



**Energize, Synergize  
& Synchronize your  
Wellness today ... We  
offer a variety of  
Synergy Work  
modalities to  
support  
Mind/Body/Spirit  
Harmony.**

Synergy/Energy Work is defined as holistic practices that promote alignment, balance & harmony of Mind/Body/Spirit Consciousness ... We focus on the WHOLENESS of your Being, that of a Divine Spirit temporarily living in a human body ... We seek to consciously address any underlying spiritual issues that manifest as mental/physical disharmony.

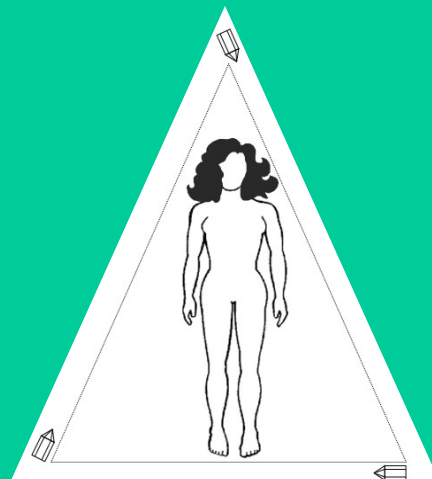
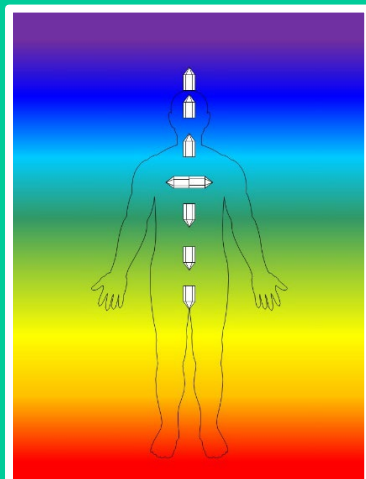
By imagining good health & listening to your body, you can energetically affect your Wellness ... If you believe you have the “power” to create any condition, then you have the “power” to change any condition ... The goal of Synergy/Energy Work is to remind you of your default Wellness – Feeling Great, Happy, Healthy & Loved.

Mental/Physical ailments reflect your current attitudes of your Reality ... Personal Healing/Wellness is possible if you focus on both your physical conditions & the roots of your thinking/feeling patterns ... A new vibration of Self is required to be who you want to be ... Harmony & Balance can be restored by unifying your Mind/Body/Spirit Consciousness & Wholeness.



## Crystals ~ Stones ~ Shells Himalayan Salts ~ Sacred Geometry Grids

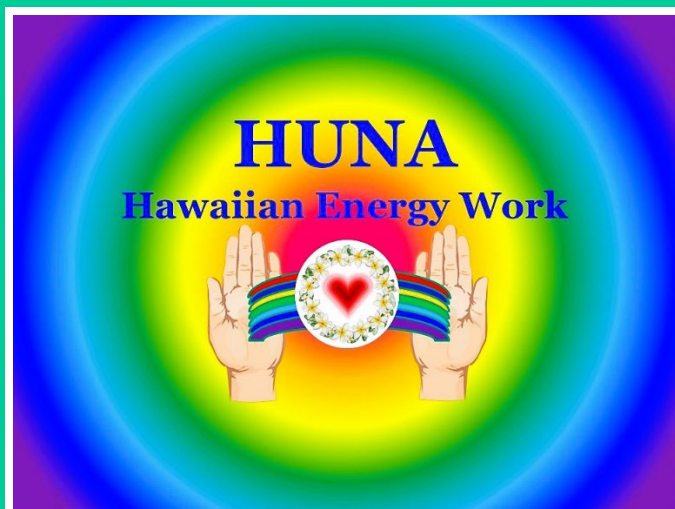
- Chakra Layouts to Align & Balance the Body
  - Quartz Crystals
  - Gem, Semi-precious & Elemental Stones
  - Seashells
  - Himalayan Salts
- Creating a "Rainbow Body" of synergized Chakras, coalescing with soothing natural elements from the Earth & Sea
- Setting Sacred Geometry Grids (Tetrahedron, Cube, Circle, Merkaba) to compliment the layouts with an energy field of Earth Harmonies



