

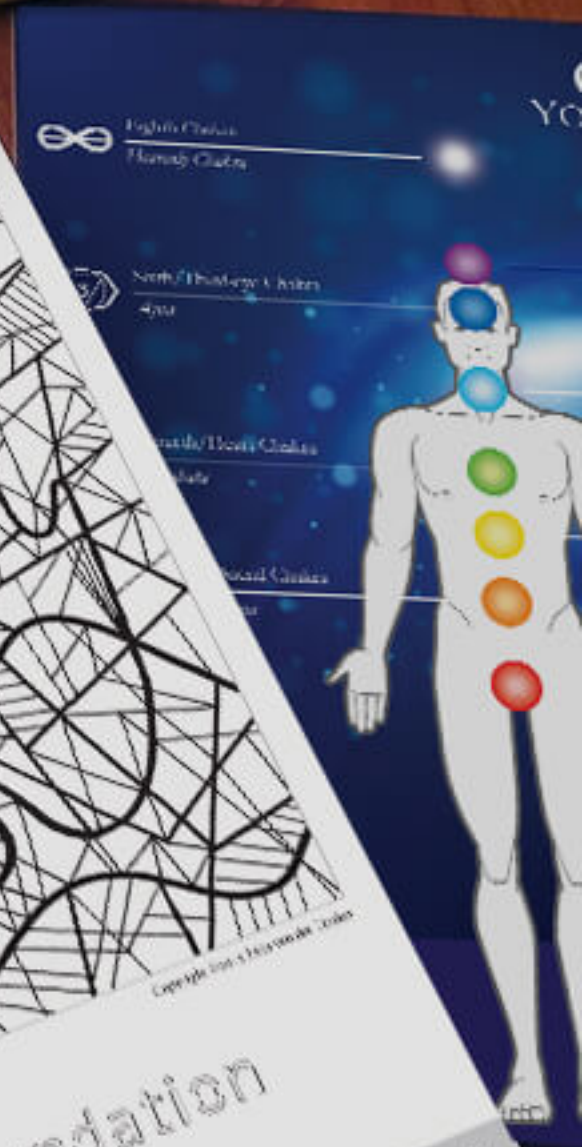
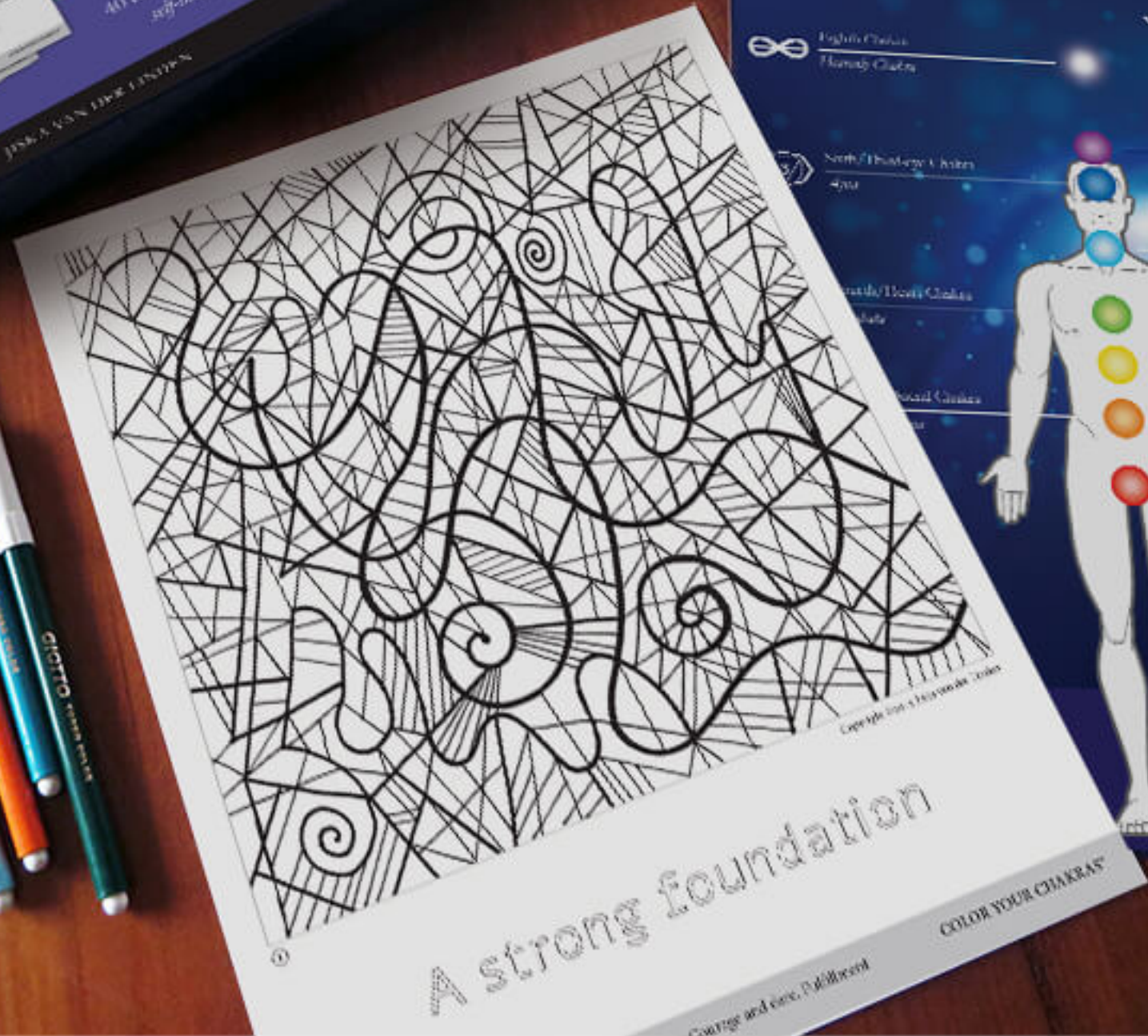
