

CHAKRADVENTURE

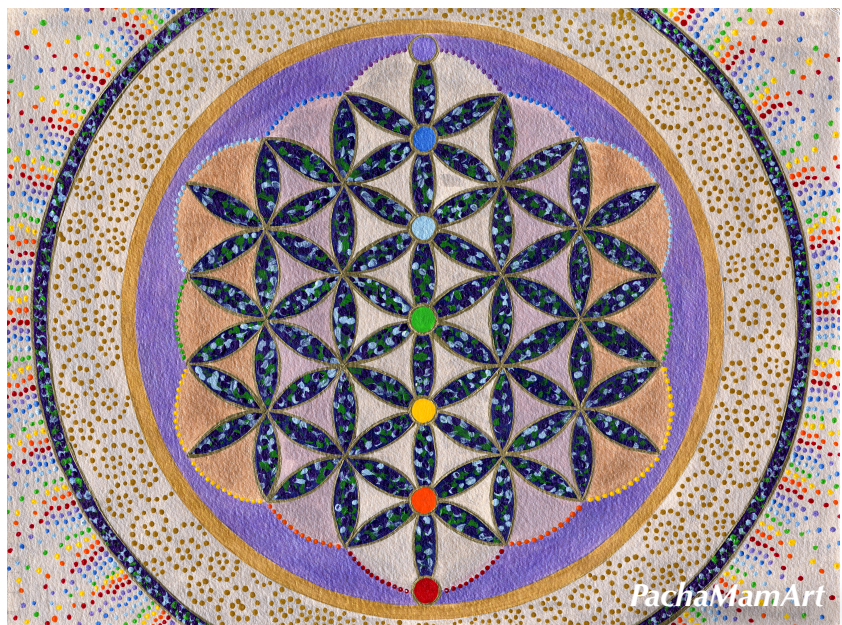
Introduction

Hello friends, Welcome to the **CHAKRADVENTURE!**

My name is Fanny and I am a Mandala Artist in Jacksonville, Florida, also passionate about Languages, Anthropology, my Dad and anything in this world that an Angel with a genius Mind and enthusiasm can make me dream of. We need **PASSION** in our lives, and **Pina Coladas!!** So, let me ask you a question! I have been very interested in the energy of colors lately and curious about the way they impact our life and reveal our personality without always being aware of it. Even though they do not need our understanding to influence us, they are a key to know ourselves better and become healthier physically and spiritually. Our seven energy centers, called chakras, are related to a color, a part of our body, itself related to emotions, memories, and strings of our mindset and personality. There are even more chakras than the ones we usually talk about, as our bodies are composed of energy points, and extended to the ground with the Earth Chakra, and connected to the cosmos with the Star Chakra. I think there are even 13 or more. Somehow, you ended up reading this so I truly believe that you are here for a reason. Additionally to showing my art, it is meaningful to me to share about what comes from the heart and what I learn everyday as a student of life. Hopefully this will help you decode and understand yourself and the world as much as it helps me on a daily-basis. So far, I have figured that positive **MINDSET** is a very powerful tool to manifest our dreams. And along with mindset comes the **POWER OF INTENTION**.

You have probably heard about the way emotions leave or manifest physical imprints on our body (experiences on water, on rice...), so can you imagine how much power and weight you can energetically add to pretty much anything you do in life once you add **consciousness** to it? So, let's try to become more aware of what we feed ourselves with and start this week's challenge by setting our **INTENTION**:

*"This week, I will take a little bit of time everyday to learn about a specific energy center (chakra) and see how I feel about the topic. I will play with colors and will create color-themed juice recipes to harmonize and nourish the related areas in my body. Most importantly, I will place my **CONSCIOUSNESS**, love and confidence into it".*



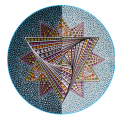
CHAKRADVENTURE

As we are getting ready to start our Chakradventure tomorrow, let's take a close look at this map of our chakras. Take your time to process it and start considering the colors around you as messengers and reflections of the self. Here is the **plan** for this Chakradventure: Starting Wednesday, November 10th and for 9 days until the 19th (you can reuse this on any days you like), we are going to feature one of the 7 chakras everyday, following their order from Earth to Universe. Red for monday, orange for tuesday, etc... (So you can only focus on the one or two corresponding pages each day and get back to it the following).

If you'd like to play, try to **wear or surround yourself with the related color each day**. It does not have to be all unicorn style, it can be just in the detail... a clothe, an accessory, a jewelry, a lipstick, or whatever inspires you... It will actually be very interesting to realize how comfortable (or uncomfortable) we can feel wearing one or the other color and understand the meaning behind it.

Then, food!! **One color-themed juice or meal per day** is the major goal for 7 days, guys!! Let's eat a rainbow and explore new ways to cook vegan and healthy meals. **The featured paintings can be used as meditation gateways for each day**, and you will also find comments and topics to guide you along the way... have fun! This image from www.bodyspiritual.com, will help you situate the chakras. Thank you for creating this great resource! You can meditate with the flower of life to connect directly with the colors.