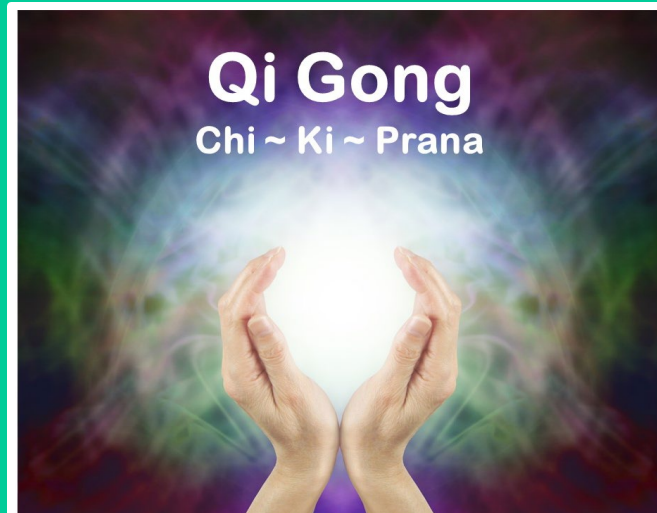
## Chakras & Matching Gemstones/Stones

<u>Crown Chakra</u>	(Purple/Violet)
Amethyst, Charoite, Fluorite, Sapphire, Sugilite (Clear/White/Other Stones: Crystal Quartz*, Diamond, Labradorite, Opal)	
<u>Brow/3<sup>rd</sup> Eye Chakra</u>	(Deep Blue)
Azurite, Blue Tiger's Eye (Hawk's Eye), Fluorite, Iolite, Lapis Lazuli, Sapphire, Sodalite, Tanzanite, Tourmaline	
<u>Throat Chakra</u>	(Light/Medium Blue)
Amazonite, Angelite, Aquamarine, Blue Lace Agate, Blue Topaz, Calcite, Celestite, Chrysocolla, Kyanite, Larimar, Turquoise	
<u>Heart Chakra</u>	(Green)
Agate, Alexandrite, Aventurine, Azurite, Bloodstone, Calcite, Chrysocolla, Chrysoprase, Emerald, Fluorite, Jade, Malachite, Peridot, Sapphire, Serpentine, Tourmaline, Turquoise, Unakite (Other Stones: Moonstone, Morganite, Pearl, Pink Lace Agate, Rhodochrosite, Rhodonite, Rose Quartz or any pink stone)	
<u>Solar Plexus Chakra</u>	(Yellow)
Agate, Amber, Calcite, Chrysoberyl, Citrine, Gold, Jasper, Leopard Skin Jasper, Pyrite, Rutilated Quartz, Sapphire, Yellow Jade, Yellow Tiger's Eye	
<u>Navel Chakra</u>	(Orange)
Agate, Amber, Calcite, Carnelian, Coral, Fire Opal, Peach Moonstone, Peach Aventurine, Sapphire	
<u>Root Chakra</u>	Red (Black /Brown)
<u>Red:</u> Agate, Bloodstone, Copper, Garnet, Jasper, Red Tiger's Eye, Ruby, Unakite <u>Black/Brown:</u> Basalt, Hematite, Jet, Kyanite-black, Obsidian, Onyx, Opal, Petrified Wood, Smokey Quartz, Tourmaline (Other Stones: Moldavite/Tektite/meteoric stones)	

\* Crystal Quartz works with all Chakras.



