

The Chakras  
& Meridian Tapping  
& Inner Reconciliation



HEALING

AT THE

ROOTS

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# PREFACE

“HEALING MAY NOT BE SO MUCH ABOUT GETTING BETTER, AS ABOUT LETTING GO OF EVERYTHING THAT ISN'T YOU – ALL OF THE EXPECTATIONS, ALL OF THE BELIEFS – AND BECOMING WHO YOU ARE.” – RACHEL NAOMI REMEN

Healing; physical, emotional and spiritual pain is as old as human beings. From the time we became self-aware we have been aware of pain. Self-awareness, it appears is aware of everything.

Throughout all time healers of all sorts have arisen. Doctors, medicine men, witches, shamans, energy healers, psychologists all with a common goal, eliminate, or at least, alleviate suffering.

All have sought the answer to human suffering at its essence, at its roots.

And so it is that this little book, attempts to make its contribution to this age-old discussion.

While a full discussion of the cause and cure of human misery is beyond the scope of this one little ebook, it is an honest attempt to lay the framework for deeper work to come.

Walt Whitman once said “Truth is simple. If it were complicated, everyone would understand it.”

It is my deepest conviction that the answer is, and of necessity must be, simple, essential and inherent in human nature. If there is one thing I have learned from 40 plus years of research and spiritual practice, it is that the answer always lies within nature itself. It lies in our understanding of and cooperation with nature. And by nature I don't mean just forests and trees and babies. I mean you.

The cause of suffering, to me, is nothing more than the human mind not understanding its own nature, mistaking itself to be something it isn't and trying to live accordingly.

# INTRODUCTION

“A PERSON EXPERIENCES LIFE AS SOMETHING SEPARATED FROM THE REST – A KIND OF OPTICAL DELUSION OF CONSCIOUSNESS. OUR TASK MUST BE TO FREE OURSELVES FROM THIS SELF-IMPOSED PRISON, AND THROUGH COMPASSION, TO FIND THE REALITY OF ONENESS.” ~ ALBERT EINSTEIN

I am sure that everyone reading this has heard of the Chakras, those centers of energy in the body, those beautiful, swirling vortexes of light. They are that, but they are much, much more.

In fact, if that was all they were, the proper response to anyone trying to tell you about them would be “So what?”

Yes they are beautiful swirling vortexes of light... but... what does that have to do with my life? I mean other than having one of those cool new age posters on my wall, of what practical value is this knowledge.

**So let me introduce you to a completely different way of looking at them.** A way of seeing them that is not only fascinating, it is imminently practical.

**THE CHAKRAS ARE ACTUALLY ASPECTS OF CONSCIOUSNESS**

THE CHAKRAS ARE NO MORE THOSE PRETTY, SWIRLING VORTEXES OF LIGHT, THAN JUSTICE IS A WOMAN, HOLDING A SCALE, WEARING A BLINDFOLD.

That's right. They are not swirling vortexes of light. That is only how they are **depicted**. The Chakras are actually **aspects of consciousness**. Vortexes of light are no more what they are than justice is a woman holding a scale with a blindfold on. That is only how they are symbolically represented.



LADY JUSTICE ISN'T A LADY AT ALL. SHE'S A BRILLIANT AND BEAUTIFUL METAPHOR

If justice was, in fact, a blindfolded woman holding a scale then the only place justice would exist would be wherever that particular woman was.

Any woman, however talented, can't be in more than one place at a time, So we would be stuck with a justice that only operated when she was around.

Fortunately, the beautiful, iconic statue is a metaphor, not a thing. Justice is everywhere, but is not a physical object that can be seen.

The Chakras are like that. So they need to be represented symbolically, like the lady with the scales.

Unfortunately, because there hasn't really been any good teaching on the subject, most have accepted the picture as the reality.

## THE MAP IS NOT THE TERRITORY

The Chakras, as they are taught, with the colors and sounds and location are a map. A map to a territory so subtle, so beautiful and so vast that it could never be captured in any picture.

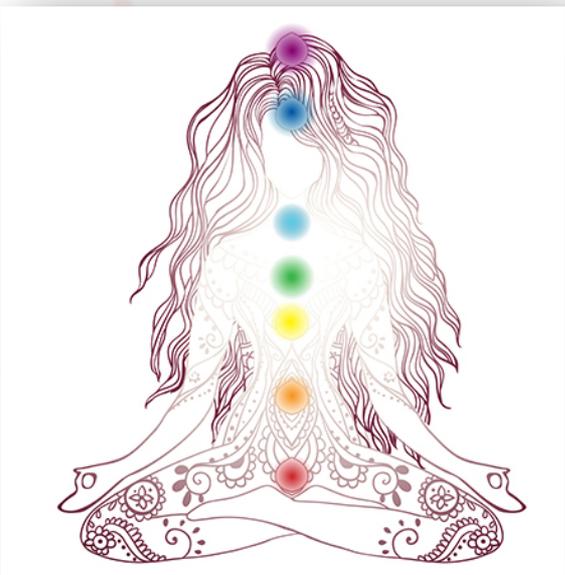
And since they are not actually those spinning lights, the way in which we experience them must be totally different than seeing an aura or getting one of those special pictures at a health expo.

Actually you “see” them all the time. You just didn’t recognize them as such.

You don’t actually **see** them, you **feel** them, and, as I hope you “see” before we are done here, you are feeling them all the time. In fact, that is all you ever feel.



The Chakras are a map to your inner territory, But this inner territory is not a physical space, filled with objects that you can snap a photo of with your phone and share on Facebook. The eyes of the inner world are the eyes of feeling.



**SPOTLIGHT**

THE CHAKRAS ARE SIMPLY THE TRUE NATURE OF YOUR FEELINGS!

The Chakras are not something mysterious, otherworldly, esoteric, spiritual or new age.

You are feeling them all the time. In fact, they are the only thing you feel.

