

Aspire Poster and Bookmark Information Sheet

What do you aspire to?

Do you seek positive qualities, such as calm, enrichment, energy, love, awakening, stimulation, focus, strength, rejuvenation, motivation, balance, harmony, compassion and understanding?

All of these can be found by gazing at the power-filled image that encompasses the spectrum of the world's colors and symbolizes human physical and emotional energy centers that harmonize your body, emotions, mind and spirit to maximize your resources within.

This wall art creates a positive space for you to reflect and meditate upon to clarify your mind, fortify your inner resources, and feel great peace. The rainbow, crystals, chakras, calcite and quartz represented in the poster all play an integral part in helping you move toward your many aspirations.

The Wonder of the Rainbow

The natural rainbow of colors is endlessly fascinating. We innately relate to this universal theme: it's beautiful, calming and spectacular and it's part of our collective unconscious. It helps us meditate and instantly bring our minds to a powerful place. In this poster, this magnificent spectrum is augmented by the sparkle and power of crystals.

Crystals

Crystals embody innate beauty and sparkle, as well as properties that help improve wellbeing and relaxation. The power of crystals to instantly optimize physical, emotional, mental and spiritual capabilities is also available in their photographic form. This power is especially potent when the crystals are arranged in a grid formation, such as the seven orbs of gradient of colors ascending from red to purple/white featured in this poster.

Chakras

For thousands of years there has been an understanding of seven energy centers or vortexes in the body, starting at the base of the spine (the root) and extending to the top of the head (the crown). Called chakras, these points correlate with the meridians of Eastern Medicine that encompass the major vital organs. It was traditionally believed that understanding and nurturing these seven energy vortexes enhances one physically, emotionally, mentally and spiritually. Often one or more of these centers may be out of balance, and conscious consideration of these areas proves advantageous. Also, many believe that gazing upon and connecting with the seven chakra images can instantly benefit your wellbeing and mental serenity. (For more discussion of the wide-ranging benefits of the chakras, see *Additional Information: Empower Your Intentions Using the Seven Basic Needs, Based on the Chakras* toward the end of this piece.)

Calcite Crystals

The positive qualities of chakras are also found in calcite, a special crystal found in many colors, and represented in the seven central orbs in the poster. Calcite's rainbow of colors matches the chakra system, and each color of calcite supports its associated chakra. For example, red calcite is especially suited to offer those qualities needed to support the first chakra.

In general, calcite has properties that can be particularly useful for achieving your goals, such as reinforcing your intentions and life force from within, providing nurturing, purifying and serenity-producing properties, and helping your mind/body remember a more perfect state and the creative forces of nature.

Calcite, which has a calcium base, is one of the most common elements on earth. It registers #3 on the 1-10 hardness scale, making it a softer element and often considered representative more of the nurturing, receptive, feminine yin qualities.

To uphold natural polarities, it's beneficial to balance calcite's softer feminine qualities with a crystal holding some harder, more masculine yang qualities, such as quartz. In the Aspire Poster, the rainbow formation of seven central orbs of calcite are supportively bordered and balanced by quartz crystals.

Quartz Crystals

Quartz, from silica (sand), is #7 on the 1-10 hardness scale. Consequently, it contributes protective masculine qualities.

The family of quartz crystals includes amethyst, citrine and rose varieties of clear quartz. The quartz featured along the sides of the poster is the exquisite and rare rose amethyst quartz (also called flower amethyst quartz). The top and bottom portions are amethyst quartz.

Quartz symbolically represents a foundation and protection. Quartz connects you with supportive strength, improves focus and clarity and consequently fortifies your intentions and facilitates transformation.

Gaze upon this Poster

Harness the amazing power of the seven orbs of calcite, which represent the chakras' positive properties, surrounded by sparkling quartz. In this piece of art, the penetrating crystals work in harmony, offering a powerhouse of attributes to energize and nurture your inner energy centers.