- Huna is a Hawaiian Shamanic System of Vibrational Energy Work – defined as "hidden/secret" . . . Rainbow Light is the visualization for the movement of energy ... Fully clothed during Huna sessions.
- Kahi & Kahi Loa ("Oneness & Great Oneness")
  - Energizing the body's 14 power centers
  - Gentle touching of the skin to promote calm with the energy field vibrations of the 7 elements of Fire-Wind-Water-Stone-Plant-Animal-Human
- Lomi Ho'oponopono ("make right") & Kupono ("move straight to goal") Pastoral Life Coaching
  - Guiding Forgiveness, Reconciliation & Trauma Release
  - Reviewing emotional patterns, past-life memories & current life perspectives of disharmony
  - Identifying the location in/on the body of the memory/trauma & lightly touching to affect the energy field with Aloha
  - Encouraging "Conscious Crying" to bless/clear & release



## Qi Gong

(“cultivating Qi/chi” - life force energy ~ *chi/ki/prana*)

- Recharging & Restoring the balance of harmonious chi by moving/redirecting the chi in/around the body
- Rejuvenating the Chakras & areas of constant discomfort
- Healing Self with techniques to build/sustain your chi force
- Breathing with a Measured Rhythm ~ 5/10-seconds technique
- Qi Gong 36 Forms
- Hawaiian 7 Elements Breathing (fire-wind-water-stone-plant-animal-human)
- Kalana Hula 6 movements (river-waterfall-waves-tides-jumping whale-heavenly rain)
- Harnessing the Sun’s chi with Dolphin/Whale Breathing



- Reiki is a Japanese word defined as "Universal Energy."
- Mikao Usui rediscovered this energy system in Japan in the late 1800s.
  - *Usui Reiki Ryoho* = "Usui's System of Natural Healing."
  - Reiki energy is passed from teacher to student through an attunement ceremony.
  - Reiki flows into the body with a light touch & visualization of the Blue Reiki Ray.
  - Reiki uses Power Symbols (level 2) to energize the Reiki Flow.
- Illness & Wellness Sessions - Chakra Balancing - Harmonizing – Specific areas & overall mind-body-spirit wellness
- "Distant" Energy Work available if unable to travel locally
- Client is fully clothed.
- May be used with pets ... Although, check with your cat.
- Four levels of practitioners: Reiki I, II, Master & Master/Teacher





## **Shamanic Ceremony & Ritual**

*Modern/Cross-Cultural Shamanism \**

- Archangel Michael Blessing
- Anointing ~ Blessings/Clearings (person, house, land) ~ Smudging
- Ceremonial Oils/Scents
- Drumming
- Elemental (Fire-Earth-Air-Water) – Sun – Moon – Stars
- Entities & Ghosts/Spirit Walkers
- Feather Blessings ~ Hawaiian Alaea Water Blessing/Clearing
- Meditation ~ Shamanic Dreaming/Journeying
- Merkaba Balancing ~ Alpha/Omega Spheres
- Shamanic Deaths/Rebirths
- Spirit Names/Totems ~ Power Tools
- Star Family/People & Galactic Consciousness
- Vision Quests
- Warrior Awareness/Empowerment

\* Arcturian, Buddhism, Celtic, Christian, Elemental, Egyptian, Father Sun, Goddess, Hinduism, Mother Earth, Native/Cherokee, Hawaiian, Mayan, Merkaba, Oriental (Chinese/Japanese/Korean), Pleiadean, Ra, Sirian, Taoism, Thoth



## **Sound/Vibrational Harmony**

*Vibrating harmonics for balancing, blessing & clearing*

- **Vibrational resonance for mind-body-spirit unity & stress-relief**
  - Crystal Bowls
  - Drums
  - Rattles
  - Tibetan Bells/Chimes
  - Tuning Forks
- **Chanting/Toning & Music**
  - Cherokee
  - Christian/Latin
  - Hawaiian
  - Mayan
  - Medicine Buddha
  - Sufi



## Synergy Work ~ EarthStar Spiritual Center

Notify your medical professional about your Synergy/Energy Work as this is not intended to be a substitute for informed medical advice or care provided by physicians, medical professionals or medical practices ... Synergy/Energy Work may complement your current wellness plan ... The Synergy/Energy Work described above may be used as effective stress-reduction & relaxation regimens ... Synergy/Energy Work is often a blend of wellness/spiritual practices from cultures around the world ... YOU have the power to influence & change your Well-Being.

~ Be Calm ~ Be Healed ~ Be Loved ~ Be Well ~



~ Calm is Healing ... Healing is Calm ~

Be Calm ~ Be Healed ~ Be Loved ~ Be Well