The Chakras are simply a way of breaking down and coming to understand the inner world of experience and perception and what it means to be a human being.

# A SUBTLE FACT OF NATURE

THERE IS PLEASURE IN THE PATHLESS WOODS, THERE IS RAPTURE IN THE LONELY SHORE, THERE IS SOCIETY WHERE NONE INTRUDES, BY THE DEEP SEA, AND MUSIC IN ITS ROAR; I LOVE NOT MAN THE LESS, BUT NATURE MORE. ~ LORD BYRON

Remember that I said, in the beginning, that we can't be happy or healthy while we are denying our own nature. Well, the Chakras are a part of nature. They are a natural phenomenon. And, like any other aspect of nature they are healthy when they are functioning according to their purpose and design and unhealthy when they are not.

Chakra is a Sanskrit word that means **a wheel**. The wheel of a cart to be exact.

So, by that definition, your car has 4 chakras, your bicycle 2, your big rig 18 and that moveable cart you bought at Ikea, 4.

**You, though, have 7** and they are the wheels of life that turn and carry you to all sorts of

wonderful destinations... unless, of course, one or more go flat, or bald or out of alignment or (and this is important) the axle gets stuck.

There is another important Sanskrit word to know. It is the word **dukkha**. Dukkha refers to the hub of a wheel that has gone out of alignment and so the wheel turns with great difficulty or doesn't turn at all.

The English translation of **dukkha**, from the Buddhist texts, means **SUFFERING**.



# SUFFERING = STUCK

Think of a wheel on your car or bike that has gotten out of true. Or an axle that is no longer round. Or ball bearings that have worn down to nothing. Or the alignment is off and the car just insists on driving off the road. Maybe you can get around. But the ride will be so bumpy and unpleasant that it will not be a fun ride. It may eventually simply stop turning. Everything will just grind to a halt.

So you see, they are not really spinning lights. They are functions of consciousness. But the stuck wheel is a very apt metaphor for the actual condition.

So, if your life resembles that wheel that is out of alignment (or that whale stuck in a swimming pool) then understanding the function of your inner world is the way to health.

And, since the Chakras represent the essential energy of life, to heal them is to experience **Healing at the Roots**. Hence the name of this book.

SO THERE ARE 3 THINGS WE NEED TO KNOW:

1. WHAT ARE THE FUNCTION OF THE CHAKRAS
2. HOW DO THEY GET STUCK?
3. HOW DO WE UNSTICK THEM?



# THE MAP OF THE SOUL

When I use the term soul I am not referring to something mysterious and distant. I am referring to your everyday experience of being a conscious human being.

**Consciousness IS the soul.** And each of your Chakras corresponds to some aspect of the consciousness which is your soul.

**The 1<sup>st</sup> Chakra is not *IN* your body. It *IS* your body.**

It is everything physical; your body, house, car, the dinner you're eating, the mountains, the stars. All of it...

THE ENERGY OF THE TRIBE WILL NEVER SAY, "WOW! THAT'S GREAT! LET'S TAKE THE RISK." THAT WOULD BE LIKE YOUR HUSBAND SAYING TO YOU "HERE HONEY, YOU TAKE THE REMOTE." AIN'T GONNA HAPPEN.

**THE Tribe**



It is your physical connection (your oneness actually) with the entire manifest universe. As such, its main function is form, continuity, perpetuity and *safety*. It is the energy of physical life and manifests in your life as the energy that I call.... wait for it...

# THE TRIBE

In this aspect of consciousness, all the laws and codes of behavior from your family of origin are stored and maintained. It carries the weight of all tribal law, the ancestors, the genetic codes and as well as the human need for connection, for belonging, for bonding. To connect or to belong is to survive and so it is the 1st mandate of the 1st Chakra.

So how do you “see” this Chakra?

- Every time you have a fear
- Every time you want to do something but feel resistance
- Every time you take a step and hear that voice saying, “What if?...”

You are hearing the voice of your 1st Chakra, a.k.a. **THE TRIBE.**



The energy of THE TRIBE is a very primitive energy.

It has one function and one function only... SAFETY. Safety and survival above all. It sees everything in terms of survival.

It has no sense of desire for freedom, fun, love, prosperity, success, creativity, individuality... you know, all the things that make human life worth living.

THE TRIBE is a one-trick pony. So that voice in your head that is always arguing for the safest path, the way that involves the least amount of change, what is that?

That is the energy of THE TRIBE and everyone has that voice within them.

Mind you, what you hear in your head may be the perfectly correct answer under the circumstances, but the thing about the energy of the Chakras is that they always and only speak from the position that their aspect of consciousness represents.

The energy of **THE TRIBE** will *never* say, “Wow! That’s great! Let’s take the risk.” That would be like your husband saying to you one night “Here honey, you take the remote.” Ain’t gonna happen.

So the next time you feel that resistance to change within you, you now know who you are dealing with and what it wants.

THE ENERGY OF THE CHAKRAS WHISPER INTO YOUR EAR THEIR PARTICULAR POINT OF VIEW. IT'S NOT THAT IT ISN'T TRUE. IT'S JUST THAT IT ISN'T THE WHOLE STORY.



# LET'S GET CONCRETE

Ok, so the 1st Chakra, THE TRIBE, is physical everything so let's get concrete here and give an example.

Let's say your family had a strong work ethic:

- Work hard
- Don't ask for help
- If it comes easy it's probably illegal, maybe even immoral
- If it isn't hard it can't be good
- You have earned that

We are literally **born** into these beliefs. We “inherit” them, just like we inherit our height and hair color. Unless these energetic laws of **THE TRIBE** are recognized and liberated you **WILL** work hard for what you get all your life. You **WILL NOT** accept anything that you haven't worked hard for and there **WILL BE NO** fruit bearing money trees growing in your yard.



