



Healing the hearts of humanity, one Soul at a time

Spiritual Care Package



*"We receive His peace when we ask Him for it. We keep His peace by extending it to others. Those are the keys and there are no others."
~ Marianne Williamson*





Healing the hearts of humanity, one Soul at a time

Table of Contents

Introduction	2
Your Energetic Body.....	3
The Astral/Emotional Body	3
Function	3
Range of Consciousness.....	3
Form and Structure.....	4
How the Astral Body is Awakened.....	4
Chakras and Vortexes	5
Chakra Cleansing and Balancing	6
Frequently asked Questions on Chakra Cleansing.....	7
Foods That Fuel Your Chakras.....	7
Chakra Foods	8
Centering Technique.....	10
Grounding	11
General Recommendations	13
Appendix.....	16

Introduction

Humanity Healing Network is proud to release this Spiritual Care Package to serve as a reference and guideline for those who are traveling the path of understanding and opening the voice of the higher guidance. In this document, we offer some guiding principals that may help and support your general energy levels during the process of Spiritual work.



Healing the hearts of humanity, one Soul at a time



Your Energetic Body

The Astral/Emotional Body

Function

The Astral Body gives you the ability to have desires, emotions, imagination and psychic abilities. It lends power to Thought, which is essential for effective action and manifestation.

Range of Consciousness

Astral consciousness includes the full range of emotions from fear, hate, and sorrow; to love, happiness, and ecstasy. It also includes the full range of desire from totally selfish and destructive craving to common personal yearnings to high spiritual aspiration to selfless service desire.

Astral experiences include dreams, fantasies, out of body experiences, near death experiences, hallucinations, imagination, and visions.

The five astral senses are: Clairaudience (astral hearing), Psychometry (astral touch/feeling), Clairvoyance (astral sight), Imagination (astral equivalent of taste), and Emotional Idealism (astral equivalent of smell).

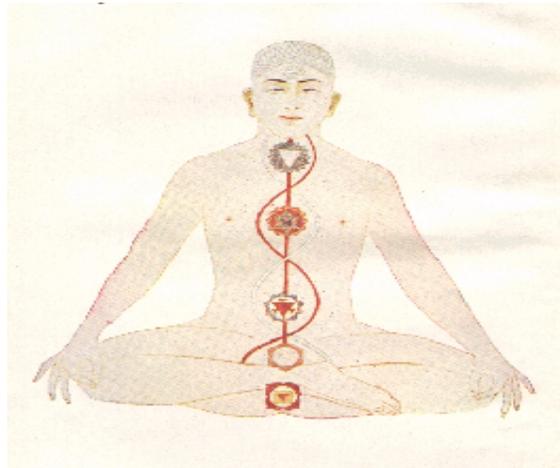


Healing the hearts of humanity, one Soul at a time

Astral Consciousness and the Astral Universe include everything imaginable, from the worst possible hells to the most glorious heavens. The Astral Universe also contains an astral replica of the higher universes. It is filled with imagery, feeling, and, above all, a personal point of view.

Form and Structure

The Astral Body has a figure form in the shape of the Physical Body and an aura usually in an ovoid shape pointed at both ends. The aura extends about 4 to 9 feet from the Physical Body. It has 7 major energy centers, 21 minor energy centers, and many smaller centers, just like the etheric body.



Your energetic body it is constantly changing color, from dark to brilliant colors depending upon your mood.

How the Astral Body is Awakened

The Astral, or Emotional, consciousness is primarily awakened through the stimulation of desire and Intention.

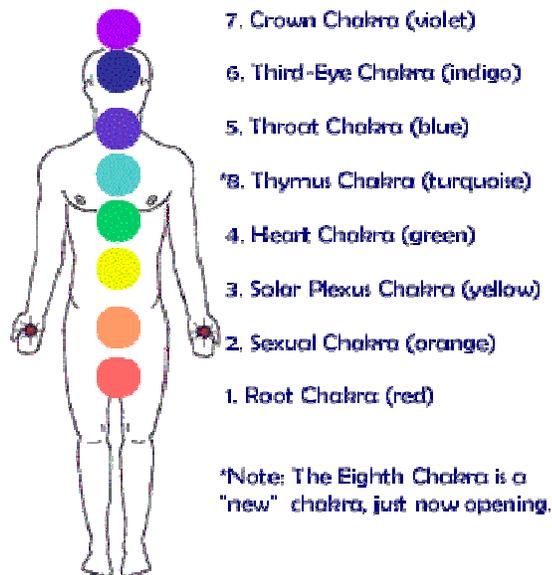
Awareness of the Astral Universe is awakened by meditation, psychic development techniques, out of body (astral) travel techniques, shamanic practices, lucid dreaming, certain drugs¹ such as

