

# TIBETAN CHAKRA THERAPY

Katherine Torres, Ph.D., D.D.

Our Electromagnetic Field (Aura) is a display of colorful light coming in from the ethereal universe and out flowing from our inner being through vortices. Our Aura and Chakras (vortices) carry vibrations of thought and feeling that are interactive with our cognitive mind, subconscious mind and supernal mind (Divine Mind), as well as our subtle bodies: Spiritual, Emotional, Mental, Physical, Ego and Soul (S.E.M.P.E.S). The energy vibrates at high levels and large vortices or “wheels of light” center around 7 major areas of our body. The wheels allow the dynamic flow of energy to enter and exit our being. These 7 major areas are called the Personal Chakras (A Sanskrit word meaning Wheels of Light).



Imprinted in each Chakra matrix are energies of positive or challenging expressions.

## #1 Root Chakra

- ★ Physical Security/Financial
- ★ Physical Health
- ★ Sexual
- ★ Grounding to Earth Matrix
- ★ Past Life Karma

## #2 Sacral Chakra

- ★ Creativity
- ★ Femininity
- ★ Women
- ★ Financial
- ★ Sensual
- ★ Inner Child
- ★ Loss and Longing

## #3 - Solar Plexus Chakra

- ★ Self Esteem
- ★ Expression in the World
- ★ Masculinity
- ★ Men
- ★ Ego

## #4 - Heart Chakra

- ★ Giving and Receiving Love
- ★ Love of Self
- ★ Sorrow
- ★ Grieving
- ★ Honoring Higher Self

## #5 - Throat Chakra

- ★ Communication
- ★ Ears, Nose Throat
- ★ Speaking Truth
- ★ Expressing Self
- ★ Memory/Past Life

(Over)

Throughout our daily experiences and lifetime processes, we interact with our Chakra centers consciously and unconsciously. Our life process often brings challenges, toxic experiences and frustrations. It also brings joy, creativity, intelligent enrichment, interdependency, and spiritual advancement. All experiences are imprinted into the Chakras and affect our ability to receive the healthy and dynamic influx of power and higher vibrations of the Universe.

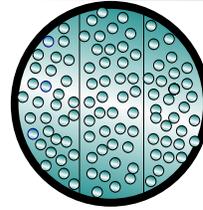
If our Chakra centers are clear, they are receptive to the influx of higher vibrations. When receiving the higher vibrations, we live empowered. Our life is filled with creative achievements, personal success, health, love and spiritual alignment that provides us the path of bliss.

When our Chakra centers are cluttered, they block our abilities to be healthy, to achieve success, to maintain emotional and mental balance, and to honor our quest for Spiritual advancement. The debris within our Chakras create blocks that are the barriers to bliss.

Tibetan Chakra Therapy assists in clearing the clutter. The process is done through mantra toning and concentration in the seven major areas of consciousness contained in the wheels of light. The therapy helps you release energy that may have been cluttering your memory cells from previous lives, and certainly releases the energy collected from the challenges in this life experiences.

## #6 - Brow Chakra

- ★ Intelligence
- ★ Hemisphere Balancing
- ★ Intuitive/Psychic
- ★ Pituitary Gland (balance/imbalance)



## #7 - Crown Chakra

- ★ Spirituality
- ★ Alignment with God/Goddess
- ★ Expanded Consciousness
- ★ Pineal Gland (balance/Imbalance)

## *1/3rd - 2/3rd Theory Model*

“Most of us are living at more than 2/3rds vibration of challenging memories. It is important to shift the memory to align with our Soul Desire: To be Whole. In our desires we may have 1/3rd of the cells vibrating with our new desire. However, unless we have 2/3rds vibrating at the new thought, we only see partial results of our positive dream. The repetition of the old patterns keep showing up because 2/3rds of our memory cells are connected to the old thoughts and old vibrations of toxic memory.

“I have found that the Tibetan Chakra Therapy helps clear the old vibrational memory, opens you to direct positive vibrations and frees your Will Power to fill the cells with affirmative intent. The cellular memory will take over and the empowered response to live is the result.

## Therapy Sessions

A series of 7-10 sessions are scheduled. Each session is dedicated to one Chakra center. Specific sounding methods for each Chakra are used to discover the level of influx/outflow or blockage that is held in the vortex, and finally, the clearing of the Chakra center. Work is continued at home, allowing you to assist the “breakthrough” that is necessary to clear out the memory cells and open you to new patterns of expression through your conscious intent. Ten sessions are suggested as one or more centers may need additional attention. Each session consists of 60-minutes of work. Katherine will flow into the energy vortices with you and assist you through intuitive processes, discovering the block, memory held and/or karma that is effecting the flow of energy.

## Results

Katherine has been using this technique of healing since 1987. It has proven to help people discover their inner power as well as their inner challenges. It has helped them balance their priorities. Many have changed their lives and are living their dreams. All have discovered the tool that helps them help their self and move beyond victimization. Often psychic awareness is sharpened and their spiritual quest opens to a higher level.

## Note From Katherine

“In Metaphysics it is recognized that cellular memory can be cleared and releases life changes that are dynamically positive. All of our life experiences contained in our cellular memory take up at least 2/3rds of cellular consciousness. The philosophy of meta-energy dictates that at least 2/3rds of our cellular memory must vibrate as the same thought, experience and desire to effect a change.

## Advancing

For those of you ready to expand your consciousness and work in the dimensions of Higher Planes, connection to the Transpersonal Chakras (8-13) can be explored. The Chakra Therapy will then continue to help you clear your Transpersonal Channel. This is especially important for Healer, Spiritual Counselors and Spiritual Teachers.

**Call 619-588-6483 to set up appointments  
Katherine Torres, Ph.D., D.D**

### *The Meaning of the*

### *Ra, Ma, Da, Sa-a-a, Sa, Se, So, Hung Mantra*

The mantra is chanted for healing and balance. Ra is the Sun, Ma is the Moon, Da is the Earth and Sa is infinity. Se (say) is the totality of Infinity and So Hung is the “I Am Thou.” Ra, Ma, Da, Sa-a-a is the Earth Mantra while Sa, Se, So Hung is the Ethereal Mantra