In practice, it will mean you will have a tendency to not act on that investment hunch, create that invention you thought of, start that company you thought could be a money maker or write that book, maybe even ask that one who caught your eye on a date. You will major in engineering or business administration instead of acting on what you really want to do.

You may also do everything yourself and not let anyone else help you. You may even think that people who get wealthy easily are somehow bad and untrustworthy. You **WILL** sabotage success if it comes too easily or gets too big. You **WILL**, not may.

It's like a self-driving car that is ignoring your directions and taking you where it thinks you need to go.

Until that particular “**wheel**” is put back into alignment, it will carry the car where it knows to go and completely ignore your hands at the steering wheel.



# LET'S GET PERSONAL

It is time for a bit of self-assessment.

Remember that this energy of the Chakras is not just pretty, swirling vortexes of light. They are aspects of your consciousness that you are experiencing and are being influenced by every single minute of every single day.

So let's now take a look at your life and see how this whole thing plays out.

- Did your family always work hard?
- Do you always find yourself working hard?
- Have you ever asked yourself, "Why is it always so hard for me?"
- Have you spent countless hours and dollars on self-help and "success" courses and have rather paltry results?

THE CHAKRAS ARE ASPECTS OF YOUR CONSCIOUSNESS THAT YOU ARE EXPERIENCING AND BEING INFLUENCED BY, EVERY SINGLE MINUTE OF EVERY SINGLE DAY.

If the answer to any of these questions is "Yes" (or "Yep") guess what? The Chakra is dukkah. **THE TRIBE** is stuck.

At the root of all the various limitations on your life's growth, is the dominance of the energy of The Tribe. It is committed to an energetic position that is not capable of experiencing success, happiness or even fun. It is safety to the extreme.

Not to worry! We are about to start the liberation process.

# MOVING INTO HEALING

THE CAUSE OF ALL HUMAN SUFFERING AND MISERY IS AN INNER CONFLICT WITH OUR OWN NATURE. IF SUFFERING IS CAUSED BY CONFLICT, IT CAN ONLY BE CURED WITH RECONCILIATION

The main inner healing modality I teach is called **Inner Reconciliation™**.

Again, there is way too much about it than I can go into in this book but I *am* going to give you an experience of relief.

There is one energy healing modality technique that I have adopted and integrated into **Inner Reconciliation™**.

It is called the **Meridian Tapping**.

It originated as the **Emotional Freedom Technique** (or *EFT* for short) and it is a very effective energy healing technique.

**It is profoundly effective because it communicates directly with the body.**

Since the 1st Chakra **IS** the physical body (*and the whole universe for that matter*) it is totally and instantly responsive to the right kind of gentle touch.



Like the whale in the swimming pool that knows it is not in its natural environment, your Chakras, being aspects of consciousness and not just mindless energy, **know** they are out of whack. And they are more than willing to be released from the stuck-ness.. But, in order for that to happen they have one, **absolute requirement**.

### ***It must be safe.***

**Meridian Tapping**, rightly done, creates that energy of safety within the body. It communicates the crystal clear message of **safety through touch** and thus creates an environment in which the dukkah or stuck-ness can be released.

This inner environment of safety, combined with focused and honest attention, allows the chakras to **clear themselves** of unneeded wounds, vows, beliefs, traumas or whatever happens to be causing the dukkah or stuckness.

The result of this clearing is an absence of emotional triggering and programmed responses.



**In other words, you are emotionally free.**

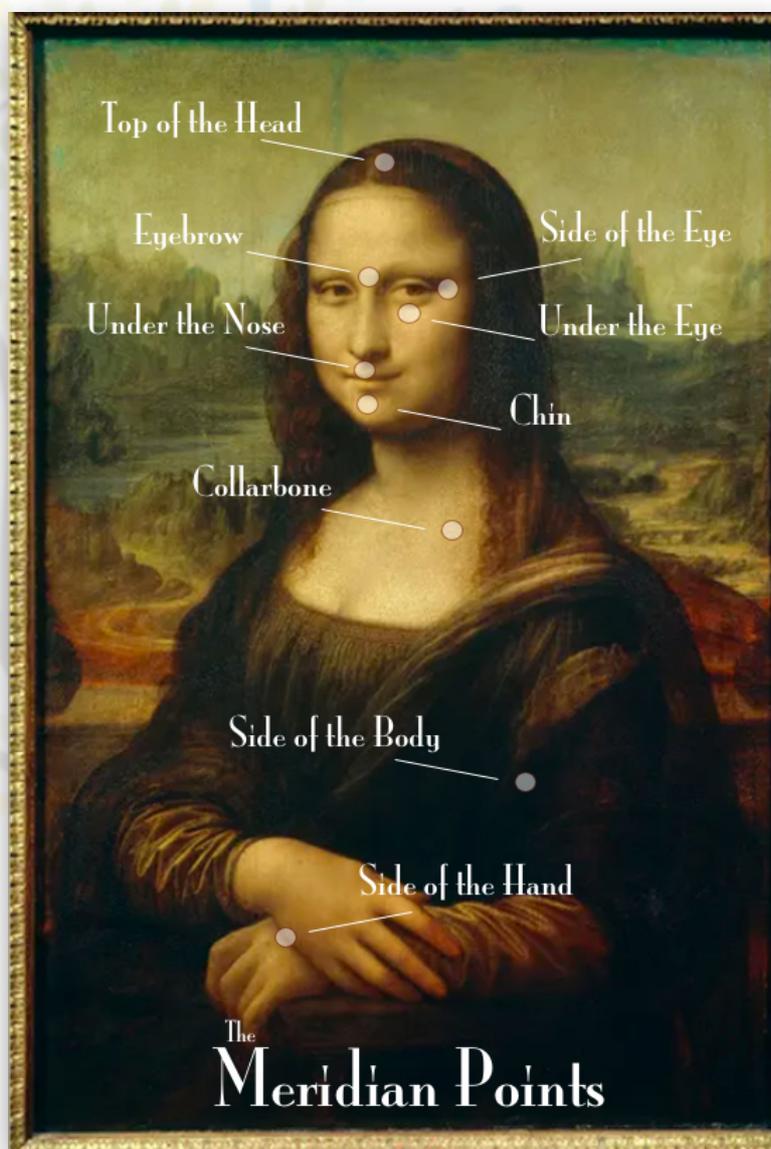
Tapping is based on acupuncture but only uses a small subset of those points. Instead of sticking in a bunch of needles (not a real do-it-yourself-solution) you simply tap on those points with your fingertips.