Star Chakra (Polaris)
Connection to the Cosmos



Connection to Akashic Records and Universal Consciousness

Crown Chakra (Sahasrara)
Connection to the divine



CROWN CHAKRA - The highest Chakra represents our ability to be fully connected spiritually.
Location: The very top of the head.
Emotional issues: Inner and outer beauty, our connection to spirituality, pure bliss.
Physical association: Pineal gland, brain, nervous system.

Third Eye Chakra (Ajna)
Intuition, sense of purpose
and direction in life



THIRD EYE CHAKRA - Our ability to focus on and see the big picture.
Location: Forehead between the eyes. (Also called the Brow Chakra)
Emotional issues: Intuition, imagination, wisdom, ability to think and make decisions.
Physical association: Pituitary gland, eyes, sinuses.

Throat Chakra (Vishuddha)
Self-expression



THROAT CHAKRA - Our ability to communicate.
Location: Throat.
Emotional issues: Communication, self-expression of feelings, the truth.
Physical association: Thyroid, respiratory system, teeth, vocal cords.

Heart Chakra (Anahata)
Love, relationships and
self-acceptance



HEART CHAKRA - Our ability to love.
Location: Center of chest just above heart.
Emotional issues: Love, joy, inner peace.
Physical association: Heart, thymus, lower lungs, circulatory system, immune system.

Solar Plexus Chakra (Manipura)
Personal power and ability to
channel



SOLAR PLEXUS CHAKRA - Our ability to be confident and in-control of our lives.
Location: Upper abdomen in the stomach area.
Emotional issues: Self-worth, self-confidence, self-esteem.
Physical association: Central nervous system, pancreas, liver, digestive tract, skin.

Sacral Chakra (Swadhisthana)
Sexuality and pleasure



SACRAL CHAKRA - Our connection and ability to accept others and new experiences.
Location: Lower abdomen, about 2 inches below the navel and 2 inches in.
Emotional issues: Sense of abundance, well-being, pleasure, sexuality.
Physical association: Reproductive organs, kidneys, bowels, immune system.

Root Chakra (Muladhara)
Career, money mindset
and sense of belonging



ROOT CHAKRA - Represents our foundation and feeling of being grounded.
Location: Base of spine in tailbone area.
Emotional issues: Survival issues such as financial independence, money, and food.
Physical association: Spine, rectum, legs, arms, circulatory system.

Earth Chakra (PachaMama)
Connection to Mother Nature

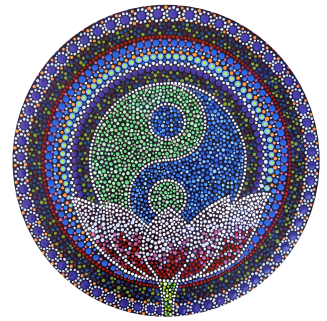


Connection to the Earth and purpose of the incarnation

Credit image:: www.bodyspiritual.com



www.PachaMamArt.org



CHAKRADVENTURE - DAY 1

The Earth Chakra: "We are the World"

Vasundhara

Hello Hello and Welcome!!

We are ready to start this challenge to honor and celebrate our connection with Mother Earth. Please join my Facebook Page @PachaMamArt and tell us in the comment, or on this page in the comments, where you are from and where you are now!! We are all sitting around the table of the World, connecting our hearts and souls, becoming more aware and expanding our energy to the point that we are so many that once our consciousnesses connect, we recode the entire grid of the planet with a blend of our spirits, visions and magic. For this reason, I decided to organize a series of interviews and videos about particular topics that I believe are essential to discuss at this pivoting point of history, where our consciousness, knowledge, technology and economic system are all experimenting a giant shift and leap into the supernatural future. Ecology, Mysticism, Technology, Health, Politics, Literature, Underground labyrinths and Earth Invasion, lol oops am I saying too much? So, I will be introducing each day of the week the specialists who can answer our questions and gather all this into a transcendental mindmap and Love on Earth!! Trust me, this is very real, and applying these concepts are generating more and more synchronicities, developing the language with the planet and light. What colors represents the Earth to you? Is there an Element in particular that you are feeling close to? Earth, Water, Fire, Air or Ether? Right now, as we entered the era of Aquarius the truths are being revealed, we no longer have our heads under water not seeing or wanting to see the reality, as well as our capabilities! Once you are at this point that you are reconnecting with your soul family on the Earth plane, after experimenting feelings of division or being disconnected for years, then becoming aware of the Astral plane, until it becomes reality, a long journey has happened. This is beautiful!! I hope you enjoy this week and do something for the Earth today!! Our emotions influence the weather and others. I invite you to join my Masterminds **Journey to Love, Metatron's Vibes and the Angel Pack** that you can see on my website www.PachaMamArt.org or directly find on the www.Mastermind.com platform to see how you can paint and develop your superpowers!!!!!!!!!!!!!! I also have an amazing "We are One Library" with free or affordable travel books or articles about all kinds of amazing topics like Crop Circles, Science, Symbols or Introduction to the concepts and Art Insights!! It's like an entire world to visit, with Nazca Lines, Hieroglyphes, Sacred Art, an Incredible Community and Secret Chambers!!

