotions and biological instincts ranging from sexual desire and hunger, into passion, anger, pleasure and joy and other relatively simple emotional states.

The four higher chakras are related to higher cognitive states. That is, the heart chakra is related to empathy and understanding; the throat chakra is related to vocal expression, hearing, and the ability to communicate; the third eye chakra is related to clarity and the ability to understand; and the crown chakra is related to deep understanding and comprehension on a spiritual level.



More Information

For more information about chakra tools, ancient goddesses and their influence on modern goddesses, visit:

www.goddess.com.au

Get your weekly fix of goddess inspiration by becoming a member of the 'innergoddess' group. This is a free service to ensure the resource is widely available to women from all around the world, from all walks of life. Subscribe at:

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I welcome your stories or feedback by email:
love@goddess.com.au

Love and light,

Anita Ryan

From the Author

Until I was well into my twenties, I didn't know I was worthy of wonderful things, doings and beings in my life.

Hard to believe huh? Maybe so, but it's true – this simple assumption that everyone deserves to live with respect, love and joy was foreign to me.

In fact, it was only since my first encounter with the goddess in 1997 that I realized a magical and enriched life was entirely possible... (Thank you Kwan Yin for visiting me in that fateful meditation!)

Having very little self-esteem at the time, I realized I had some serious work to do. Like finding and establishing a new set of morals and standards, for starters. Not an easy task considering my background – one where criticism and guilt had a firm hold in my DNA.

I wasn't ambitious for a miracle – I just wanted to learn my own worth and how to say words like, 'no' and 'help'.

It was a case of baby steps, baby steps to start with. But through dedicated and regular work incorporating chakra, intuitive and goddess wisdom I gained an insight into a life filled with meaning and purpose. *Yes!!!*

The first thing I noticed on this journey was that by my third chakra clearing session, the construction site in my head took a break. Demons such as Criticism and Fear had put down their tools. It was a remarkable feeling – one that I still remember to this day.

From there, Kali showed herself to me to help me understand my tumultuous life was her way of putting me onto the right path. I suddenly understood that I had to stop

fighting blockages that were preventing me from going where I thought I wanted to go. For example, I was applying for jobs and being constantly rejected – Kali awakened me to the fact that deep down, I didn't want them anyway.

Once I embraced Kali's intention, everything started flowing. Great energy started to stream through me when I honored intuition instead of waiting for 'luck' to happen to me.

I began authoring goddess.com.au in 1999. At first it was a hobby – an outlet for the theological exploration. The process was both therapeutic and empowering.

In 2004 the Goddess-ence 100% pure oil blends came into my life. The blends were channeled then finessed with the help of an aromatherapist to create the product they are today. I feel so honored to be the custodian of these amazing blends – every single week I receive emails and letters telling me how they were the catalyst that changed lives for the better.

By 2005, I decided that the research I'd been doing could be put to better use than gathering cyber-dust. So I overhauled the website filling it with resources to help others reconnect with their inner goddess. Dozens of new members join daily to receive a weekly inspirational goddess message... I am overjoyed to see so many women working to remember their true place in the world.

I endeavor to answer every single email sent by members. If you feel so inclined, feel free to send me your thoughts, questions, comments, feedback to love@goddess.com.au... I look forward to hearing from you ☺

Love and light,

A handwritten signature in cursive script that reads "Anita".

xx

:: RECOMMENDED ::

The Chakra Oracle

These seven cards (one for each chakra) contain goddess wisdom and guidance to help you sass up your energy centers, uplift your spirit and shine with a goddess glow. There are seven sets, and each set includes a free gift card. View each set at www.goddess.com.au

:: ABOUT THE AUTHOR ::

Anita Ryan is creatrix of various goddess-inspired products, articles and the inspirational and ever-popular **Goddess Playshop™**. Many Facilitators now conduct these two-hour workshops in several countries around the world.

Anita lives in Western Australia with her man, her son and her dog (also a male!)