In acupuncture, there are hundreds of points, it takes years to learn and many more years to master.

Rightly so. Who wants a total newbie sticking these long nails into their face?

In Tapping, we only use 9 points so it doesn't take long to learn and you can use it on yourself and your friends and family, even as a newbie.

Like any healing modality, mastery takes time but, unlike most techniques, you can start practicing it right away without any worry about doing it wrong and feel the results very quickly.



This is simply because it bypasses the mind and goes straight to the body which immediately responds.

So tapping is easy to learn and easy to use but, in this book I am going to make it even simpler. I want you to feel the effect so I am only going to use one simple technique on only one of the Tapping Points.

# LET'S GET (AND STAY) REAL

**Meridian Tapping** works best on the actual feelings you are having in the moment, not memories of what you felt like yesterday. So step 1 is to get in touch with the feeling of right now. This is easier than you think.



We are going to use a common problem we all face these days that causes a great deal of anxiety and stress. **MONEY!**

There are few subjects as provocative and full of mixed messages than the subject of money. We all got trained very early on into the view of money held by our parents and the culture we grew up in.

There is no need for us to analyze all that.

Actually, it's a waste of time to do that. These underlying assumptions are buried deep in the unconscious. Fortunately, we don't have to analyze them because it only takes a moment to feel them.

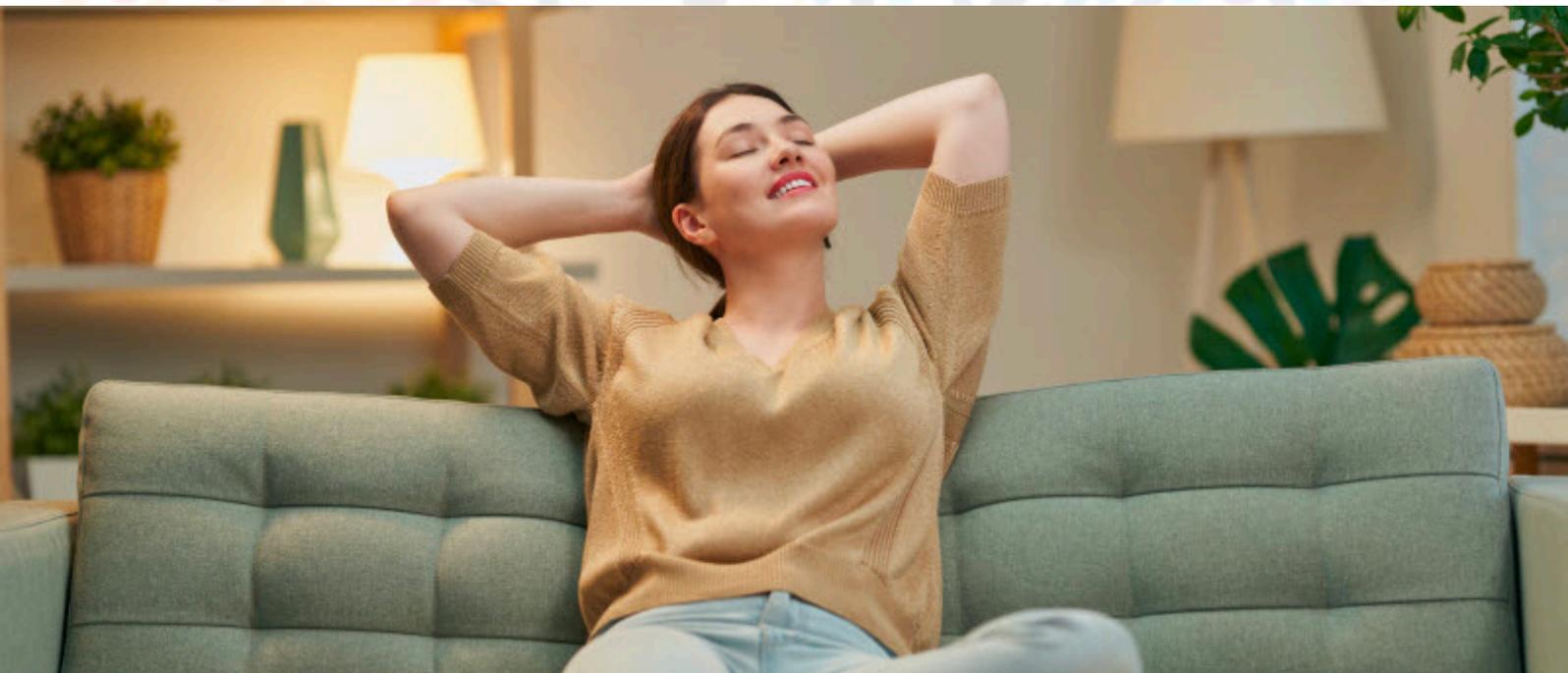
As I said right on the beginning of this page, we want to work on feelings that *we are actually having, right now, in this moment.*

**Feelings** are where the real information is. No analysis. Just feeling. Feeling will tell us all we need to know and after all, it is the difficult feelings of anxiety and stress that we want to be free of, right?

OK, enough talk. Let's do it.

Take a deep breath or two, close your eyes and let your attention turn towards the feelings in your body. Obviously, if you are reading this exercise then you can't close your eyes.

