

THE 8 CHAKRA HEALING QUESTIONS

YOU ARE AFRAID TO ASK



CHAKRA HEALING

CAROL TUTTLE



Hi, this is Carol Tuttle. Thanks for joining me for this video Q&A session which I call **“The 8 Chakra Healing Questions You Were Too Afraid To Ask”**.

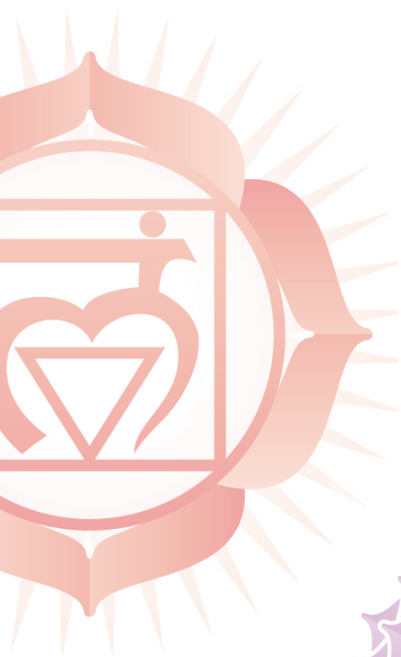
The reason I've made this report is because over the years, I've met so many people who just don't know what Chakra Healing is really about. In fact some people have the totally wrong idea about it.

I've met people who are afraid of it. People who think it might interfere with their religious beliefs. Even people who think it's some kind of ancient voodoo.

On top of that, since launching my Chakra Healing website, I've been getting thousands of emails from people who could use a little help in understanding the Chakras better.

So in this report I'm going to clear the air. I'm going to cover 8 questions that I hope will help you understand once and for all what Chakra Healing is about, and how you can use it to change your life for the better.

Are you ready? Let's jump in.





1. "Are Chakras for real? Is there any scientific proof?"

Your Chakras are as real as the air you breathe.

The concept of Chakras first appeared in ancient Hindu text around **1500 BC**, but since then they've been studied and verified by countless scientists and researchers. Some of the most recent studies include a series of experiments by Dr. Valerie Hunt from the University of California.

Upon conducting experiments with an electro-myograph, a contraption used to measure the electrical activity of muscles, **Dr. Hunt** discovered radiation in the bodies of her subjects, emanating from the sites traditionally associated with the Chakras.

Another study was by **Dr. Hiroshi Motoyama**, the founder of the International Association for Religion and Parapsychology.

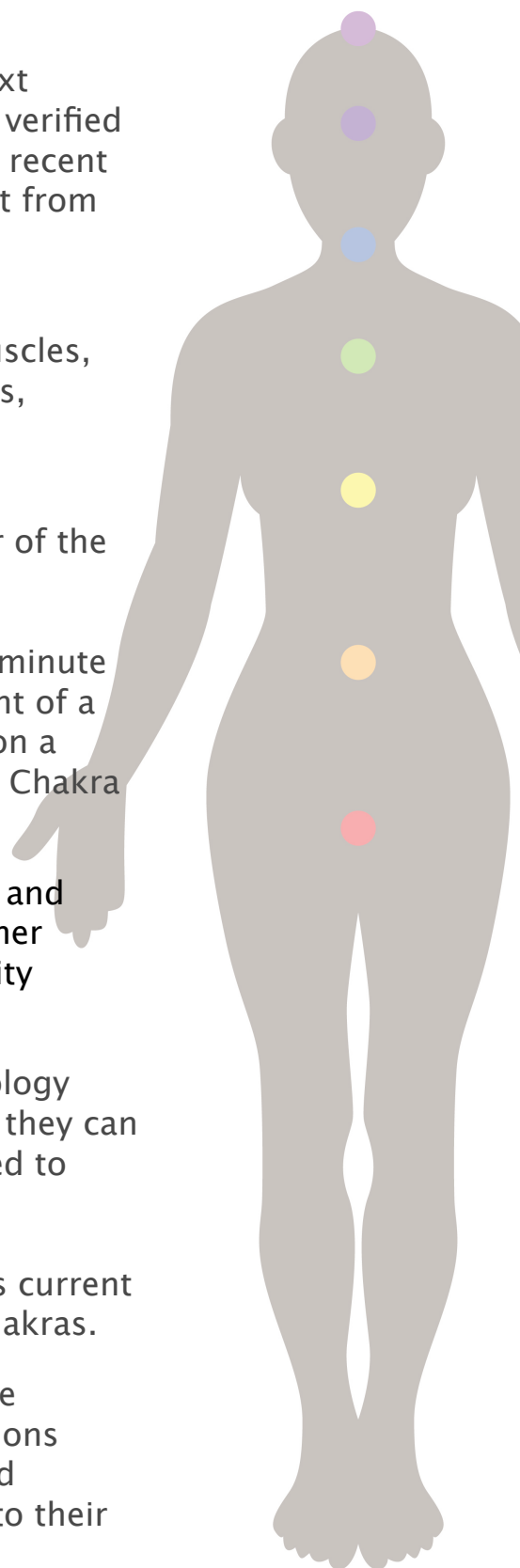
Upon developing a Chakra instrument designed to detect minute electrical, magnetic and optical changes in the environment of a person, Dr. Motoyama conducted a scientific experiment on a normal person, and a yoga practitioner with experience in Chakra Healing.