¹ Humanity Healing does not recommend or endorse the use of drugs as **any** part of a normal spiritual practice.



psychedelics, Pranayama² practices, some types of trauma, biochemical imbalances, and certain types of energetic stimulation³.

Chakras The Body's Eight Main Energy Centers



Chakras and Vortexes

Chakras are a concept referring to wheel-like vortices which, according to traditional Ayurvedic medicine, are believed to exist in the surface of the etheric double of man.

The Chakras are said to be "force centers" or whorls of energy permeating, from a point on the physical body, the layers of the subtle bodies in an ever-increasing fan-shaped formation. These fans make the shape of a love heart.

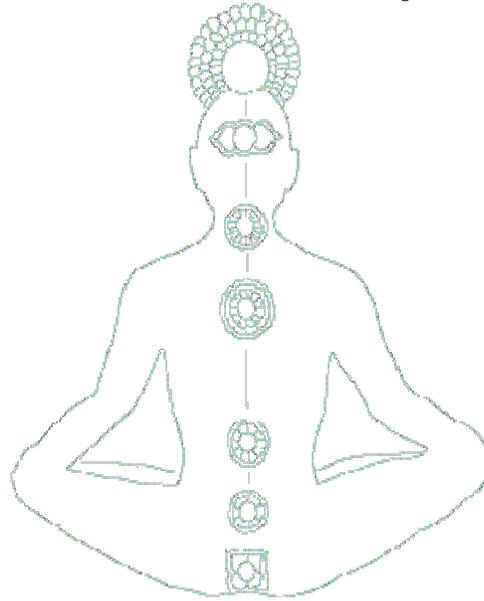
Rotating vortices of subtle matter, they are considered the focal points for the reception and transmission of energies. There are seven major chakras or energy centers, also referred to as wheels of light, are generally believed to exist, located within the subtle body (see picture above).

² Pranayama is a Sanskrit word meaning "lengthening of the prana or breath".

³ Humanity Healing does not endorse or support any type of substances that would provide and "energetic stimulation" of your energetic body.



Healing the hearts of humanity, one Soul at a time



Chakra Cleansing and Balancing

The point for cleaning the chakras is to keep energy flow through them smoothly and unobstructed. When you begin working with the chakras and they are open they are also vulnerable.

Purification and balancing the chakra system is important to the overall health of the human system. Below is an example of a meditation practice that can be used for this intention. There are several different methods that can be used to cleanse and stability each of the chakras, the important thing is to find what works and feels comfortable to you.

We listed these two simple exercises for your use. Each can be done in a few minutes. Practiced each day it will leave the individual feeling more energetic and focused.

- The first way is by visualizing a white ball of light coming down from the sky and stopping in front of the chakra and striking the chakra with white light, blasting any dirt or negativity off of it. Do this for each chakra.
- The second way is visualize the ball of light sucking any dirt of the chakras. Do this for each one as well.

There is no set time period for how long it takes to clean your chakras. If you wish, you can combine the Exercises and see it blasting the dirt away then sucking any left over's off. We recommend doing either exercise 3 times a week when first beginning. After a few weeks of practice, you can lower it to once per week.



Healing the hearts of humanity, one Soul at a time

It is recommended for you to take AT LEAST ONE week to practice and learn the technique above before continuing on with another the classes.

Frequently asked Questions on Chakra Cleansing

1. How do I know when my chakras are clean?

Answer: You will most likely feel different. Relax. You can even feel 'lighter' now that that entire excess gunk is off of you. You will notice some difference when you are finished and even during the process.

2. How often should I clean?

Answer: When first beginning, about 3 times a week and after you've done it for a couple weeks, you should do it at least once a week. If you really want to be a clean freak, you can clean everyday though once a week is usually fine unless you do LOTS of psychic or energy work such as readings or healing, or you deal with LOTS of people at your job or if you are just a very social person. If you do psychic readings or energetic healings, it is good to cleanse after each session.