That's OK. The point is to be feeling your body and it is just easier to do with eyes closed. Do it with your eyes open. After doing it once you won't need the written instructions.



Now, with your attention just taking in the body and its sensation just say to yourself “I deserve to make a lot of money and work very little.” or “Everything comes easy to me” and then watch what happens in the body.

Take a moment and do this.

Did you feel a reaction? Almost everyone does. It may be subtle; a ripple of feeling, a slight tension or clutching, some nervous energy in the solar plexus.

It could also be a little voice that says “That's not really possible.” But I want you to pay more attention to the feelings in the body than to any thought that may appear. Remember, tapping speaks to the body not the mind.

What did you feel, physically? Most likely it was some sort of resistance. Remember that unconscious **TRIBAL** vow we talked about?

**Well that's it.**

It's a feeling, not a thought. It's an energetic pattern. The energy of the body (the 1st chakra) is responding to an assertion of your mind that *it does not agree with.*

BY THE WAY, FOR THOSE OF YOU THAT PRACTICE AFFIRMATIONS, THIS IS WHY THEY ARE NOT WORKING. SAY YOUR AFFIRMATION AND THEN LISTEN TO YOUR BODY'S REACTION. IT WILL TELL YOU WHETHER YOUR AFFIRMATION IS GOING TO WORK OR NOT. IF THE AFFIRMATION CONTRADICTS A “TRUTH” OR A VOW IN THE BODY IT IS DOOMED TO FAILURE.

JUST AS A SIDE NOTE, A STUDY WAS DONE AT HARVARD ON THE EFFECT OF AFFIRMATIONS. THEY FOUND THAT IF SOMEONE ALREADY HAD SELF-ESTEEM THAT THEY HAD A SLIGHT IMPROVEMENT. IF THEY DIDN'T HAVE SELF-ESTEEM IT ACTUALLY MADE THEM FEEL WORSE.

MORAL OF THE STORY... AFFIRMATIONS WORK IF YOU DON'T NEED THEM

# THE POWER OF TOUCH

The tapping point we are going to use is called the **COLLAR BONE POINT**.

To locate it, put your fingers on your throat, right at the top of your chest. Now slide your fingers over an inch or two (left or right, it doesn't matter.)

You'll feel a boney part. That is the collar bone. Put your pointer finger on that bone and let the others just lay underneath it.



Before we do the tapping part I just want you to bring your attention into the body.

Now start to gently massage the soft part under the collar bone, then close your eyes and give your body your full attention. Try to just feel it and notice the effect this simple act of touch has.

Do this for a little bit... massage and feel.

Just a note: some people feel a sore spot in that area that is sensitive to touch. It's OK. It's supposed to be there. The body has a lot of surprises.

OK now we are going to tap on the collar bone. You can tap on either side with either hand or both. It is a very forgiving process.

Start tapping and this time I am going to give you some things to say. Say each line and then pause for a moment, feeling your body.

By the way, don't freak out about the very negative things I am going to have you say. There is a method to my madness.



## THE SCRIPT

I DON'T DESERVE TO MAKE A LOT OF MONEY  
IT'S NOT RIGHT TO MAKE A LOT OF MONEY  
IT NEVER QUITE WORKS OUT FOR ME  
I PROBABLY JUST DON'T HAVE WHAT IT TAKES  
OTHERS CAN HAVE ALL THE GOOD STUFF BUT NOT ME  
I HAVE TO WORK HARD  
I HAVE TO EARN IT  
I'M JUST NOT DESERVING  
I'M JUST NOT GOOD ENOUGH

I MADE SEVERAL  
RECORDINGS  
GUIDING YOU IN ALL  
THESE EXERCISES  
YOU CAN FIND  
THEM HERE



# TESTING THE RESULTS

**Inner Reconciliation™** and **Meridian Tapping** are not theoretical. They are highly practical and therapeutic. They have even been clinically tested and validated.

So we can put these results to the test and see what happened.

Say to yourself again “I deserve to make a lot of money and work very little” and once again feel into your body. You can close your eyes if you like.

How true does it **feel** now? Did you notice a difference? Most people feel a bit less resistance or tension. It seems more possible.

It may be very subtle and, since we are not used to paying a lot of attention to the subtler feelings in the body, we may not notice it right away but most do. After all our bodies are designed to respond to touch and we and our mammalian cousins have been communicating through touch for 250 million years. We have only been talking for about 100,000 so the body knows what to do.

Whether you felt anything or not, do it again. Then say that affirmation again and test the results. Every time you may notice the resistance getting less intense.

This is emotional freedom from a deep energetic pattern that has been laying in your unconscious right from the get go.

Now as you are doing this, the phrases in the script may start to feel less true, the feelings in the body can change and move and different phrases could come to mind. Use them if they do. There is nothing magic about the script. It is just a guideline to get started.

Now, let's break down what actually happened.

That small act of tapping:

- Gave your Chakras, or your energy system, the fresh energy it needed to make adjustments
- Spoke your unconscious truth (even though it is not the truth you want to have)
- Gave yourself the magic ingredient; self-acceptance and love

And now the magic part.. the energy system did the rest.

Your energy system (which is made up of all of the 7 Chakras) is so intelligent that, once you started communicated safety through touch, you were giving it permission and the space to transform back Ito its natural shape.



WHEN THE WATER COMES OUT OF THE MOUNTAIN IT DOESN'T NEED A GPS TO FIND THE OCEAN. IT KNOWS WHERE TO GO!

