

**POWER OF THE MIND**  
 HEALING, HYPNOTHERAPY, AND COUNSELING CENTER  
 IN ASSOCIATION WITH HEALING LIGHT MINISTRIES

*For a Healthy Body, Mind and Soul*

[WWW.POWERSOFTHEMIND.ORG](http://WWW.POWERSOFTHEMIND.ORG)

SHARON A. JACKSON, COUNSELOR, M.S., M.MSC.  
 CERTIFIED CLINICAL HYPNOTHERAPIST  
 103 SOUTH 3RD STREET, SUITE 102  
 OZARK, MISSOURI 65721  
 (417) 773-2524

AS FEATURED IN  
**477**  
 MAGAZINE

Quit Smoking, Weight Loss, Anxiety, Depression  
 Stress, Anger, Pain, Headaches, Bed Wetting  
 Phobias, Anger, Counseling, and much more

**HELPING YOU MAKE POSITIVE CHANGE IN YOUR LIFE**

**Sharon Jackson, M.S., M.Msc.**  
 Certified Clinical Hypnotherapist  
 Counseling, Hypnotherapy, & Reiki

103 South 3rd Street, Suite 102  
 Ozark, Missouri 65721  
 (417) 773-2524

[WWW.POWERSOFTHEMIND.ORG](http://WWW.POWERSOFTHEMIND.ORG)

**Happy 4th of July!** **JULY 2012 MONTHLY NEWSLETTER**



**FEATURED BUSINESS**

**EARTHBOUND TRADING COMPANY**

**HOW ABOUT 20% OFF your next PURCHASE?**

Visit [www.earthboundtrading.com](http://www.earthboundtrading.com) and sign up for our email list. Once signed up, you will receive an email coupon for 20% off your next purchase!

**About the Coupon:**  
 The 20% Off Coupon expires two weeks from date of email signup. Discount taken off lowest marked price. One per customer please.

**Our Email Policy:**  
 You may unsubscribe at any time via a link on any e-mail you receive from us or by visiting our website: [www.earthboundtrading.com](http://www.earthboundtrading.com). EBT & RTS do not sell, rent or trade your e-mail address or information to unrelated third parties.

**EARTHBOUND TRADING COMPANY**  
**ROMANCING ESTONE**

Battlefield Mall ••• 2825 S. Glenstone  
 Springfield, MO ••• 417-883-1411  
 eclectic assortment of products at great prices

[www.earthboundtrading.com](http://www.earthboundtrading.com)

# What are Chakras?

**Unbalanced and Blocked Chakras = Illness ••• Balanced Chakras = Health & Happiness**

The word 'chakra' is derived from a Sanskrit word meaning 'wheel'; but perhaps even a better translation would be spinning wheel. If you could see chakras you would be able to see each primary chakra as a spinning vortex or wheel of energy; spinning inward from the front of your body towards the center point of that chakra on the kundalini and then spinning outward from that same point from your back. Chakras are our energy centers. They are the openings for life energy to flow into and out of our aura. Their function is to vitalize the physical body and to bring about the development of our self-consciousness. They are associated with our physical, mental, emotional, and spiritual interactions. There are seven major chakras. The aura is often referred to as the eighth chakra. The chakras start at the base of the spine and go up through the head on the kundalini which is located almost on your spinal column. The kundalini is shaped like a staff and many have mentioned that the *Twenty-third Psalm of The Bible* is speaking of the kundalini. *Almost all religions believe in the spiritual and energy power points* within the human body. These power points are called chakras. (continued on back or next page for "e" editions)

**Take a FREE Chakra Test and see if your 7 Chakras are functioning properly, at what capacity, which chakras are under or overactive, what this means, and how to open your under active Chakras. Visit our web site for your FREE test today.**

**POWERSOFTHEMIND.ORG**

Advertise your business in our newsletter **FREE**  
 visit our web site for details under the newsletter tab

**FREE eBook**

Order your **FREE** copy on our web site  
**POWERSOFTHEMIND.ORG**  
 Delivered via email within 48 hours of ordering  
 Offer valid until July 31, 2012

Enjoy a complimentary copy of *The Human Chakra System* by Shalila Sharamon and Bodo Baginski. Learn about the chakra systems and their functions as well emotional, mental, and spiritual body. Order your **FREE** complimentary copy today!