After monitoring the centers of his test subjects' stomach and heart, he found that the heart center of the yoga practitioner showed a considerable intensification of measurable activity during periods of concentration.

And then there's supporting evidence, like the new technology of **Aura Photography**. **Inventors** of this technology claim they can capture an individual's auras using video cameras designed to detect the human body's electromagnetic field.

The color of the aura is said to correspond with a person's current physical and mental state—and in turn the state of their Chakras.

Of course just as important as the scientific evidence is the empirical evidence – upon practicing Chakra Healing, millions upon millions of people worldwide have reported profound changes in various areas of their lives, from their careers to their relationships to their health.





2. "If Chakra Healing is so powerful and important, how come I've never heard of it?"

Believe it or not, you may already be practicing some form of Chakra Healing without even knowing it. You see Chakra Healing is the **SOURCE** of many popular energy healing practices like Yoga, Tai Chi, Acupuncture, Qi Gong and Reiki. In some way or other, all these practices boil down to the concept of Chakras and the manipulation of energy.

For example the breathing, stretching and meditative exercises used in Yoga are frequently targeted at the energy lines, or Chakras, flowing through the body.

Traditional Chinese healing sciences, like Tai Chi, assert that the body has natural patterns of

The science of Acupuncture recognizes the Chakras, or as it calls them, the Taiji Pole, as the main energy conduit in the body.

In many countries Acupuncture is now an insurable medical practice

So what you must understand is **Chakra Healing in itself is not a modality – it's a framework** on which many other practices are based.

So unless you've studied the mechanics behind your weekly Yoga lessons, or your Acupuncture sessions, or your Tai Chi classes, it's understandable if you're still unfamiliar with it.

In fact in the United States, nearly 50% of Americans enrolled in employer health insurance are covered for acupuncture treatments.





3. "So what kind of impact will Chakra Healing have on my life?"

When you practice Chakra Healing, you'll have the means to uplift any aspect of your life almost instantly. It's like having a toolkit you can dip into any time to fix what needs fixing.

Each of your Chakras has its own unique "personality", each controlling a specific aspect of your life.

And so when you work on the ones that are closed or weak, you'll be directly influencing that particular area of your life, for example your career, finances, sex life, self-esteem and so on.

Need to perform better at work and get that raise or promotion? Strengthen your 1st Chakra.

Want to eliminate misunderstandings and connect better with your spouse, kids, friends and co-workers? Work on your 4th Chakra.

Want to spice up your sex life and enjoy mind-blowing orgasms? Unblock your 2nd Chakra.





CHAKRA HEALING

Over the years I've helped thousands of people across the world connect with their Chakras, and all of them have their own unique success story to tell.

I am 60, but feel more alive than I ever have!!

I am still learning from the Chakra7 course and the short videos which Carol has made for us.

My chakras were all closed and I think had been for very many years, but I am definitely making progress!

I notice the difference in my confidence and especially energy levels – I am 60, but feel more alive than I ever have!!

My life has never been easy – although not as bad as many – but now I feel able to make better sense of my life.

~ Clarinda Chant

Clearing My Fear And Anger

Your Chakra 7 healing course is really very helpful to me. I was stuck in life feeling lost and no matter what I did to improve my career as hypnotherapist, nothing was working. I also had pain in my legs and feet, as I have diabetes.

