



**Energize, Synergize
& Synchronize your
Wellness today ... We
offer a variety of
Synergy Work
fusions ...
Experience soothing
vibrations for calm,
balance & harmony,
stress relief &
rejuvenation of
mind-body-spirit.**

Synergy Work (a.k.a. "Energy Healing") is defined as holistic practices that promote harmony & wellness of the mind, body & spirit ... We focus on the WHOLENESS of your Being, that of a Divine Spirit temporarily living in a human body.

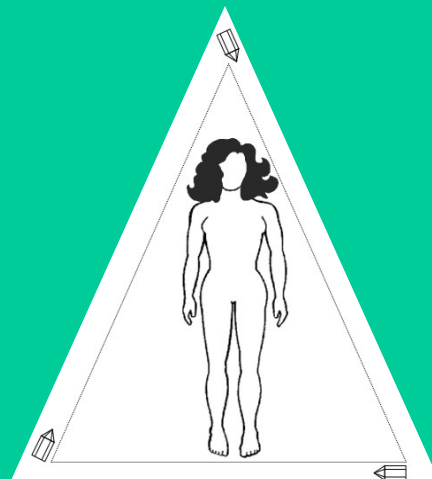
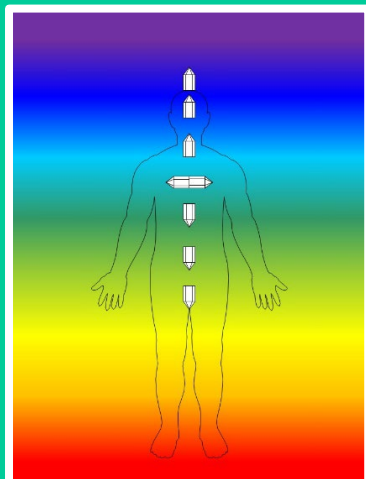
We seek to consciously address any underlying spiritual issues that manifest as mental/physical ailments ... By imagining good health, listening to our bodies & desiring harmony, we can energetically affect our Wellness ... If you believe you have the "power" to create any condition, then we have the "power" to change any condition ... Energy Healing works only if you want it to ... Change is required to be the Best Version of You ~ Feeling Great, Happy, Healthy & Loved.

Physical ailments reflect our current mental/spiritual perspectives ... Effective Healing/Wellness is possible if we focus on both our physical conditions & the roots of our thinking/feeling patterns ... A new vibration of well-being is required to be who we want to be ... Harmony & Balance will be restored if we accept our Mind/Body/Spirit Wholeness.



Crystals ~ Stones ~ Shells Himalayan Salts ~ Sacred Geometry Grids

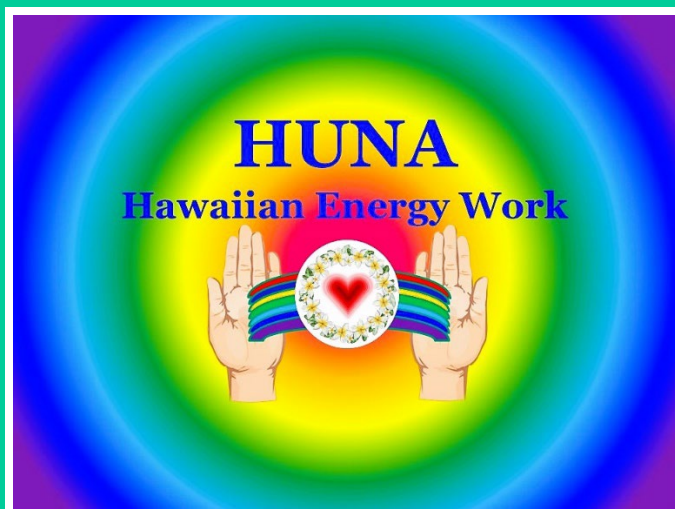
- Chakra Layouts to Align & Balance the Body
 - Quartz Crystals
 - Gem, Semi-precious & Elemental Stones
 - Seashells
 - Himalayan Salts
- Creating a "Rainbow Body" of synergized Chakras, coalescing with soothing natural elements from the Earth & Sea
- Setting Sacred Geometry Grids (Tetrahedron, Cube,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