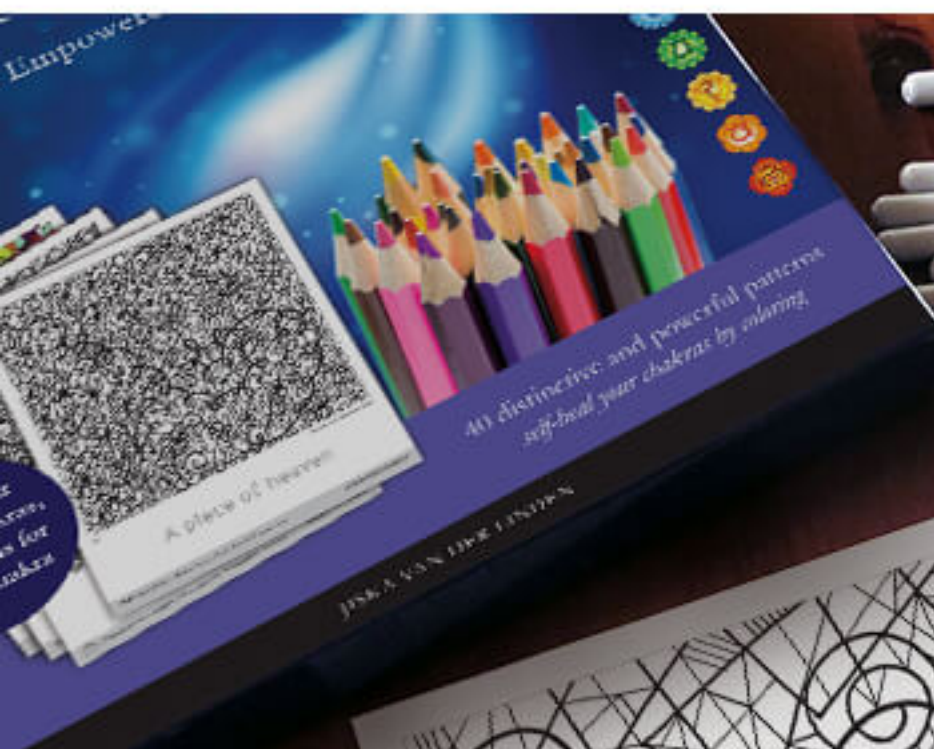
COLOR YOUR CHAKRAS™

