
MICROCHAKRAS

InnerTuning for Psychological Well-being



Sri Shyamji Bhatnagar
and David Isaacs, Ph.D.

Microchakras Innertuning For Psychological Well Being

Marcus Boon



Microchakras Innertuning For Psychological Well Being:

Microchakras Sri Shyamji Bhatnagar, David Isaacs, 2009-07-13 The first guide to working with microchakras the channels within each of the 7 major chakras Identifies 147 microchakras that affect our spiritual evolution and daily well being Introduces the new field of Microchakra Psychology and its practical component of InnerTuning the use of precise sacred sounds that release energy blockages within the chakras Each of the traditional 7 chakras contains 21 microchakras which enable the chakras to process information related to our thoughts feelings and behavior When the energy flowing in the chakras is blocked our physical emotional and psychological well being is compromised Through the unique practice of InnerTuning a system of precise potent sounds and mantras blockages in the microchakras can be released so the subtle body can become realigned and physical and mental health can be restored Sri Shyamji Bhatnagar developed the InnerTuning technique from his early work with breath and sacred sounds which began at age 12 with his guru in India In 1967 his discovery of the 147 microchakras inspired his creation of Microchakra Psychology a blend of ancient wisdom and contemporary psychology that explains the workings of the subtle body and how openings or blockages in the chakras can either encourage or sabotage psychological health and spiritual development In this book Shyamji describes methods for optimizing energy flow in the microchakras using the practice of InnerTuning in order to enhance one s well being and promote spiritual growth through the power of sound breath and the divine energy that resides within us all **JMCC:**

Volume I - Consciousness J.L. Harter, 2015-08-24 This is a publication of the online Journal of Metaphysics and Connected Consciousness This is the Journal s first publication Volume I Consciousness **Seed Sounds for Tuning the Chakras**

James D'Angelo, 2012-08-22 A practical guide to vocally resonating your energetic and psychological centers to balance the emotions purify the soul and dissipate negative states Explores the intimate connections between specific sounds and syllables the 7 chakras and their corresponding psychological traits Provides toning exercises using these seed sounds to re tune and purify the chakras leading to spiritual transformation and wholeness as energetic blockages and negative states are dissipated Includes 66 minutes of audio tracks to guide you through each exercise and the toning of each chakra s sounds Using the Sacred Alphabet the universal sounds of all languages sound healing teacher James D Angelo explores the intimate connections between vowel consonant and syllable combinations each of the 7 chakras and their corresponding psychological traits He explains for example how the vowel sound uh connects to the root chakra and is found in such words as support and trust words deeply linked to the emotional character of this chakra Revealing the voice as the master instrument for transformation attested by the spiritual traditions that use chanting as an aid to enlightenment he provides an extensive selection of vocal exercises to re tune and purify each chakra and dissipate any related negative states as well as exercises that incorporate multiple chakras for general well being The accompanying 66 minutes of audio tracks guide you through each exercise and the proper toning of each chakra s sounds In uniting these sacred seed sounds with their corresponding

chakras and psychologies the author shows how you can enhance the power of these syllables and purposefully harness them for healing states of deep meditation and spiritual development By bringing you closer to the voice of the Absolute your own voice can be the conduit to the blissful union the soul so deeply desires **Seven Secrets of Time Travel** Von

Braschler,2012-02-22 How to break free from the physical world and travel via the energy body Examines the seven secrets of time from the viewpoint of mystics and scientists including Helena Blavatsky C W Leadbeater and Albert Einstein Explains how transcending the physical body offers new hope for the treatment of illness emotional problems and addictions Offers step by step instructions and exercises to develop your time travel abilities via the energy body Time remains the most misunderstood and mystical dimension of our experience of life We never seem to have enough time yet often it seems to drag by too slowly Enthralled with the possibility of time travel and time machines we long for the future or regret our past and wish for a way to break out of the linear progression of time Behind all of this time fascination and obsession is the human urge to manage our destiny and feel in control of our world Yet the secret to escaping temporal bondage is inside each of us a soul given power to visit the past or future and travel through the present at the speed of light Exploring the 7 secrets of time Von Braschler reveals how to break free from the physical world and travel through time and space via the energy body He examines time timelessness and time travel from the viewpoint of mystics shamanic dreamwalkers and scientists including Helena Blavatsky C W Leadbeater Albert Einstein and Julian Barbour as well as Hindu spiritual science Explaining how transcending the physical body offers new hope for the treatment of illness emotional problems and addictions he offers step by step instructions and active out of body exercises to develop your time travel abilities and explore the world of energy and spirit Emphasizing the spiritual wholeness that comes from energy body work he shows that by visiting the past and the future we can more fully live in the now The Politics of Vibration Marcus Boon,2022-08-08 In The

Politics of Vibration Marcus Boon explores music as a material practice of vibration Focusing on the work of three contemporary musicians Hindustani classical vocalist Pandit Pran Nath Swedish drone composer and philosopher Catherine Christer Hennix and Houston based hip hop musician DJ Screw Boon outlines how music constructs a vibrational space of individual and collective transformation Contributing to a new interdisciplinary field of vibration studies he understands vibration as a mathematical and a physical concept as a religious or ontological force and as a psychological determinant of subjectivity Boon contends that music as a shaping of vibration needs to be recognized as a cosmopolitical practice in the sense introduced by Isabelle Stengers in which what music is within a society depends on what kinds of access to vibration are permitted and to whom This politics of vibration constitutes the hidden ontology of contemporary music because the organization of vibration shapes individual music scenes as well as the ethical choices that participants in these scenes make about how they want to live in the world

This book delves into Microchakras Innertuning For Psychological Well Being. Microchakras Innertuning For Psychological Well Being is a crucial topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Microchakras Innertuning For Psychological Well Being, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:
 - Chapter 1: Introduction to Microchakras Innertuning For Psychological Well Being
 - Chapter 2: Essential Elements of Microchakras Innertuning For Psychological Well Being
 - Chapter 3: Microchakras Innertuning For Psychological Well Being in Everyday Life
 - Chapter 4: Microchakras Innertuning For Psychological Well Being in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Microchakras Innertuning For Psychological Well Being. The first chapter will explore what Microchakras Innertuning For Psychological Well Being is, why Microchakras Innertuning For Psychological Well Being is vital, and how to effectively learn about Microchakras Innertuning For Psychological Well Being.
 3. In chapter 2, this book will delve into the foundational concepts of Microchakras Innertuning For Psychological Well Being. The second chapter will elucidate the essential principles that need to be understood to grasp Microchakras Innertuning For Psychological Well Being in its entirety.
 4. In chapter 3, this book will examine the practical applications of Microchakras Innertuning For Psychological Well Being in daily life. This chapter will showcase real-world examples of how Microchakras Innertuning For Psychological Well Being can be effectively utilized in everyday scenarios.
 5. In chapter 4, the author will scrutinize the relevance of Microchakras Innertuning For Psychological Well Being in specific contexts. This chapter will explore how Microchakras Innertuning For Psychological Well Being is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Microchakras Innertuning For Psychological Well Being. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Microchakras Innertuning For Psychological Well Being.

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Microchakras Innertuning For Psychological Well Being Introduction

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