Foods That Fuel Your Chakras

By Phylameana Lila Desy

When you think about your chakra system you probably aren't considering the types of foods that you consume. Because our chakras are energy vortexes and invisible to most of us one might well imagine that chakras would thrive on energy, prayer, or other such spiritual stuff... you know, those things that we can't see with the human eye.



Healing the hearts of humanity, one Soul at a time

However, the chakras cannot sustain our human body without our help. It is important to feed and nourish the flesh in order to help support and fuel our chakras. Whenever one or more of your chakras is misaligned you might do well to look and see if you are not eating or possibly overeating the foods that fuel that particular chakra. Check out the foods under each of the seven primary chakras listed here to help you determine how your current diet might be deficient or over-indulgent.

We can do our part in helping bring balance to our chakras by eating a balanced diet.



Chakra Foods

Root Chakra

- Root vegetables: carrots, potatoes, parsnips, radishes, beets, onions, garlic, etc.
- Protein-rich foods: eggs, meats, beans, tofu, soy products, peanut butter
- Spices: horseradish, hot paprika, chives, cayenne, pepper

Sacral Chakra

- Sweet fruits: melons, mangos, strawberries, passion fruit, oranges, coconut, etc.
- Honey
- Nuts: almonds, walnuts, etc.
- Spices: cinnamon, vanilla, carob, sweet paprika, sesame seeds, caraway seeds



Healing the hearts of humanity, one Soul at a time

Solar Plexus Chakra

- Granola and Grains: pastas, breads, cereal, rices, flax seed, sunflower seeds, etc.
- Dairy: milk, cheeses, yogurt
- Spices: ginger, mints (peppermint, spearmint, etc.), Melissa, chamomile, turmeric, cumin, fennel

Heart Chakra

- Leafy vegetables: spinach, kale, dandelion greens, etc.
- Air vegetables: broccoli, cauliflower, cabbage, celery, squash, etc.
- Liquids: green teas
- Spices: basil, sage, thyme, cilantro, parsley

Throat Chakra

- Liquids in general: water, fruit juices, herbal teas
- Tart or tangy fruits: lemons, limes, grapefruit, kiwi
- Other tree growing fruits: apples, pears, plums, peaches, apricots, etc.
- Spices: salt, lemon grass

Brow (Third Eye) Chakra

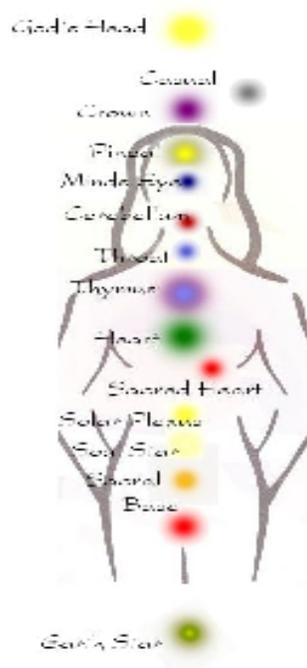
- Dark bluish colored fruits: blueberries, red grapes, black berries, raspberries, etc.
- Liquids: red wines and grape juice
- Spices: lavender, poppy seed, mugwort

Crown Chakra

- Air: fasting / detoxing
- Incense and Smudging Herbs: sage, copal, myrrh, frankincense, and juniper (These herbs are not to be eaten but are ritually inhaled through the nostrils or can be smoked through a ceremony pipe for purification purposes)



Healing the hearts of humanity, one Soul at a time



Centering Technique

The following Centering Technique is by James Van Praagh⁴.

- Sit in a comfortable chair, making sure your spine is straight. If you slouch, energy can not move up and down the body easily.
- Imagine a wire pulling you straight up from the top of your head.
- Close your eyes and take several deep breaths.
- As you do, visualize each breath coming into the body like streams of golden light.
- This light touches and fills every cell, organ, and muscle. With each breath you feel invigorated.
- As you exhale, imagine a gray mist exiting the body. This mist represents any excess energy, anxiety, fear, nervousness, or apprehension that you may have.
- Next, imagine that you are sitting in the center of your body. Visualize that you are looking out of your body from behind the middle of your forehead, right behind the brow. This is your third eye center.