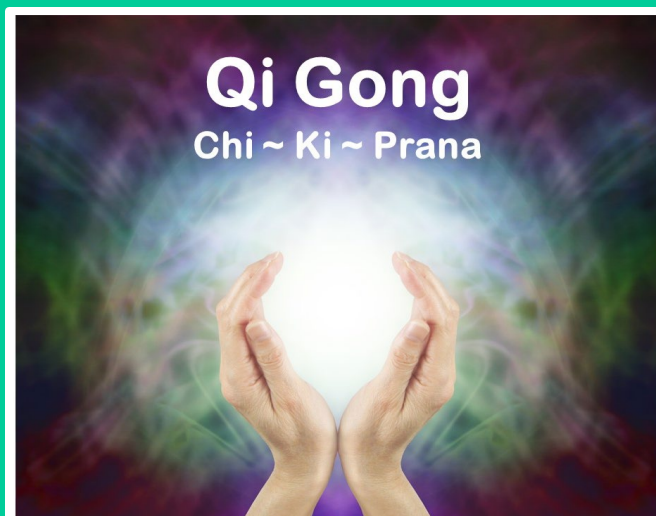
Chakras & Matching Gemstones/Stones

<u>Crown Chakra</u>	(Purple/Violet)
Amethyst, Charoite, Fluorite, Sapphire, Sugilite (Clear/White/Other Stones: Crystal Quartz*, Diamond, Labradorite, Opal)	
<u>Brow/3rd 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/meteoritic stones)	

* Crystal Quartz works with all Chakras.



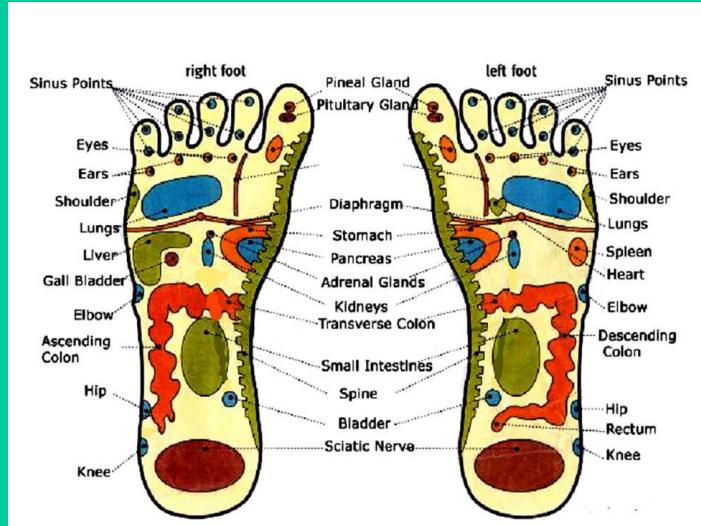
- Huna is a Hawaiian Shamanic System of Vibrational Energy Work – defined as "hidden/secret" . . . Rainbow Light is the visualization for the movement of energy ... Fully clothed during Huna sessions.
- Kahi & Kahi Loa ("Oneness & Great Oneness")
 - Energizing the body's 14 power centers
 - Flowing Touches of the skin to relieve stress
 - Mirroring the Vibrational energy flow 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 Trauma Release & Reconciliation
 - Reviewing emotional patterns, past-life memories & current life perspectives of disharmony
 - Identifying the location in/on the body of the memory/trauma
 - Touching lightly on the area to focus intentions, remove memories/traumas & replace with Aloha
 - Encouraging "Conscious Crying" to release, clear & bless



Qi Gong

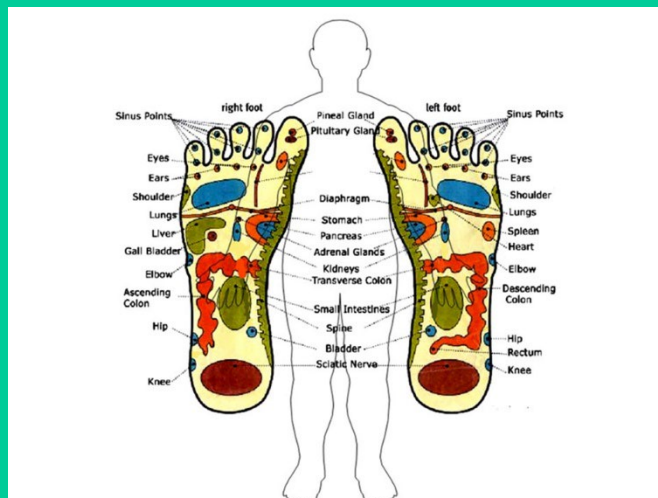
(“cultivating Qi/chi” - life force energy ~ *chi/ki/prana*)

- 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



Reflexology

- Pressing/Touching the Reflex points on the feet that correspond with body organs/systems to relieve stress & harmonize
- Draining the Lymph System for a natural cleansing
- Maintaining comfort levels with any medical contraindications





- Reiki is a Japanese word defined as "Universal Energy."
- Mikao Usui rediscovered this healing 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. (as are the other Synergy Work at EarthStar)
- May be used with pets ... Although, check with your cat.
- Three levels of practitioners: Reiki I, II & 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
- Meditation ~ Shamanic Dreaming/Journeying
- Merkaba Balancing ~ Alpha/Omega Spheres
- Shamanic Deaths/Rebirths
- Spirit Names/Totems ~ Power Tools
- Sky/Star People ~ Sirian 2nd Heart ~ Halls of Amenti
- 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-relieving**
 - 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 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 ... Energy Work may complement your current wellness plan ... The Energy Work described above may be used as effective stress-reduction & relaxation regimens ... 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