A 40-Step Empowered Healing Program



40 distinctive and powerful patterns
self-heal your chakras by coloring

JISKA VAN DER LINDEN



COLOR YOUR CHAKRAS™

A 40-Step Empowered Healing Program



Open your major chakras, 5 patterns for each chakra

40 distinctive and powerful patterns
self-heal your chakras by coloring

COLOR YOUR CHAKRAS™

A 40-Step Empowered Healing Program



Step 1-5: First/Root Chakra

(1) Stability, (2) Vitality, (3) Confidence, (4) Courage and dare, (5) Fulfillment



Step 6-10: Second/Sacral Chakra

(6) Passion, (7) Trust, (8) Creativity, (9) Kundalini, (10) Vision



Step 11-15: Third/Solar Plexus Chakra

(11) Faith, (12) Diligence, (13) Self-respect, (14) Power, (15) Joy



Step 16-20: Fourth/Heart Chakra

(16) Forgiveness, (17) Unconditional love, (18) Self-love, (19) Compassion, (20) Dedication



Step 21-25: Fifth/Throat Chakra

(21) Listening, (22) Self-expression, (23) Doing, (24) Independence, (25) Flow



Step 26-30: Sixth/Third-eye Chakra

(26) Leading, (27) Revealing, (28) Intuition, (29) Inspiration, (30) Channeling



Step 31-35: Seventh/Crown Chakra

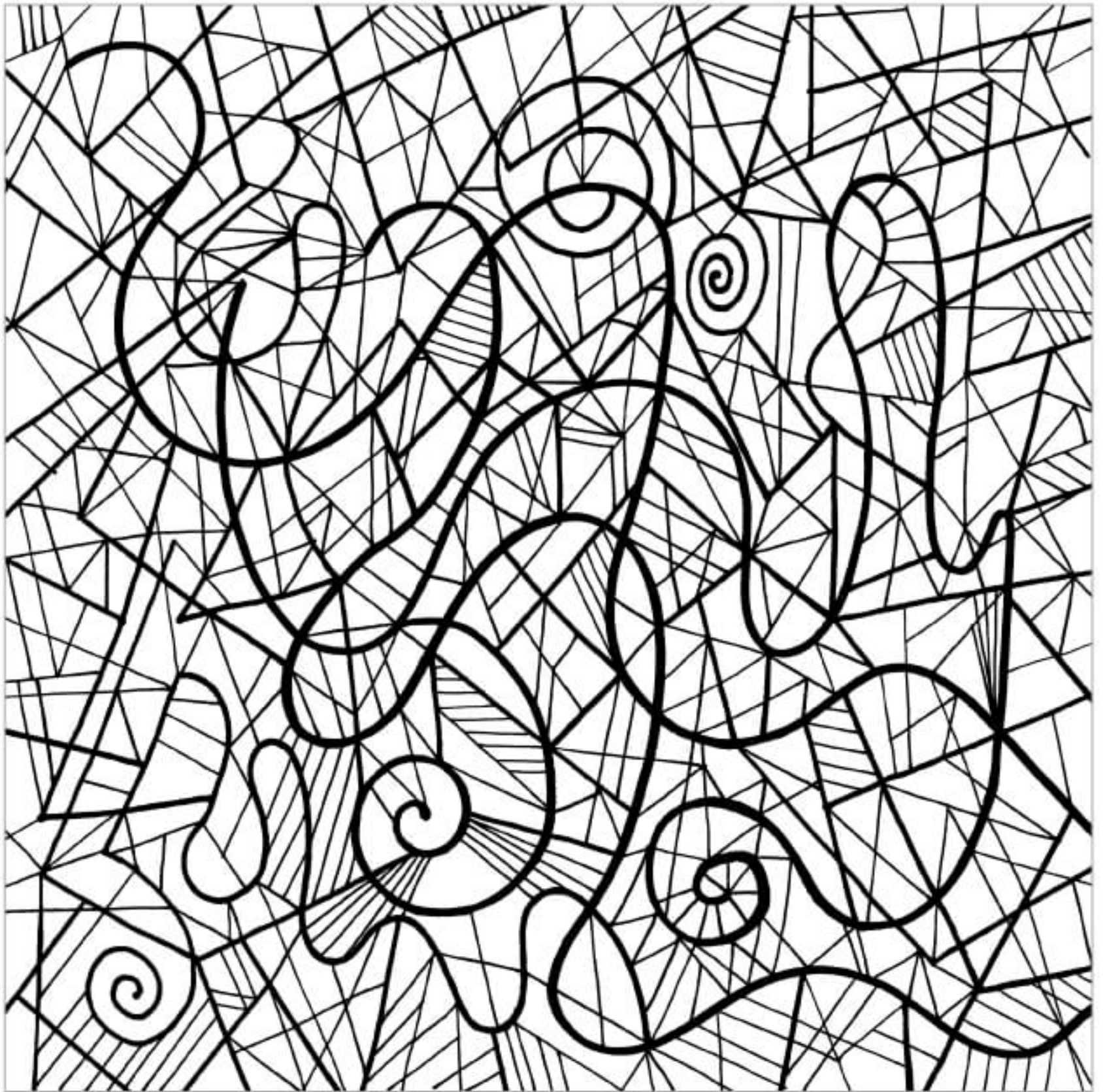
(31) Oneness, (32) Acceptance, (33) Knowledge, (34) Clarity, (35) Peacefulness