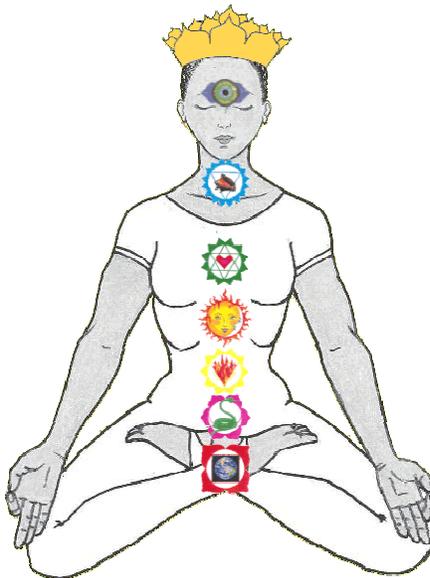
⁴ See James Van Praagh's book "Heaven and Earth".



Healing the hearts of humanity, one Soul at a time

- Last, visualize three cords. One is tied to the base of your spine and the other two are connected to each ankle. See the cords going straight down to the center of the earth.
- Imagine three big rocks at the center of the earth, and tie a cord to each rock. Concentrate on moving any excess energy in your space along the cords into the earth. At the same time, visualize the energy of Mother Earth traveling up the cords healing you and anchoring you to the earth.

You are now grounded and centered properly.



Grounding

Getting Truly Grounded - How To⁵

People who are not grounded tend to be unfocused, unsettled, stress-filled and stressful, and heavily invested in controlling the environment around them. People who are naturally grounded are generally earthy, centered, and at home in their bodies.

⁵ Adapted from *Your Aura & Your Chakras* by Karla McLaren



Healing the hearts of humanity, one Soul at a time

Simple Solution:

The act of grounding tends to center and focus people, because it calms their bodies down and creates a warm and peaceful place in which to live. Find out how, here:

Create Your Grounding Cord

Sit upright in a straight-backed chair with your arms and legs uncrossed and your feet flat on the floor. Place your right hand on your belly just above your pubic bone, and your left hand behind you at the very base of your tailbone.

Keep your eyes open if you can, stay centered, and envision a circular energy center inside your pelvis, right between your hands. (If you know about the chakra system, you'll recognize this center as your first chakra.) This center is usually envisioned as a disk three to five inches in diameter. This disk faces forward, with colored energy swirling visibly inside it, and the color is red.

This firmly anchored disk of energy resides within your body at all times. This energy center has been present since before you were born.

It has a constant and unlimited supply of energy, and its primary function is to feed and serve you.

Having your awareness in your mind, envision the energy swirling inside this first chakra, and see a cord or a tube of this same energy moving straight downward. The cord can be the same diameter as your chakra, or slightly smaller. It may help to envision a brightly colored, plumbing-pipe sized grounding tube. Visualize your chakra as firmly anchored inside your body, and see the cord moving downward out of your genitals, through your chair, and into the floor beneath you.

Know that there is an unlimited amount of energy available to create your cord. You are not draining your first chakra; you're simply redirecting some of its inexhaustible energy down toward the center of the planet.

See your grounding cord moving further downward, through the foundation of the building you are in, into the layers of the ground below you, and on down to the center of the planet, however that may look to you.



Healing the hearts of humanity, one Soul at a time



General Recommendations

Some spiritual Schools of Knowledge are very strict with the scope of choices of food. They insist that the basic nutrition should be multi-faceted and composed of cereals, fruits and vegetables, in their raw form, if possible. They also encourage the use of Natural juices. Most of them do not allow any fat in their main diet.

Due to the differences in climates, and other living conditions, this type of diet restrictions is not always possible. Nevertheless some recommendations must be affirmed in order to allow some minimal conditions to improvements on the spiritual path.

