

WELCOME TO

The Element

We're so glad you're here!



CHAKRA INSIGHT



Earth Star Chakra

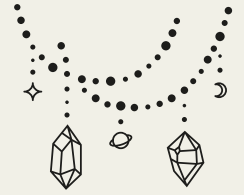
VASUNDHARA

- Associated with grounding and our connection to Mother Earth.
- Connected to Gaia and the non-physical body, anchors the entire chakra system.





CRYSTAL HIGHLIGHT



HEMATITE

The Grounding Stone

This sleek find centers the mind, calms anxiety, and serves as a negative energy shield.

Hematite grounds the energy for the physical, emotional, mental, and spiritual bodies, and improves concentration.

This glimmering stone also enhances blood circulation and cell regeneration that may assist with anemia.



@essential.element.ha



Chakra Yoga Poses

Savasana



Adho Mukha Svanasana



Prasarita Padottanasana



Earth Star Chakra

Grounding, Connection to Gaia

Sanskrit: Vasundhara

Mantra: "I am grounded"

Location: 12" Beneath the Ground

Sound: Ang

Gland: (None)

Color: Black/Brown





Health Benefits Of ACTIVATED CHARCOAL



- Natural antioxidant
- Great breath freshener
- May whiten teeth
- May prevent hangovers
- May improve acne
- May purify water
- May support kidney function
- May neutralize odors
- May manage cholesterol
- May treat skin infections
- May remove toxins



Black Lemonade

With Fresh Mint



2 servings



5 minutes

INGREDIENTS

2 cups of lemonade*
½ tsp or 2 capsules of
activated charcoal
fresh mint & sliced
lemon for garnish

*see recipe for
Fresh Lemonade

DIRECTIONS

1. Prepare 2 8oz glasses
2. Fill each glass with ice
3. Mix activated charcoal into lemonade until fully incorporated
4. Add 1 cup of black lemonade to each glass
5. Garnish with fresh mint and sliced lemons
6. Serve immediately

FEATURED SERVICE

Sound Bath

Experience the ultimate relaxation with a Sound Bath session. Immerse yourself in the soothing tones of music and meditation, while achieving chakra balance. Indulge in this wellness experience for complete rejuvenation.

Session Includes:
Grounding Meditation
Chakra Balance
Sound Bath



SOUND BATH

- Grounding Meditation
 - Chakra Balance
 - Sound Bath
- 1 hour session



Sound Healing:
An ancient meditative practice of calming the body and mind through the immersion of sound vibrations.

[Schedule Now](#)

UPCOMING EVENTS



Moon Magic Meditation

**Wednesday
June 11th**

8p - 9p

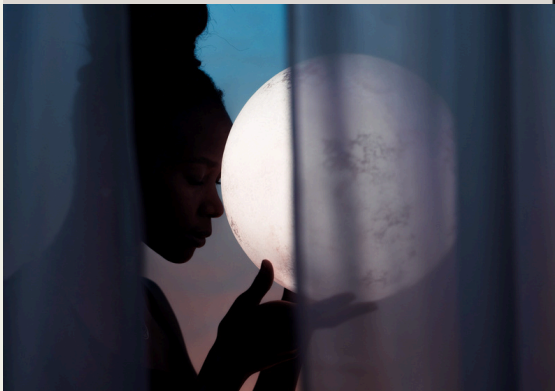


Come merge your energy with the healing vibes of the full moon.

Guided meditation, notebook, journal pages, and moon water vial provided.

We will set intentions and release what no longer serves us into the fire.

Moon milk or moon tea provided.



[Registration Link](#)

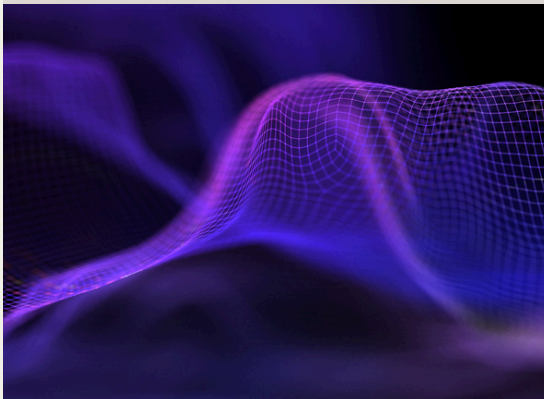
UPCOMING EVENTS



Thursday
June 26th
6p-7p



Curious about the Akashic Records and how they can guide your personal journey? Join us for a transformative Intro to Akashic Records Workshop and explore the cosmic library of your soul!



[Registration Link](#)

UPCOMING EVENTS



**Akashic Sound
Journey
Saturday
June 28th
6p - 7:30p**



Come immerse yourself in the healing vibes of sound and the knowledge of the Akashic Records.

Journey includes a Sound Bath as well as Guided Meditation into the Akashic Records to discover your Spirit Guides.
Bring your journals!

Water and hot tea provided.



[Registration Link](#)

UPCOMING EVENTS



ENERGY THERAPY



LEVEL I, II, III, & IV TRAINING

12 wk Course Each Level

**Classes scheduled
according to your
availability**



Students will be provided required books, manual, and tools, along with Level Attunement, Attunement Journal, and Certification in Energy Therapy.

Students will also receive hands on practice with teachers and clients. Personal portfolio photos will be provided upon level completion.



Each class is 2 hours per week. Class fee is \$900.

Split payments over 12 months with PayPal financing.

Bundled Levels also available for more convenient payment plans.

When registering, select any available date on the calendar.

We will then coordinate your classes according to your schedule or the group class schedule.

Students must complete Level 1 with Essential Element Healing Arts before registering for Level 2, Level 3, and Level 4.

REGISTRATION LINK

Featured Testimonial



Loved It!

Lovedddd it !!!

Thanks for amazing workshop.



Can't wait for the next one.

S.S.



Book Your Session Today!

RELAX WITH THE HEALING ARTS OF VIBRANT ENERGY



Visit our website to learn more about our products and services and the benefits they provide.

LET'S CONNECT!



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