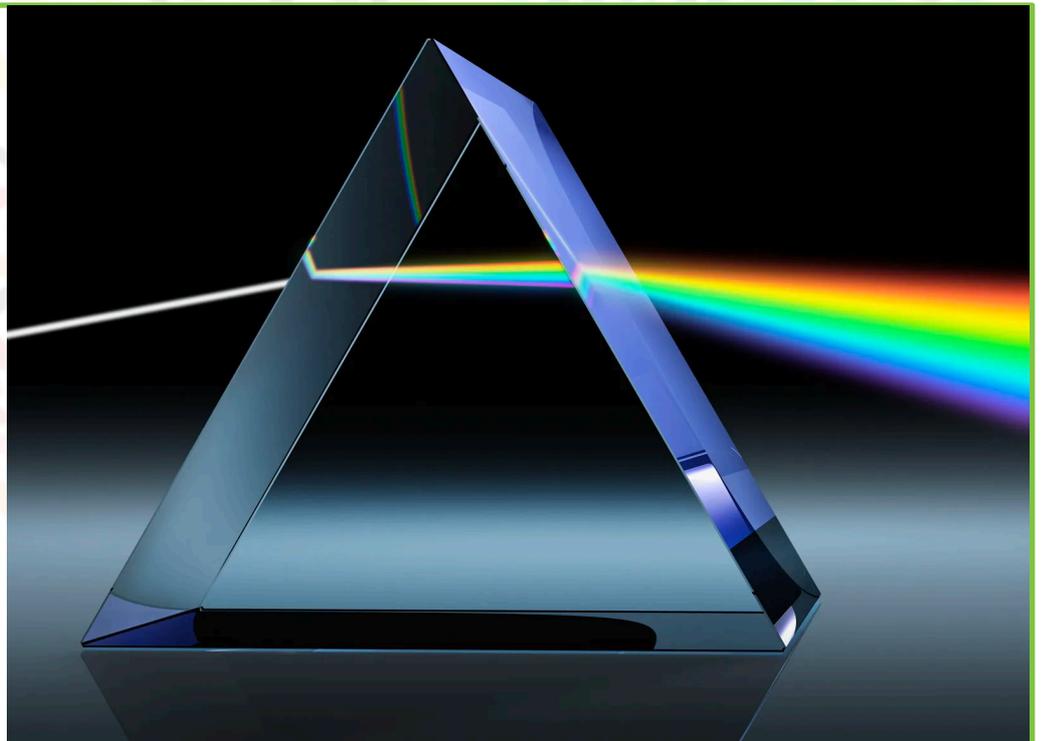
**It heals itself** and, if persisted in, it eventually removes *all* blocks and impediments.

# THE 7 CHAKRAS

In this brief book I only covered one of the Tapping points and one of the Chakras. But with just that little bit of energy work, you have already noticed the difference.

The human energy system is a richly diverse and complex functioning and it is that functioning that makes all life possible.

THE  
7 CHAKRAS  
CAN BE  
COMPARED  
TO THE  
7 COLORS  
OF LIGHT



Each of the various frequencies of light has a very specific frequency, function and character. Red light is never blue and blue is never green. They each maintain their unique, individual identity. At the same time, they can be combined in an infinite variety of shade and nuance.

IT IS THE VERY FACT THAT EACH OF THE CHAKRAS HAS A DISTINCT CHARACTER THAT MAKES THE CREATION OF INFINITE VARIETY POSSIBLE

While I can't go into detail on all of the points or the Chakras, on the next two pages are a a brief outline of each, their function and purpose.

# The Peacemaker

**Love, Altruism, Forgiveness, Heart**

The 4th Chakra is the seat of all emotion, connection and love. It is this energy of total, unconditional acceptance that allows us to reconcile with our deepest desires, resolve all of our traumas and wounds and embrace the mysterious wonder that we all are.

# The Creator

**Creation, Communication, Expression**

The 5th Chakra is the energy that creates worlds. It is the Word, through which all things are created. It is your power of expression, communication and projection, the extraordinary ability to create an image of yourself, in someone else's mind.

# The Storyteller

**Identity, Small Self, Imagination**

The 3rd Chakra is pure imagination, including and especially the sense of "I", (a.k.a. the ego, the small 's' self). It is the sense of who you are as a person as well as the ability to create spontaneous stories and connect the dots when things are complex

# The Visionary

**Vision, Creativity, Seeing the Unseen**

The 6th Chakra is the seat of vision, of what is possible. Here you are able to see what others cannot, what can be, as opposed to what is. It is this vision that guides the entire rest of the energy system to do what it was designed to do, create reality.

# The Nymph

**Desire, Pleasure, Fun, Money**

The 2nd Chakra is the seat of pleasure, desire, sex, dancing and money. It is that power within us that allows us to know what we want, ask for it and get it. It is the energy of the pure juice of life and is the energy that takes a vision and makes it a reality.