1. As must as possible, we recommend the abstinence of eating red meat. Independent of all the ideologies of Veganism⁶, the ingestion of food that comes from dead animals, can damage in a long run the Astral and Etheric body.
2. One should avoid foods that are overly seasoned, and the same with coffee and strong tea. You should drink lots of water and try to substitute for natural juices and vegetables.
3. From the Spiritual point of view as well as the physiological, it is important that food is fresh, and eaten gradually, chewing slowly all the food and at the same time that you envision that you are absorbing the living energy of Prana, the vital energy of food. It is also advisable to eat without too much talking.
4. The quantity of food ingested is also important, one should always try to eat in moderation and one should avoid the sensation to be completely satisfied with the food, due to the excess of food.
5. The habit of overloading the digest system is contrary to the elevation of overall spiritual level, and can stunt the psychic and mental lives. This behavior can contribute to the mental

⁶ Contrary to claims, Veganism or vegetarianism are not more “spiritually pure” because no lives were taken to provide sustenance. There is death involved, both animal and plant, with any harvesting process.



Healing the hearts of humanity, one Soul at a time

laziness, insensibility and sleepiness. Sometimes the practice of Fasting⁷ may be used as an instrument of purification and detoxification. Fasting not only benefits the physical body, but also facilitate the “refinement “of the Personality, though the work with the Inferior Tatwas⁸, therefore allowing the infiltration of more subtle energies from higher realms.

6. The more we connect with higher realms, less we will feel the need for food, sleep and regular rest. Except in rare moments, the rule is, more one advance in the spiritual path, less are the necessities and general demands from the physical body.
7. The use of any narcotic substances and recreational drugs are strongly discouraged. They create an environment that turns out to be incompatible with the breathing exercises. They also can have a negative influence over the vibration of the Etheric and Astral bodies, generating a numbing effect over these vibrations.⁹
8. To sleep is a natural necessity of the physical body; it is not beneficial to restrict it too much. Everything in exaggeration on the spiritual path is damaging for any development of the soul; but one should be aware that prolonging it voluntarily is not prudent, once that can bring about some set of behaviors that can dent the general progress, such as: indolence and laziness. The hours of sleep always have to be regulated by the needs of the body, since the necessity will gradually decrease automatically, as the spiritual work evolves. It is desirable to take advantage of the hours before midnight for the best time of rest due to the nature of the electromagnetic waves that microcosmically are recharging all your organs. It is also recommended that one should lay down straight, and to try to wake up early.
9. In the spiritual path, the moderation of the use of sexual energies should be observed. The negative use of sexuality with no base of exchange, without moderation, and any concept of moral values, is not compatible with the development of the real connection with the Higher Self, or Soul. The Nature of the sacred sexual energy is to charge the physical, psychic and mental bodies, and this energy source can't be used without care and respect.
10. About Work. The psychic state in which any work is developed is extremely important. The Obligatory work, performed under an obligation or necessity is always executed with ill will, which weaken one's efforts physically and psychically very easily. In the other hand a work perform under the enthusiasm of the Will, will allow the energies spent on it to be recharged faster and promptly. One monotone job, performed under the necessity of life, can be rewarding once it is perceived as useful to others and it gains merits when it is connected with a way to pay out old karmic debts.
11. The practice of happiness in the performance of any material work is especially recommended because it adds stature to any job. Happiness consents to bring spiritual growth, when allied with discipline zeal. Laziness and physical indolence feed the inferior tendencies of the human being. Contrarily, work energizes and disciplines the body. We recommend, whenever it is possible, that the seeker develop the habit of physical work, with preference of

⁷ Fasting must be practice with the assistance and supervision of a health practitioner

⁸ The Tatwas are the five modifications of the Great Breath.

⁹ The exception to this rule are certain specialized shamanic practices done as part of religious ceremonies and are NOT intended for the uninitiated or without Shamans guiding the process.



Healing the hearts of humanity, one Soul at a time
any work executed outdoors, with fresh air and routine movements. Again, the work here should be performed always in goodwill, happiness and disposition.



Healing the hearts of humanity, one Soul at a time

Appendix

Seventh/Crown



Crown Chakra - located at the top of the head. Its function is understanding. Its inner state is: bliss. Its color is Violet and its planet is Uranus. Its stone is Amethyst. Its meditation is: I understand. Balancing this chakra is said to give vitality to the cerebrum and affects the development of psychic abilities. Energies: Air, Meditative, Intuition, Promotes thought.

Sixth/Third Eye



Third Eye Chakra - located in the center of the forehead above the eyebrows. Its function is seeing, intuiting. Its inner state is: I know. Its color is indigo and its planet is Jupiter. Its stone is: Iolite. Its meditation is: I see. Balancing this chakra helps psychic perception and balances the pineal gland. Energies: Air, Meditative, Intuition, Promotes thought.