- Feel rejuvenation and an instant shift.
- Simply visualizing the grid formation of the crystals' rainbow colors provides a direct connection to their constancy and peaceful presence.
- Similar to a full-length mirror of your vibrancy, let these shining, glorious chakras create a happy reflection of yourself.
- Help your wellbeing by contemplating your energy centers, each containing vital organs of the body as well as emotional associations. Usually at least one chakra needs a boost. This can be accomplished by glancing at calcite.

This poster can be enjoyed in any environment, including the office, schools, public places, a home office, dorms, healing rooms, yoga and meditation centers, acupuncture, massage, Reiki, polarity and other healing spaces, sanctuaries and retreat centers. Anywhere you need a lift.

It can also be a thoughtful gift for someone you care about. Give a message of confidence and hope: Powerful energy is derived from within.

Be inspired to pursue your aspirations—peace, calm, invigoration, energy, balance, harmony...

Calcite Chakra Chart

This chart examines the spectrum of seven colored calcite crystals by listing the following:

- Their numerical order and color
- The name of the chakra to which they correlate, indicating the part of the body they resonate with and assist
- The predominant quality the associated chakra holds when functioning efficiently
- An affirmation to reinforce the positive features you can derive from the related chakra. See *Additional Information: Empower Your Intentions Using the Seven Basic Needs (Based on the Chakras)* for more information.

Seven Chakras and Associated Calcite*

#, Color	Chakra Name	Chakra Property	Positive Affirmation
7 Purple, White	Crown – Top of Head	Harmony and Balance	Gaining Serenity – I bring balance to my life, restoring a natural harmonious rhythm, and extend that peacefulness outward.
6 Dark Blue	Third Eye – Mid Forehead	Healing Expressions	Finding My Gifts – I am drawn to discover and heal my authentic self and share my wisdom.
5 Light Blue	Throat – The Dip below Adam’s Apple on Throat	Organization and Communication	Prioritizing My Concerns – I organize my values so I can focus on my heartfelt, authentic pursuits.
4 Green	Heart – Above Heart	Soothing Compassion	Loving Myself – I am wholeheartedly accepting and compassionate with myself. I gain the deep personal connection I deserve.
3 Yellow	Solar Plexis – Base of Sternum	Confidence	Building My Self-Esteem – I validate myself knowing I am special and the world needs my voice.
2 Orange	Sacral – Navel (belly button)	Happiness	Caring For Myself – I deserve to feel nurtured; this fuels my vitality and ignites my creativity.
1 Red	Root – Base of Spine	Vitality	Feeling Secure – I bravely use my own ingenuity to care for my security.

* The seven values are shown in inverse order to replicate their location in your body, as well as their position in the poster.

Biography

Robingale Masters photographed and conceptualized the design of the Aspire Poster. She is the author of the *Intention Journey Card Companion* and *Intention Journey Guide* books that explore personal empowerment and wellbeing using universal themes, such as those found in the seven energy centers or chakras. She also blogs on navigating the maze of opinions on handling life’s many aspects, and strengthening your empowered viewpoints with an intentional approach. Her website is www.EmpoweredMindscape.com.

Artie Nichols prepared the photos and interpreted the design using graphic editing tools.

**Additional Information:
Empower Your Intentions Using the Seven Basic Needs
(Based on the Chakras)**

This powerful rainbow grid formation doesn't simply represent seven centers of the physical body; these are universal building blocks that correlate with many areas of the natural world and have an influence on human development. They provide a vital key to the workings of our basic needs and motivations, fundamentals of human makeup.

The Empowered Mindscape books, including the *Intentional Journey Cards Companion*, distill these seven essential features into the seven Basic Needs, thereby offering us a natural tool to help us move toward our aspirations and intentions. These incremental needs encompass the necessities of life, starting at the security level and building toward higher needs (less basic but still highly compelling). The seven Basic Needs are Security, Nurturance, Approval, Love, Value, Mission and Peace.

As core urges, the seven Basic Needs

- Aid us in maintaining a healthy mind and body.
- Provide us with strong motivations to consciously think, act and direct our lives as we seek.
- Explain how to reclaim and encourage new, more empowered ways of thinking.
- Lead us toward fulfilling our unique potential and attaining peace of mind.