Step 36-40: Eighth/Sky Chakra

(36) Wisdom, (37) Journey, (38) Purity, (39) Potential, (40) Empowerment





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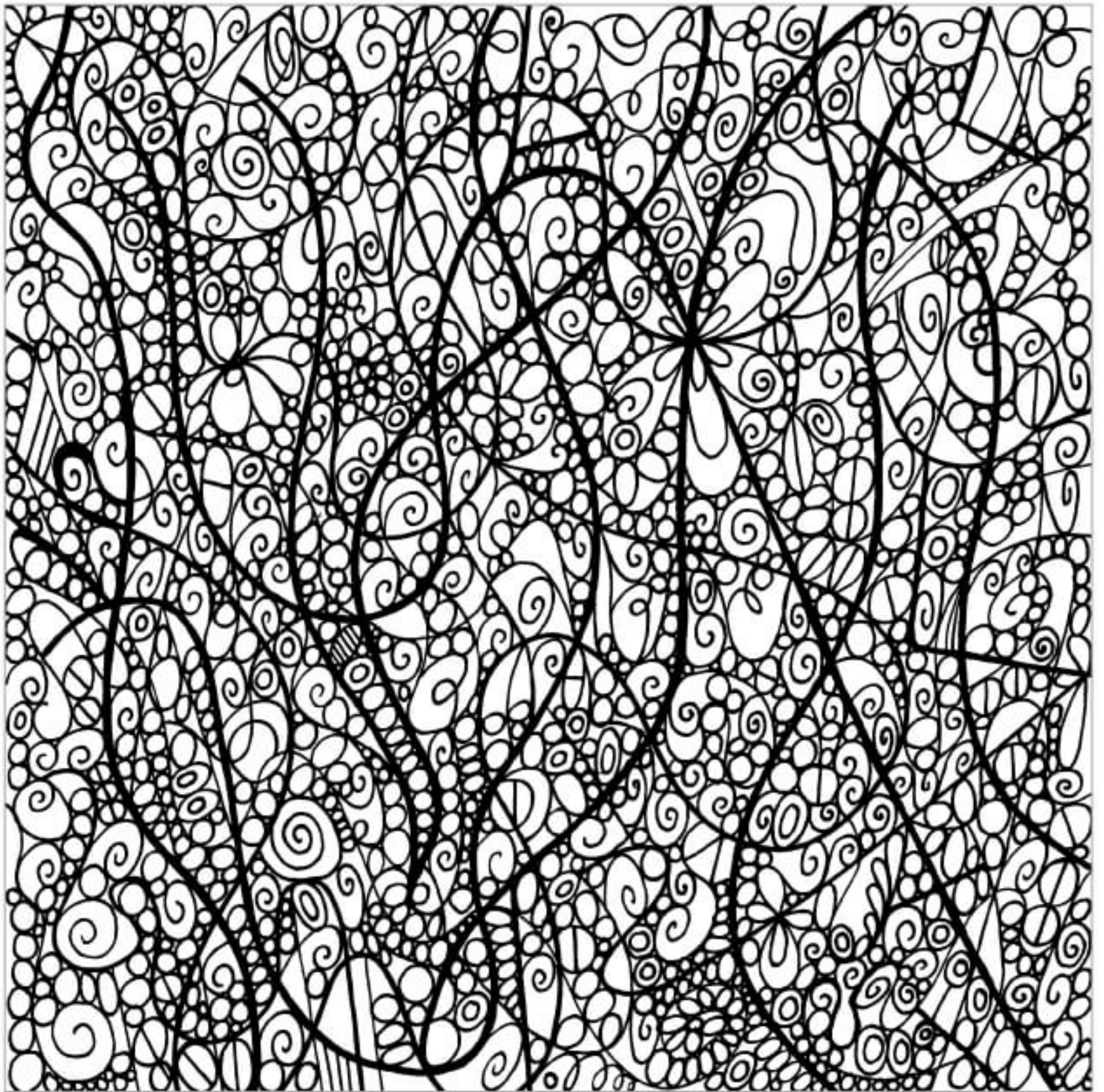
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A strong foundation



First/Root Chakra - *Stability, Vitality, Confidence, Courage and dare, Fulfillment*

COLOR YOUR CHAKRAS™



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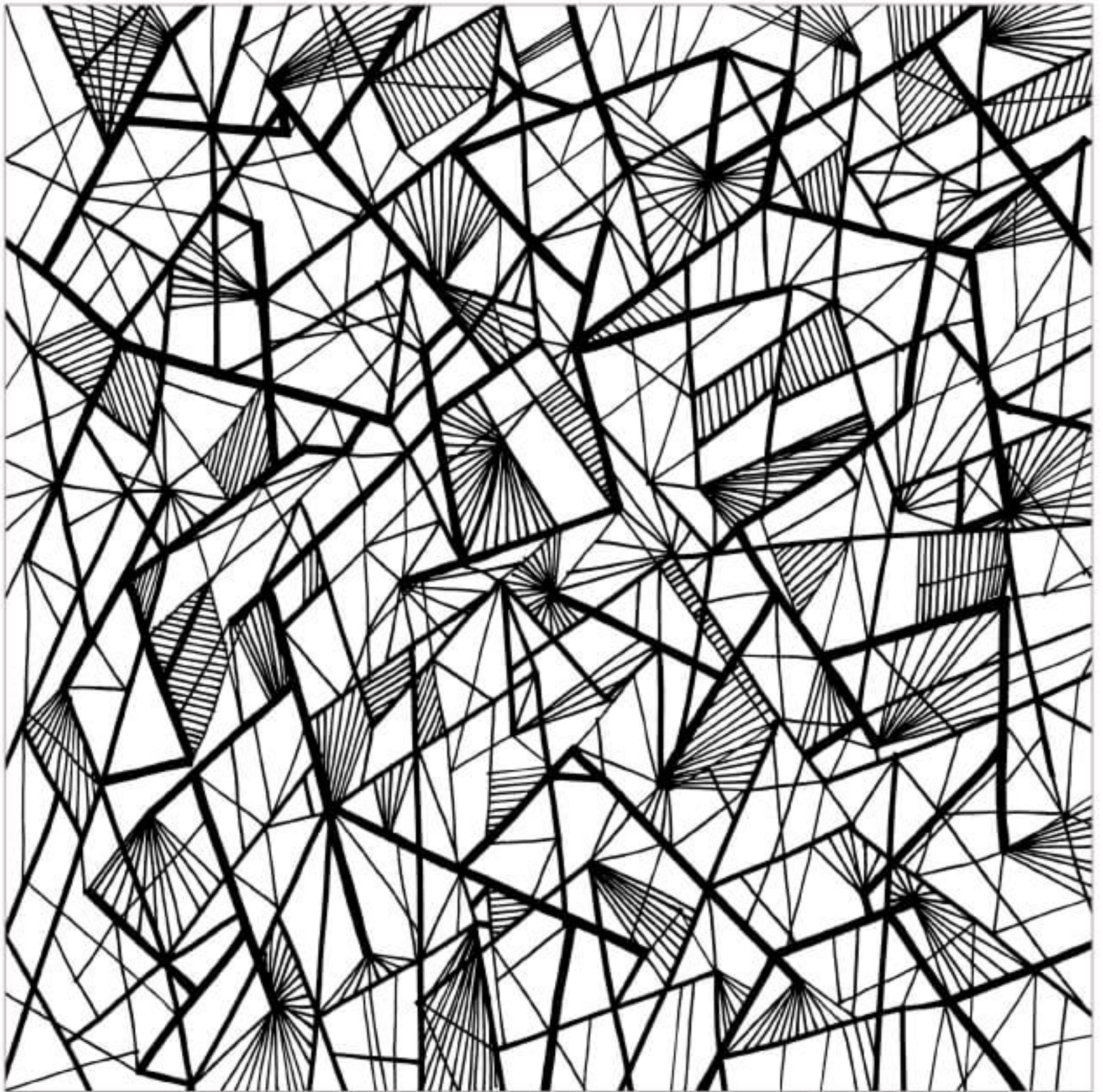
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Energize