Fifth/Throat



Throat Chakra - located in the throat. Its function is communication, creativity. Its inner state is synthesis of ideas into symbols. Its color is bright blue and its planets are Mercury and Neptune. Its stones are: Sodalite, Blue Lace Agate, Lapis Lazuli. Meditation on: I speak. Balancing this chakra is important for the speech and communication areas of the brain. Energies: Water, Calming, Soothes, Relaxes.

Fourth/Heart



Heart Chakra - located in the center of the chest. Its function is: love, its inner state is compassion, love, its color is green, and its planet is Venus. Its stones are: Green/Pink Stones - Peridot, Rose Quartz, Malachite. Meditation on: I love. Balancing this chakra is important for the circulatory system, heart and thymus. It also affects spiritual love, compassion and universal oneness. Energies: Water, Calming, Soothes, Relaxes.

Third/Solar Plexus



Solar Plexus Chakra - located in the area above the navel area. Its function is Will, power, its inner state is laughter, joy, anger, its color is yellow, and its planets are Mars and the Sun. Its stones are: Amber, Topaz and Citrine. Meditation on: I do. Balancing this chakra is associated with calming emotions and frustration, easing tension and helping to better utilize intuition. Energies: Fire, Energizing, Charging, Lends Energy.

Second/Sacral



Navel/Sacral Chakra - located in the lower abdomen, genitals, womb, its function is desire, sexuality, pleasure, procreation. Its inner state is tears, its color is orange and its celestial body is the Moon. Its stones are: Coral and Carnelian. Meditation on: I feel. Balancing this chakra is associated with sexual vitality, physical power and fertility. Energies: Fire, Energizing, Charging.

First/Root Chakra



Root/support chakra - located at the base of the spine. Its function is survival and grounding, its inner state is stillness and stability, its color is red and its planets are Earth and Saturn. Its stones are: Garnet, Ruby, Onyx, Obsidian. Meditation on: I am. Balancing this chakra gives energy to the physical body, controls fear, increases overall health and helps in grounding. Energies: Earth, Grounding, Focusing, Centering.

The word *chakra* is Sanskrit for wheel or disk and signifies one of seven basic energy centers in the body. Each of these centers correlates to major nerve ganglia branching forth from the spinal column.
Created by: Inelda Trakhtenberg
Source: *Wheels of Life* by Anodea Judith.



Healing the hearts of humanity, one Soul at a time



Crown Chakra - Sanskrit name "Sahasrara" meaning "Thousandfold". Located at the top of the head and relates to spirituality, transcendence and being connected with higher planes of consciousness.



Third Eye Chakra - Sanskrit name "Anja" meaning "to perceive". Located above and between the eyebrows and relates to intuition and wisdom.



Throat Chakra - Sanskrit name "Vishuddha" meaning "Purification". Located at the base of the neck and relates to self-expression and communication.



Heart Chakra - Sanskrit name "Anahata" meaning "Unstruck". Located at the centre of the chest and relates with love, compassion and healing.



Solar Plexus Chakra - Sanskrit name "Manipura" meaning "Lustrous gem". Located between the sternum bone and naval and relates to personal power.



Sacral Chakra - Sanskrit name "Svadhithana" meaning "Sweetness". Located just below the naval and relates to our sexual and reproductive capacity.



Root Chakra - Sanskrit name "Muladhara" meaning "Root" or "Support". Located at base of spine and relates to the physical plane and material reality.

Chakra Number	Associated Colour	Main Issue	Elements & Ruling Planets	Astrology Associations
Crown 7th	Violet, White	Spirituality	Thought/Cosmic energy Uranus	Aquarius
Third Eye 6th	Indigo	Intuition, Wisdom	Light/Telepathic energy Neptune, Jupiter	Sagittarius Pisces
Throat (5th)	Blue	Communication	Ether Mercury	Gemini Virgo
Heart (4th)	Green/ Pink	Love, Relationships	Air Venus	Libra Taurus
Solar Plexus (3rd)	Yellow	Personal Power	Fire Mars & Sun	Aries Leo
Sacral (2nd)	Orange	Emotional balance, Sexuality	Water Pluto	Cancer Scorpio
Root (1st)	Red	Survival/Physical Needs	Earth Saturn	Capricorn