



www.PachaMamArt.org

CHAKRADVENTURE - DAY 5

The Throat Chakra: I SPEAK

Vishuddha



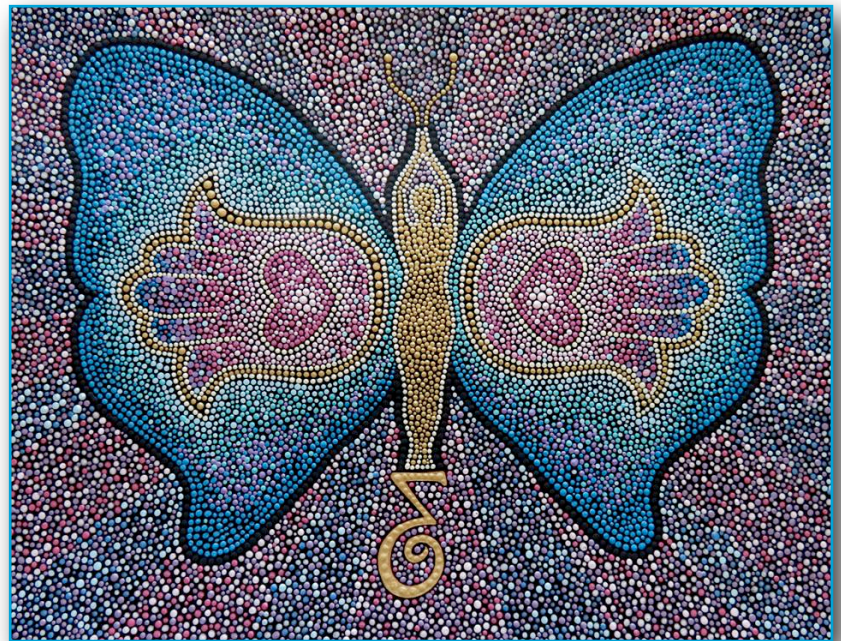
Good morning Chakradventurers!

We are getting to my favorite chakra, Blue... The color of Expression. As a languages teacher, I have always loved explaining grammar in detail, finding the etymology and true meaning of words. Sooo, let's look at this word:

"EX - PRESSION" (from latin): "Letting the PRESSURE OUT".

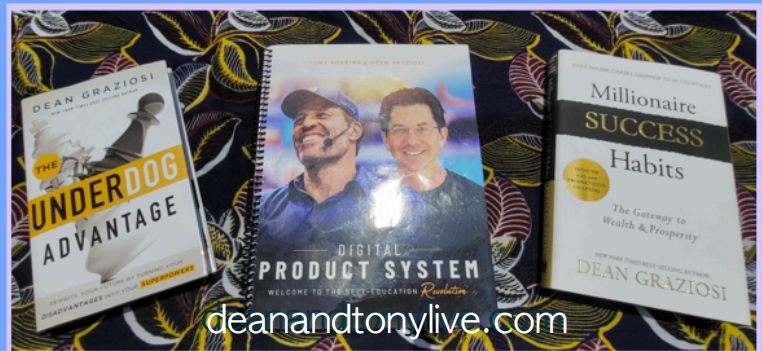
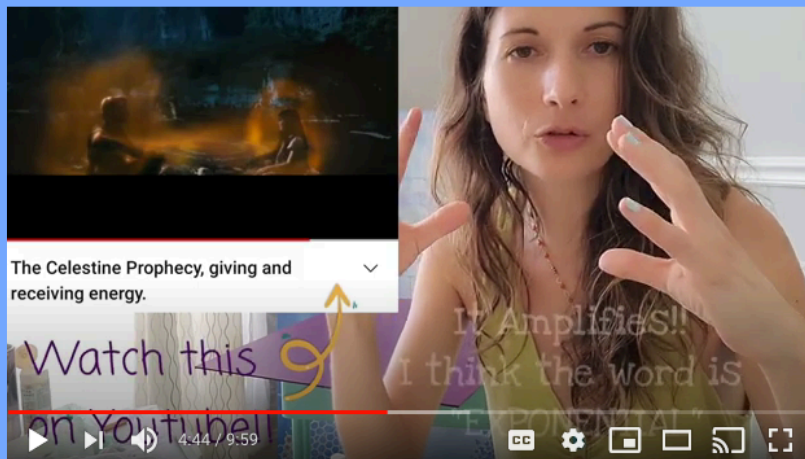
Do you see how much **language** can reveal about the **physical impact of our thoughts**?

The liberating power of expressing ourselves through words or arts is called "catharsis". When you have something to say or share, it is better to let it out. If it is anger, then punch it out. If it is love, then spread it out! Creativity? Definitely blow it out! Don't just let your body remind you later on, through frustration and illness, that energy transforms, but never fades out. And here is our power, what we need to learn to become more in control of our emotions is to **TRANSMUTE** them into something beneficial, through the Arts, for example. Be like this butterfly, let your hands or other talents be a bridge of expression, the connection between your heart and the wings that will make you fly.



Today, I would like you to find an artistic way to express your emotions and creativity. Let's put on our favorite song while painting an awesome mandala!! I will guide you every step of the way. Discover my beautiful selection of Mandala Painting classes on www.Mastermind.com, along with travels books and stories that are exclusive to the series, because yes, I want to get you to painting and there is incredible information in there that the world needs!! I invite you to register and learn from YEARS of work and inspiration, all organized in a creative flow for you with the guidance of my angels!!

www.pachamamart.org/classes-and-events



The Angel Pack

The **Angel Pack** is the precious, energetic and inspirational treasure box that will take your life to a magical level! It includes:

2 Incredible Mandala Painting Workshops!!

- *Journey to Love* Mandala Painting Class that we recorded with my friend Theresa for Valentine's Day and to celebrate Love every day!
- *Summer Vibes* painting workshop from my trip to France called "Bay of Angels".

2 Original Artworks:

from me created intuitively and especially for YOU on a 10x10 canvas to symbolize the **Union of the Feminine and Masculine** energies. One of them is also included with the Metatron's Vibes Painting Classes!

2 Oracle cards deck

- The **Mother Earth Mandala Oracle**
- An **Oracle from one of my favorite Authors** and collections assorted to the spirit of the painting.

2 Magical Crystals

- A **Crystal Magic Wand** (aka CMW) by a healer creator.
- A **Special Crystal**, both picked intuitively for you. It can be any kind of raw or carvings, or jewelry. I have a great connection with crystals and I love to pick the most incredible and energetic ones, and I believe I have this gift to read into a person and find the special gem for them.

- + An ONGOING SERIES of videos about art, cultural and technical topics like holistic remedies and how to use crystals and oracle to develop your God-given Gifts.
- + A Surprise card with a message from a reading, a quote or extract from one of my favorite books.
- + Lots of **LOVE**, always!

From Fanny and Team 143!!

"WE ARE ONE"

You can get 20% on this amazing pack by also registering to the **Metatron's Vibes** series!! And you should because they are absolutely complementary and magical!!