As I was going through your course, **I realized that my root Chakra needs to be balanced.** I also understood that

I am losing too much energy from my feet and my root chakra was becoming depleted. I used the technique that you showed in the video to stop the energy loss. But it was a temporary relief.

Initially I was confused but did not stop working on the workbook and clearing my issues of past life. Soon I realized that I have huge issues of fear about life in general. **Now I am clearing my fear and anger issues** with my family and childhood, and every day I am feeling stronger.

I have hope that I am moving in the right direction. I will be continuing working with your program.

Thank you so much Carol!

~Bhasweti Gewhas



4. "What does Chakra Healing FEEL like? Is there any pain or discomfort?"

Either way, the Chakra Healing still works because your intention is what matters.

But don't worry about having physical sensations. Of the thousands of people I've worked with, nobody's ever said it's uncomfortable or painful in any way.

In fact it's often very satisfying to know that you're actually **FEELING** your own energy centers.

Wait till you experience it for yourself!

Everyone's different. Some people who practice Chakra Healing experience a slight tingling or vibrating sensation around their Chakras, but some don't feel anything physically.



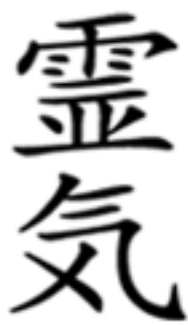
5. "Will Chakra Healing interfere with my religious beliefs?"

No exercise, technique or lesson in the Chakra Healing process will ever conflict with your religious beliefs.

Absolutely not! Chakra Healing may be based on ancient Hindu scripture, but it really **boils down to science**.

We're dealing with energy centers, not mystical forces.

On the contrary, Chakra Healing will strengthen your faith because it allows you to better **connect to your spiritual self**.





6. "I'm a busy person. Will I really have the time for Chakra Healing?"

I'm a busy person, and I work with busy people. Which is why I can so confidently say YES. **Chakra Healing will NOT take up much of your time at all.** In fact you'll find yourself looking forward to practicing it every day.



You see with Chakra Healing, you can choose from dozens of modalities like yoga, meditation, visualization, crystal healing and so on.

All you need to do is pick the modality that you enjoy the most, gives you the best results, and fits your schedule.



So for example on one day you can choose to **practice a yoga exercise for 15 minutes in the morning, do a quick 5-minute reframing exercise at lunch, and do a quick visualization exercise before you go to bed.**

It becomes a seamless part of your everyday schedule.

And if you find yourself busy the next day, you can opt for shorter exercises, or skip some altogether.

The beauty of Chakra Healing is you're free to go at your own pace. And as long as you're persistent, **you WILL see results.**

My motto is this: if you can find the time to read the newspaper, or check your email for 5 minutes a day, you definitely have the time to practice Chakra Healing.

7. "What if I already practice something else, like meditation?"

Whatever you already practice, whether it's meditation, yoga, visualization, etc., Chakra Healing will **COMPLEMENT** that practice perfectly.

As I mentioned earlier, [Chakra Healing](#) is the core of all energy healing practices, which means it can actually enhance the results you get with what you're already doing.

And remember that Chakra Healing techniques don't take up much of your time at all.

Practicing a technique takes as little as 5 minutes, but once you're it will keep on working in the background and generate a wave of positive effects throughout the rest of your day.

Which means you're free to practice multiple techniques throughout the day.




8. "What's the best way to get started with Chakra Healing?"

The first thing you want to do is get acquainted with your Chakras. Understand each Chakra's function. Know where it's located in your body. Understand the energies associated with it. I've got a handy list with [all this info on my website here >>](#)

Once you're a little more familiar with your Chakras, you'll want to start looking into the modalities for working with each one.

There are dozens of techniques, tools and exercises you can use to work with each of your Chakras. The key is to try out at least a few of them, and figure out which work best for you.



My brand new Chakra7 home training program is a 7-part collection of video tutorials with techniques, tools and exercises for each of your 7 Chakras, that I've gathered over 15+ years of working with people across the world.

The best way to discover and start trying out these techniques is with the help of an experienced Energy Therapist.

You need someone to craft your experience, show you exactly what to do (and what NOT to do), and help you get the results you want.

And that's where I come in.

Chakra7 it's a complete program that will turn you **from a Chakra Healing beginner into a master** in a very short space of time.