# The Sage

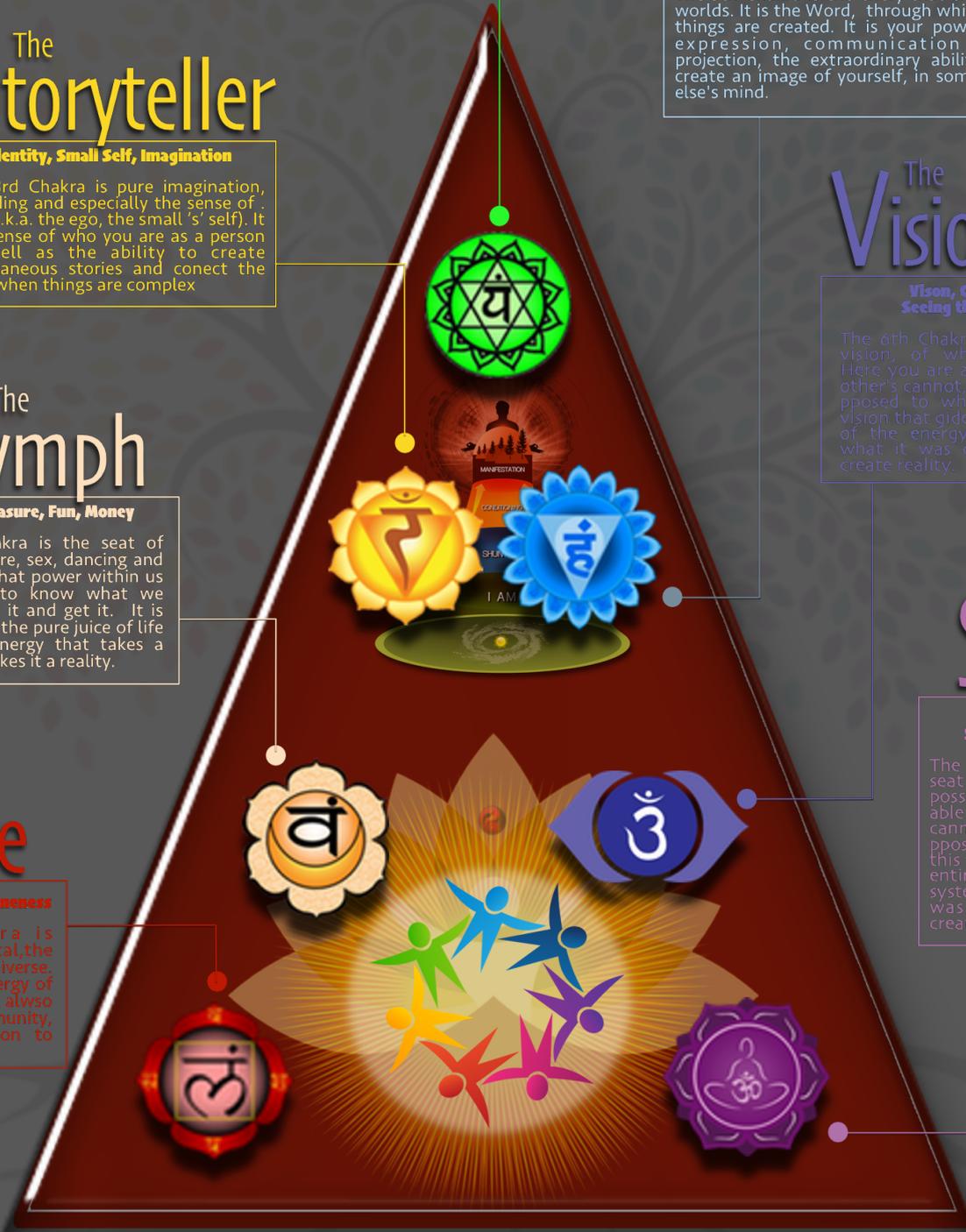
**Vision, Creativity, Seeing the Unseen**

The 6th Chakra is the seat of vision, of what is possible. Here you are able to see what others cannot, what can be, as opposed to what is. It is this vision that guides the entire rest of the energy system to do what it was designed to do, create reality.

# The Tribe

**Physical, Survival, Oneness**

The 1st Chakra is everything physical, the entire physical universe. It is the primal energy of surviving and it is also the sense of community, oneness, connection to the whole.





## 1<sup>ST</sup> CHAKRA – THE TRIBE

EVERYTHING PHYSICAL, THE ENTIRE UNIVERSE AND EVERYTHING IN IT. THE MANDATE OF THE TRIBE IS SAFETY, PERPETUITY, WHICH MEANS MAINTAINING THE VOWS, LAWS AND “TRUTHS” OF THE TRIBE



## 2<sup>ND</sup> CHAKRA – THE NYMPH

THE UNBRIDLED ENJOYMENT AND JUICE OF LIFE WITHOUT THOUGHT OF CONSEQUENCE OR RESULT. WHEN SHUT DOWN YOU WILL HAVE A HARD TIME GETTING YOUR NEEDS MET OR ACQUIRING PERSONAL POWER, SEX AND MONEY



## 3<sup>RD</sup> CHAKRA – THE STORYTELLER

THIS IS THE “I”, THE IDENTITY OR EGO. THE STORYTELLER IDENTITY IS THE FALSE SELF THAT WE WILL EVENTUALLY HAVE TO OVERCOME



## 4<sup>TH</sup> CHAKRA – THE PEACEMAKER

THE HEART CHAKRA GOVERNS ALL OF OUR RELATIONSHIPS, HOW WE VIEW AND INTERACT WITH OTHERS INCLUDING WHAT WE CAN EXPECT, MAKING BOUNDARIES AND ALLOWING INTIMACY, ALTRUISM. THE AGENT OF HEALING



## 5<sup>TH</sup> CHAKRA – THE CREATOR

THIS CHAKRA IS OUR VOICE IN THE WORLD. IT POSSESSES THE AMAZING POWER TO CREATE OURSELVES IN THE MINDS OF OTHERS. IT CAN SPEAK TRUTH OR LIE THROUGH ITS TEETH EXPRESSING ALL THE UNHEALED WOUNDS AND VOWS OF THE OTHER CHAKRAS



## 6<sup>TH</sup> CHAKRA – THE VISIONARY

THIS IS THE MIND IN THE BEST SENSE OF THE WORD; INSIGHT, VISION, REVELATION, SEEING THE BIG PICTURE, SEEING OUR VALUE, OTHERS' VALUE, CREATIVITY AND INNOVATION



## 7<sup>TH</sup> CHAKRA – THE SAGE

THE SAGE IS OUR CONNECTION TO THE DIVINE, THE WHOLE, THAT FORMLESS PLACE FROM WHICH EVERYTHING ARISES.

# MANIFESTING STUFF



The thing I hear most these days, the thing that almost everybody wants to know is **HOW TO MANIFEST THAT DREAM LIFE I HEAR ABOUT ALL THE TIME.**

Concrete, physical manifestation is a 1st Chakra function. You can talk about abundance all you like but money lives in the physical world and so is governed by the energy of the 1st Chakra.