First/Root Chakra - Stability, Vitality, Confidence, Courage and dare, Fulfillment

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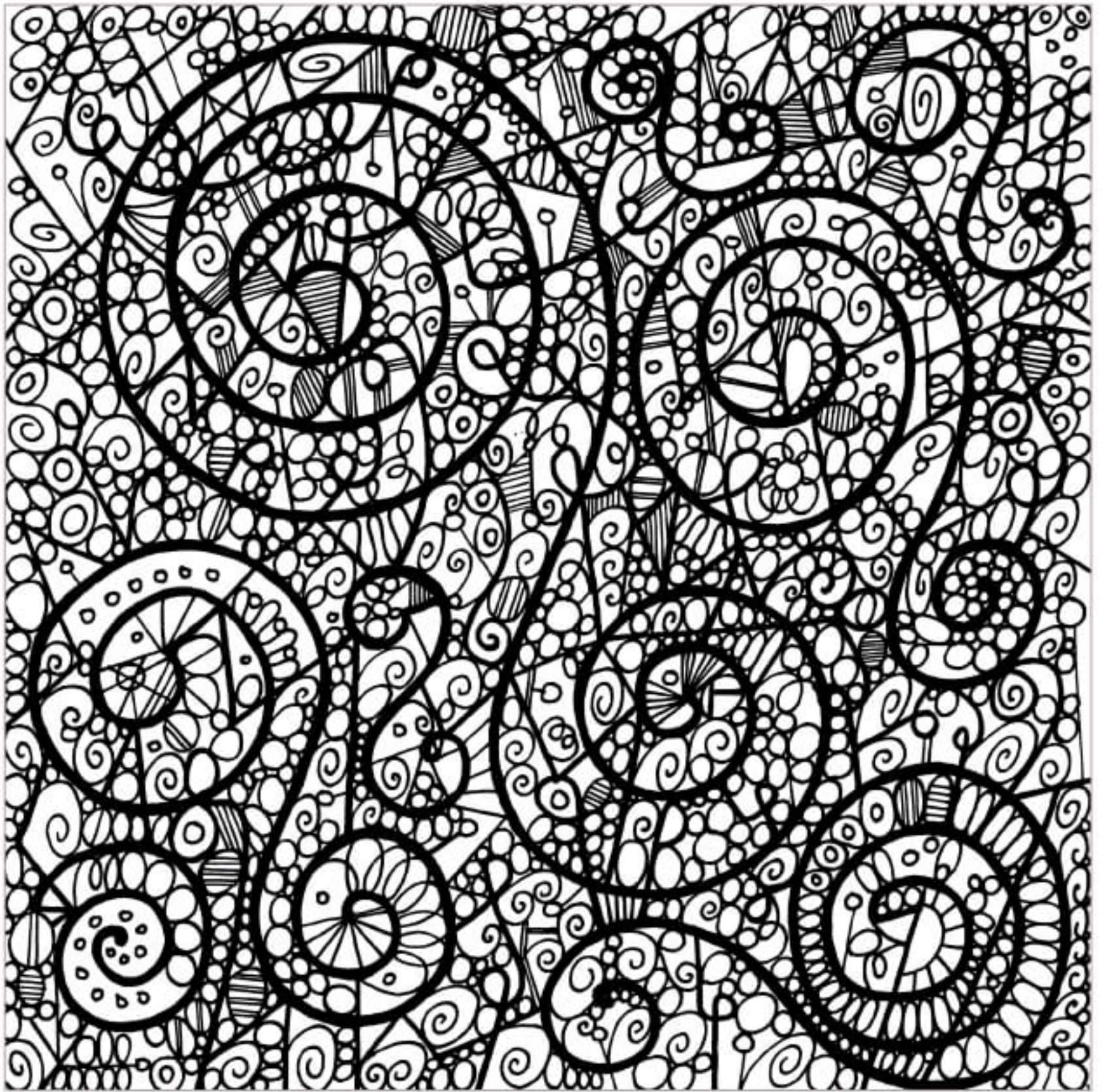
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Letting light in