I produced this program because I want to help as many people as possible change their lives with Chakra Healing.

You see I get more coaching requests than I can handle, and typically I can only work with 100 or so people at a time at my seminars. But with Chakra7 I can share the exact same content that I present at my events, to countless people worldwide

[If you'd like to learn more about Chakra7 head over here >>](#)

Go ahead and order a copy for yourself, and give it a try.

If you feel it's not for you, just shoot me an email and I'll give you a full refund.



CHAKRA HEALING

Now that you know more about Chakras and how they work, I urge you to make an educated decision – [give Chakra7 a try](#).

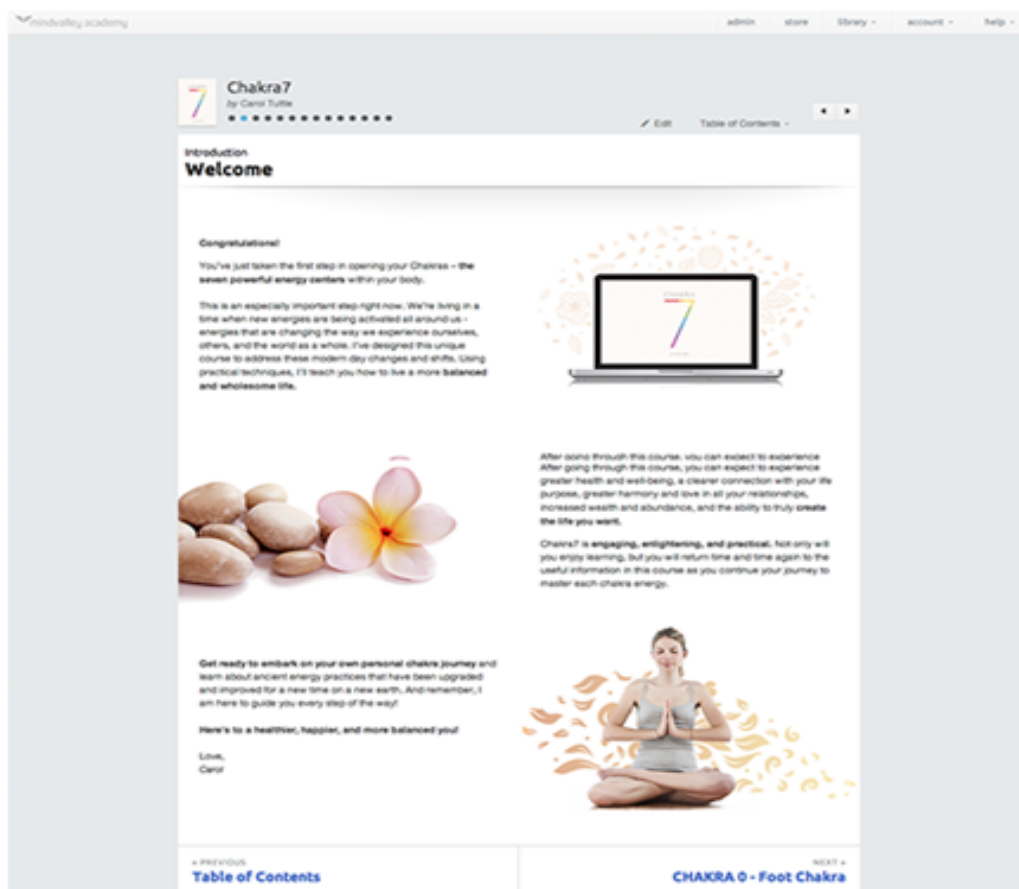
Think about how your life will change when you learn to work with your Chakras. **By just spending a few minutes a day, you'll go further in your career.**

You'll be more confident and intuitive. You'll attract more abundance. You'll improve your relationships with your friends and family. **Your sex life will sizzle** like never before. And whatever challenges life can throw at you, you'll always have the answer.

Okay, so here's what I suggest you do – once you order the program you'll get instant access to your online membership area.

This is a secure website where you can watch each of the 7 parts of the program. Once you're in, immediately go to the section for the Chakra you feel you most need to work with.

Spend a couple of hours going through the videos, trying out the exercises – which by the way are a whole **lot of FUN**. And I guarantee you, just in that few hours, you'll already realize just how powerful this content can be for you.



[Click here to get advanced insights and techniques for opening and balancing your Chakras.](#)