This explains why many people who are deeply connected to source, have a clear vision, speak their truth and love deeply still have a hard time manifesting what they want. The lower Chakras are serving a very different master and so the manifestation gets vetoed.

But, what if they are open and functioning naturally, the way they were intended?

Well you may wake up one morning to find a nice crop of money in bloom on that tree in your back yard.

MANIFESTATION  
HAPPENS NATURALLY  
AND AUTOMATICALLY  
WHEN THE VARIOUS  
ENERGY CENTERS ARE  
FUNCTIONING AS THEY  
WERE DESIGNED TO. IT  
IS AS NATURAL AS  
BREATHING.

The mis-programming of all the energy centers has to be honestly dealt with and the natural functioning of all aspects of ourselves re-established.



And what happens then?

What happens when there is a reconciliation between all your inner energies?

Well the first thing you will experience is a **SENSE OF INNER QUIET.**

Then you will notice that things and **PEOPLE JUST DON'T BOTHER YOU** as much.

Then you **DISCOVER** that you are more **RESOURCEFUL** and **CREATIVE.**

And that feeling of being confident, non-reactive, present and resourceful, isn't that what we are really wanting?

REMEMBER, THE BOTTOM LINE IS THIS... YOUR ENERGY SYSTEM IS FUNCTIONING 100% NATURALLY. TO REALIZE THIS IS TO REALIZE YOU ARE NOT BROKEN, YOU NEVER WERE AND NEVER WILL BE.

# FINAL THOUGHTS

This book is an introduction. I can't possibly cover in depth a subject so rich in meaning, in history and in its power to literally liberate your soul and your human life.

I do, of course, have numerous courses that do just that. In fact, they go from the most basic introduction to the most advanced insights.



I even include it in all three levels of **Inner Reconciliation™** full training sequence and I also teach them as part of the diagnostic techniques for Energy Healing and Meridian Tapping.

It is really important to point out that a subject as old and as rich as this is not something to be approached as just another interesting idea.

This is a subject that you can explore continually and it will continue to display fresh insights, healing possibilities and, of course, alleviation of suffering.

For a full catalog of Chakra Courses available through OM School, follow the big ol' link below.

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CLICK HERE

# OM SCHOOL

# THE WORKSHOP

The Chakras  
Meridian Tapping  
& Inner Reconciliation

# HEALING AT THE ROOTS



**HEALING AT THE ROOTS** is now an online, home study workshop.

It didn't take long to recognize how deeply significant working through the 1st chakra issues surrounding safety is. And how not having permission to simply be yourself and enjoy the miracle of your own uniqueness and beauty created that deep sense of limitation.

We also recognized that this kind of deep inner work isn't easy. It requires guidance, support, a lot of repetition and the cultivation of long term transformation. Not to mention large doses of self-acceptance and unconditional love. So we decided to turn it into an entire workshop to support you in your personal **HEALING AT THE ROOTS**.

If you already received the guided exercises for this book, you are already in OM School. You can open up the additional workshop by simply clicking on the "THE WORKSHOP" header.



GP Walsh

# ABOUT THE AUTHOR

The son of a schizophrenic mother and an absent father, GP's earliest memory is being tied to his bed, to keep him from wandering. The years of abuse, neglect and emotional deprivation were offset by a natural gift for and love of truth, as well as an unquenchable curiosity about how it is people really heal and awaken.

GP has spent a lifetime mastering techniques and processes that liberate the mind and heart and he has brought healing to individuals, families and organizations.

GP is a recognized Meditation Master, an Expert in EFT and a member of the prestigious Transformational Leadership Council, The Evolutionary Business Council and the Wisdom Keepers. He is also the genius behind a revolutionary approach to healing he calls **Inner Reconciliation™**.



This unique program brings together spirituality, therapy, personal development and energy healing into a simple, unified whole.

You can learn more about GP at his official site [GPWalsh.com](http://GPWalsh.com)

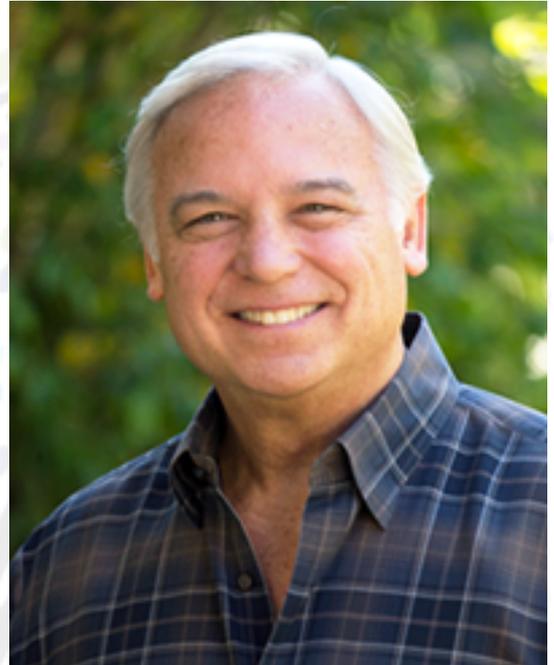
# ENDORSEMENTS

SOME OF THE AMAZING LUMINARIES WHO HAVE BEEN TOUCHED BY GP'S WISDOM AND COMPASSION...

*"It is a rare talent that can keep an audience absolutely mesmerized while delivering teachings and insights that are profound and life changing.*

*GP will take you on a journey you will not soon forget and will touch you in ways that will effect everything you do."*

Jack Canfield – The World's #1 Success Coach and Co-Author of "Chicken Soup for the Soul" and "The Success Principles"



"As entertaining and engaging as he is, that actually pales in the face of the depth of the message he delivers: the incredible power of courage and the innate value we all possess. Teacher? Storyteller? Leader? Sage? GP is all of the above."

John Gray - Author of 17 books, including the New York Times #1 Best-Selling Book of the last decade, "Men Are From Mars, Women Are From Venus"