Original Illustration from *The Chakra Handbook*  
 by Shalila Sharamon and Bodo Baginski

**THE HUMAN CHAKRA SYSTEM**



# What are Chakras?



## Unbalanced and Blocked Chakras = Illness ••• Balanced Chakras = Happiness & Health

When your chakras are not vibrating or spinning properly, you are unable to move your physical, emotional, and mental body onto a higher spiritual level. Although the human body is just a vessel and a machine, it is seldom broke from manufacturer reasons or natural biological causes. Each chakra effects different parts of the body and almost all illnesses are caused by poor chakra health. Chakra healing illness is usually for us, or those around us, to learn higher lessons. We are given intuition and hints all the time about what we should be doing and how we should be living. Often, we simply ignore the words from Spirit (God) and our higher selves. We are too often stuck in the reality and physicality of life to listen to our inner selves. Eventually, the chakras become out of balance and since we are stuck in the reality, the chakra manifests the energy imbalance into the physical; the health of your physical body. When you have chakra blocks you slow down the Chi, the life force, and the spiritual connection. You may feel depressed, tired, listless, out of touch, like you lost something, anxious, or unable to think clearly. You may get angry for no reason, be afraid, be unsure of yourself, lack self confidence, be unhappy without a direct understood reason, and have a general negative outlook on life. All of these are indications that you have a problem to resolve that is chakra based. It is important that you try to maintain the correct energy flow through each chakra since you could also be effected negatively by a chakra being too open. Remember that balance in each, and balance in all comparison to one another, is what you seek. When the chakras are aligned and balanced, the energy flows freely from the primal base to the spiritual chakra allowing us a grounded connection to a higher spiritual communication. Think of each chakra as a water valve. Your goal is to have each chakra with the same amount of flow, so the ULEK (Universal Life Energy) flows uninhibited and constant. Most major illnesses and ailments are chakra based. Think about how uncomfortable your stomach becomes when you are upset or scared. These are your emotions, your chakra emotions, manifesting into physical form. When you are no longer scared your stomach eases and returns to normal. Your whole body can be effected depending on the emotions and concerns you carry with you. Childhood and past issues that you may not be consciously aware of could be the cause of your illness now. On a spiritual level, we choose the body we are in, or Spirit (God) choose this body for us, for a reason and for lessons to be learned. We often think we have resolved an issue mentally when there may still be emotional garbage attached to the chakra. We also have a tendency to bury things and those emotions are transferred, on a cellular level in our bodies, so clearing those issues may take work to resurface and resolve. As you progress to higher levels you will probably need assistance to bring the issues to the surface completely. We all need help and that is why people have talents for assisting others. Psychologists and counselors help us with our mental and emotional problems, which in turn assist the chakras. Our preachers, priests, rabbis and spiritual leaders assist us on the spiritual level. Our doctors and healers help our physical being. So, each in turn assists a minor part of the chakra healing and advancement work. When you can incorporate all those healings into the focus of the problems (each individual chakra), then you are making true advancements for your whole being. Have your chakras evaluated and balanced to allow homeostasis (balance) to occur within your emotional, mental, physical, and spiritual levels. This will ensure a happy, healthy, and productive life.

### SPECIAL DISCOUNT COUPON

**50% OFF ONE**

**Complete Chakra Testing  
and Chakra Balancing**

**ONLY \$7.50** (regular \$15.00)

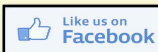
Must present coupon at time of payment expires August 31, 2012  
online coupon code POMNL712



Gift Certificates available  
For more information  
[powerofthemindcenter@mail.com](mailto:powerofthemindcenter@mail.com)  
417-773-2524

Subscribe to our monthly e-newsletter featuring a new book & business, coupons, positive thoughts, questions & answers, health tips, and more! Email "subscribe to newsletter" [powerofthemindcenter@mail.com](mailto:powerofthemindcenter@mail.com) or subscribe on our website

### ASK SHARON QUESTIONS & ANSWERS:



**QUESTION:** What actual levels do the chakras affect?

**ANSWER:** The chakras affect the emotional, mental, physical, and spiritual levels of the person.

**QUESTION:** I heard that certain chakras have a vibrational frequency. Is this true?

**ANSWER:** Each chakra has a different frequency of vibration, symbol, color, and sound that it is attuned to. When the chakra is balanced, clear, and energized it would be in tune and play the most wonderful sound of it's own, emitting the proper vibration for that particular chakra.



If you have a question you would like published in our newsletter, please email [powerofthemind@mail.com](mailto:powerofthemind@mail.com)  
(all answers are the opinions of Power of the Mind Healing, Hypnotherapy, Counseling, and Reiki Center®)