Second/Sacral Chakra - Passion, *Trust*, Creativity, Kundalini, Vision

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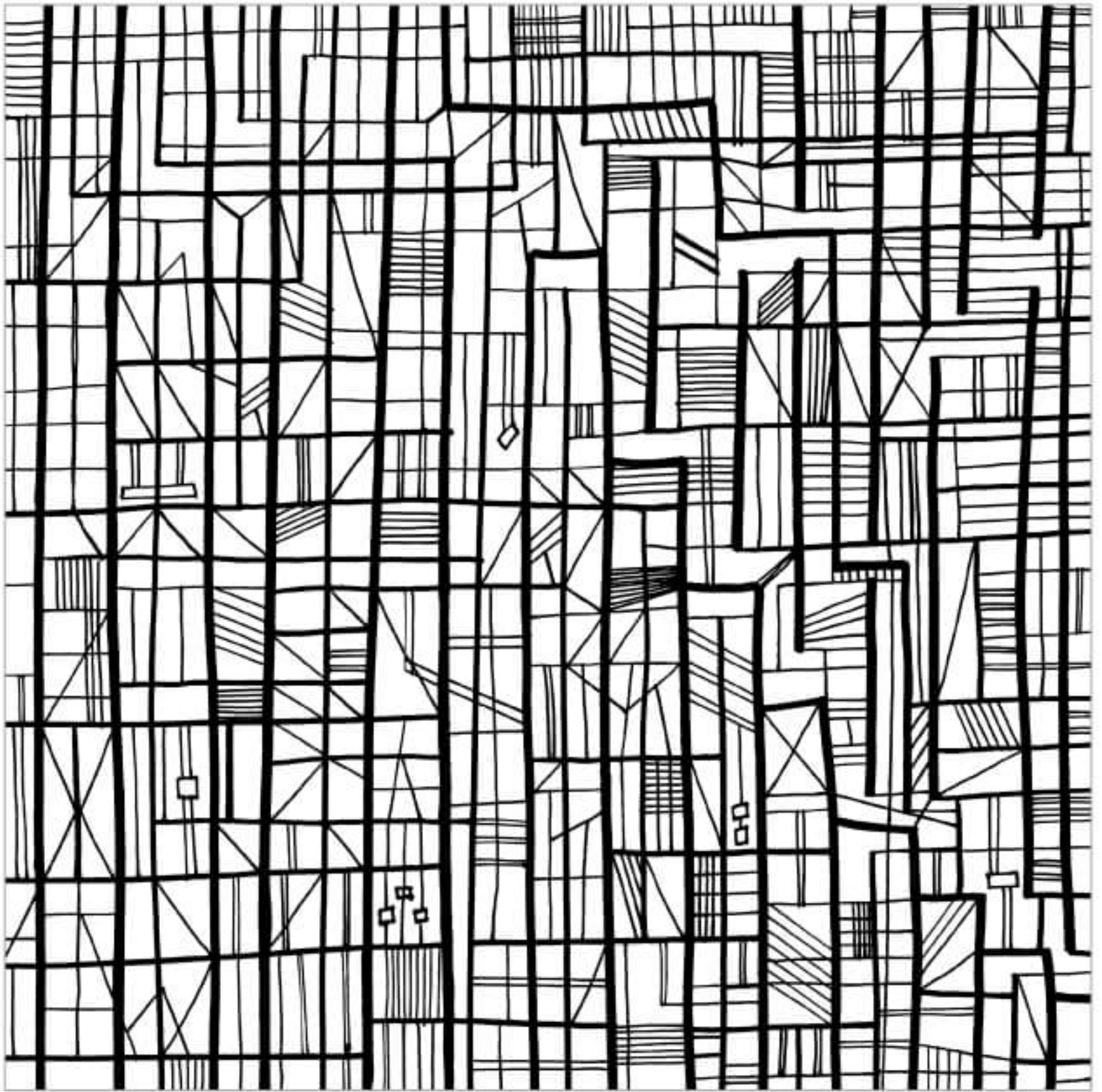


