

■ Chakra Mastery Course – Free Preview Curriculum

Welcome to your free preview of the **Chakra Mastery Master Course**.

This sampler gives you access to selected lessons from the 20-module core course, plus a sneak peek at the bonus modules. You'll see the full roadmap of the program, and gain insights from unlocked modules — while the deeper activations, advanced chakra work, and trauma-healing practices remain exclusive to enrolled students.

■ Full Course Table of Contents (20 Modules + 3 Bonuses)

- Section 1: Foundations (Modules 1–3)
- Section 2: The Seven Chakras (Modules 4–10)
- Section 3: The Higher Chakras (Modules 11–16)
- Section 4: Integration & Healing (Modules 17–19)
- Section 5: Mastery (Module 20)
- ■ Bonus Modules: Attunements, Sound Healing, Higher Chakra Activations

■ Free Preview Modules

Module 1: Introduction to the Chakra System

This module explores the origins of chakra knowledge in Vedic, Tantric, and esoteric traditions. It explains how the chakras act as energy centers connecting body, mind, and spirit, and why understanding them is vital for personal growth. You'll see how the chakra system is not just a spiritual map, but a guide for psychological and energetic balance.

Module 2: Chakra Psychology & Energy Theory

Here we connect chakras to modern psychology — including Jung's archetypes and Maslow's hierarchy of needs. You'll learn how each chakra relates to developmental stages of life, and how trauma can leave imprints that block energy flow. This creates the foundation for deeper healing and alignment later in the course.

Module 3: Understanding Kundalini Energy

Kundalini is the primal life-force energy that lies dormant at the base of the spine. This module explains its origins in yoga and tantra, the signs of awakening, and safe practices to activate it gradually. You'll also learn the risks of forcing Kundalini too quickly, and how to prepare your body and mind for this awakening.

Module 4: The Root Chakra

As the foundation of the entire chakra system, the Root Chakra governs survival, stability, and grounding. This module dives into its psychological patterns, physical associations, and energetic blockages. You'll also be introduced to grounding practices and simple exercises for strengthening this chakra — giving you a taste of how each chakra will be explored in detail later in the course.

■ Bonus Module Previews

■ Bonus 1: Chakra Attunement Ceremonies & Initiation Rites

This bonus explores sacred rituals and attunement practices used to align and awaken the chakras. It includes initiation rites drawn from various traditions that deepen the student's energetic connection.

■ Bonus 2: Sound Healing & Frequency Charts per Chakra

Sound is vibration, and vibration is energy. This module explores the power of sound frequencies, mantras, and music in harmonizing each chakra. It also introduces frequency charts linking tones, instruments, and chants to specific chakras.

■ Bonus 3: Higher Chakra Activation with Crystalline Grids & Cosmic Codes

This advanced bonus shows how crystals and sacred geometry can be used to activate the higher chakras. It introduces crystalline grid layouts and cosmic codes for connecting to expanded states of consciousness.

■ Next Steps

This preview has given you expanded insights into four core modules of the Chakra Mastery Master Course, plus a look at the bonus modules. You now see how the chakra system forms a complete framework for energy, psychology, and spiritual evolution. To unlock the complete 20-module journey — including full chakra healing practices, higher activations, and real mastery techniques — enroll today and begin your path to chakra mastery.