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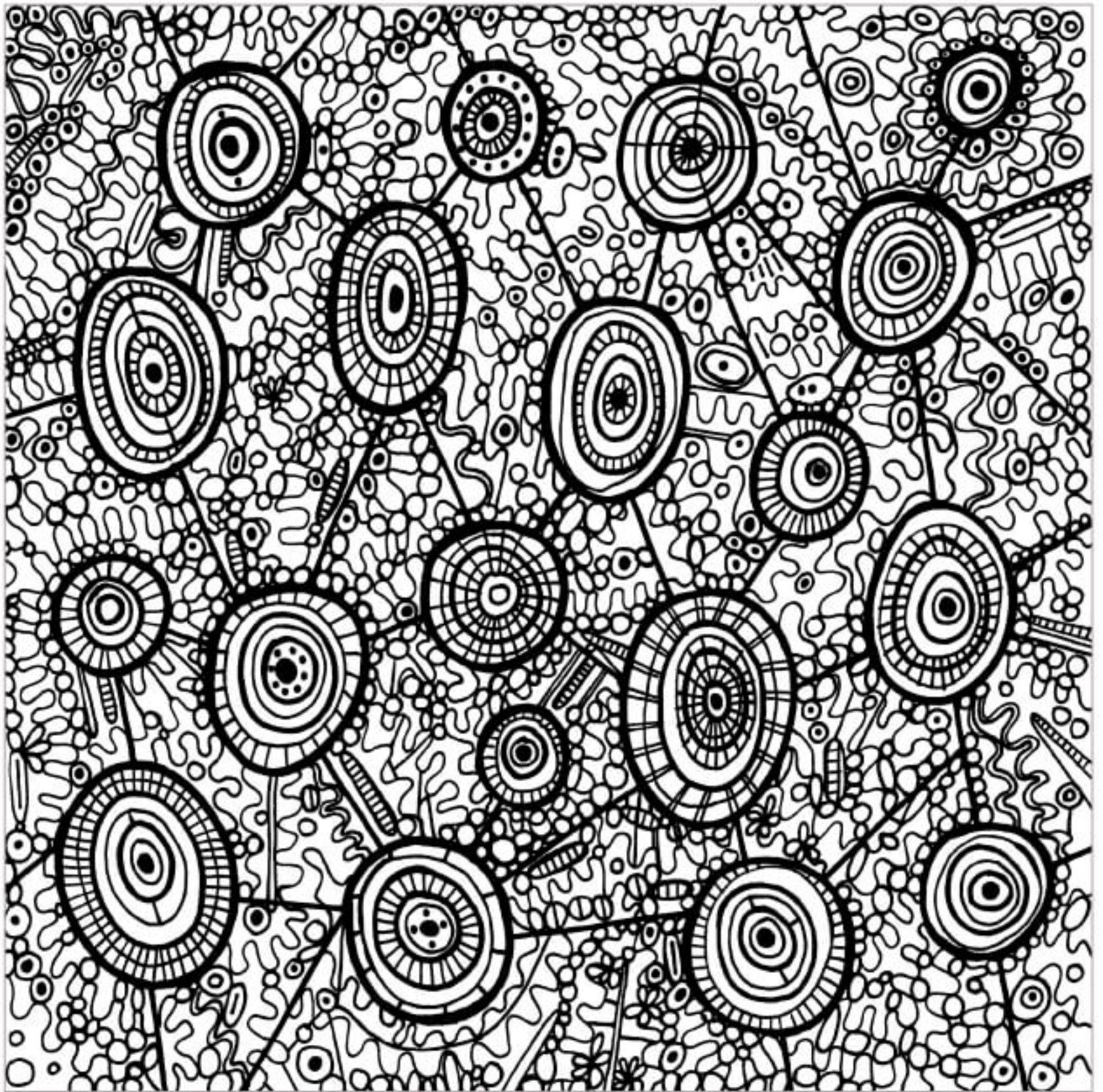
Free of patterns





Open and clean

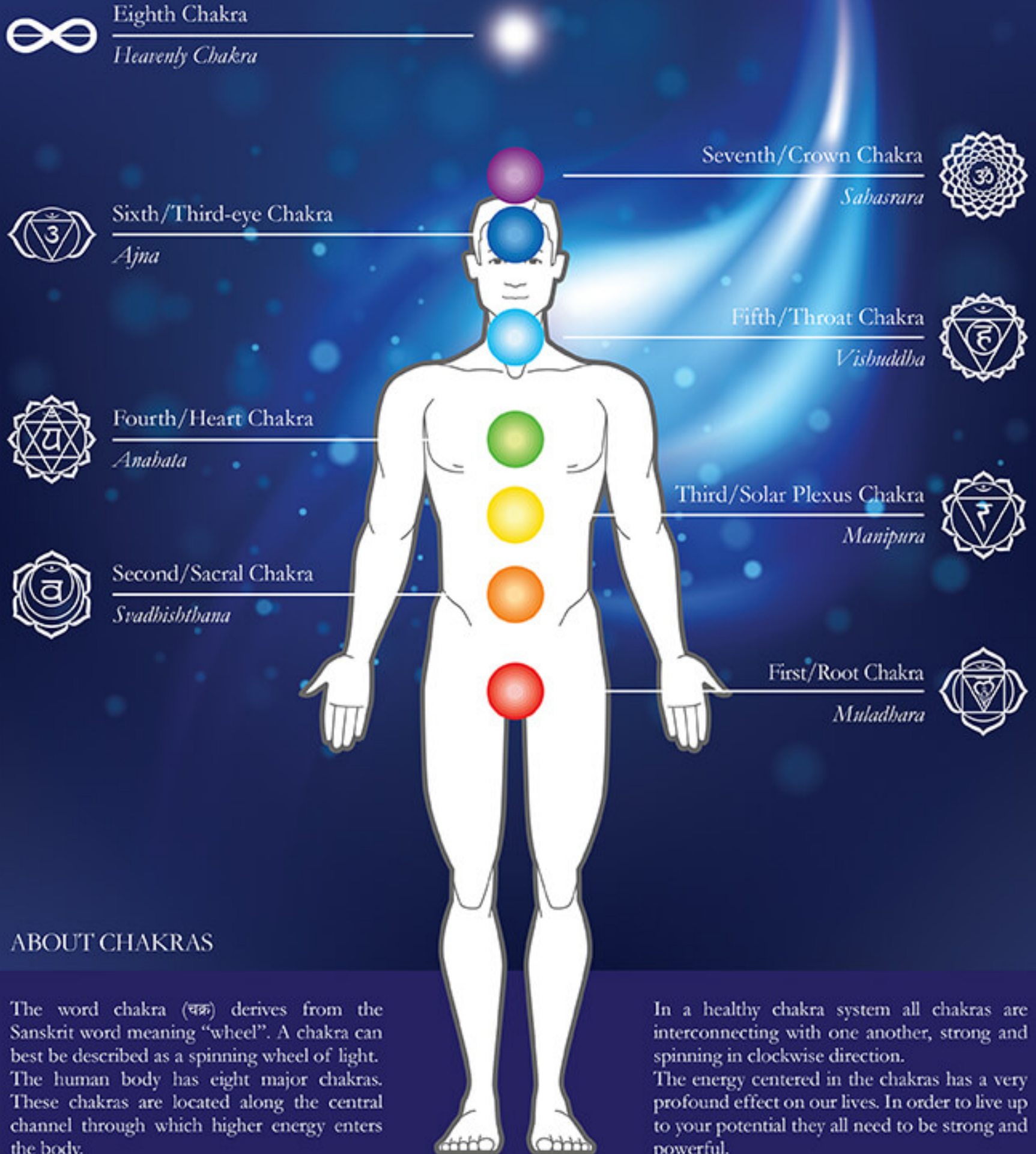




I am who I am



COLOR YOUR CHAKRAS™



ABOUT CHAKRAS

The word chakra (चक्र) derives from the Sanskrit word meaning “wheel”. A chakra can best be described as a spinning wheel of light. The human body has eight major chakras. These chakras are located along the central channel through which higher energy enters the body.

In a healthy chakra system all chakras are interconnecting with one another, strong and spinning in clockwise direction. The energy centered in the chakras has a very profound effect on our lives. In order to live up to your potential they all need to be strong and powerful.

COLOR YOUR CHAKRAS™

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The term “chakra” comes originally from the Sanskrit language of India, meaning “wheel” or “spinning wheel”. A chakra is energy that is moving in a rotating motion. Each of us has thousands of major and minor centers of this rotating energy. Working together as a system, the chakras are responsible for the effective distribution of our energy.

Both the amount, quality, direction, and speed of the energy flowing in our chakras influence our lives to a great extent. They affect our mood, thinking, behavior, and physical health. The more balanced and powerful our energy, the higher our sense of well-being.

The program consists of 40 distinctive and powerful patterns, targeting 8 of our major chakras. The moment we start coloring, higher cosmic energy starts flowing. Our chakras fill themselves with cleaning, balancing, and strengthening energy and our internal recovery mechanisms are set in motion.

Each pattern in the program covers a certain aspect of life. As a group, the 40 patterns form a comprehensive and powerful healing program.

NOTE: Knowledge of the chakras is not required to make this empowered healing program work!

Pattern size: 9.5x11.8 in (24x30 cm)
Printed on 120 gms wood-free paper



ABOUT ME

Hi! My name is Jiska van der Linden. I am the creator of the Color Your Chakras™ Empowered Healing Program. For the last decade, I have been working with higher cosmic energies as a tool for empowered healing. I am a trained Reiki and Biogonomy healer and teacher. My focus is towards assisting others by sharing my knowledge of self-healing. I find much joy in exploring the use of paintings, drawings, and patterns as a way to bring higher cosmic energy into our daily lives. The 40 patterns of Color Your Chakras™ were created as a unique way to access healing energy without the need for expertise and training, just simply by coloring.

My first personal experience with energy work happened more than a decade ago. I made myself an appointment at an energy therapist, which turned out to be a life-changing event. I realized that not only my physical health increased, but my overall well-being and self-awareness. I experienced a huge release of stress and the following treatments made me observe what was laying inside of me: my fears, thoughts, feelings, emotions, and needs. It allowed me to start making better choices for myself. I was working then as a graphic and web designer, which I really enjoyed. In addition, I started to work with cosmic energy myself. A few years later I chose energy work to become my main activity.

I hope you will enjoy Color Your Chakras™ as much as I did. Simply let the patterns guide you!

Be kind to yourself,
Jiska



For more info: www.coloryourchakras.com



AN EMPOWERED HEALING PROGRAM

Color Your Chakras is an 40-step empowered healing program created by Jiska van der Linden. The program offers us, in a powerful but gentle way, access to the healing benefits of higher cosmic energies. That is, by integrating these energies within distinctive patterns for coloring. This makes **Color Your Chakras** a readily accessible method to self-heal your chakras.

Order your copy today!

www.coloryourchakras.com