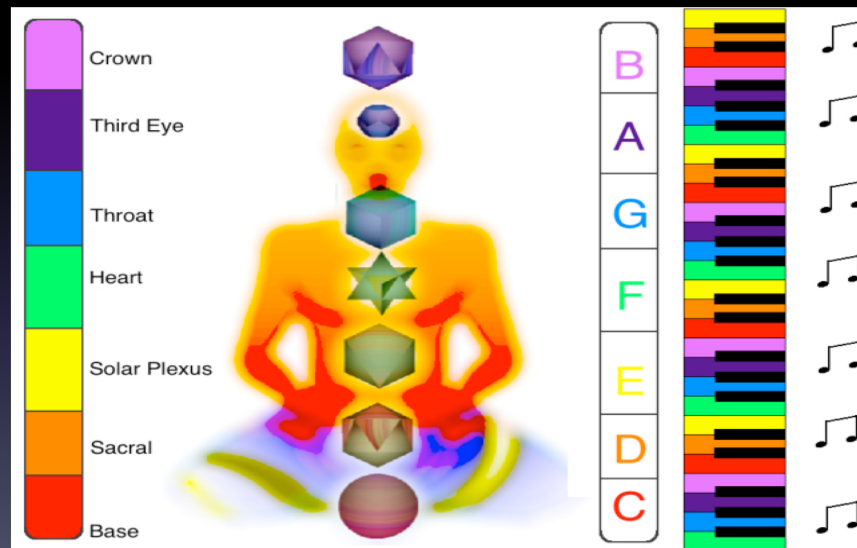


CHAKRAS & NOTES



Meditation Affects

www.ecoinstitute.org

- Less Anxiety/Suicide/Stress/High Blood pressure/Lower Cholesterol/Decrease Inflammation/Speed Healing/
- Better Sleep
- Better Moods
- Less Pain
- Beat Addictions – Trauma Based
- Lose weight/More Energy/Increased Libido
- More Health Benefits

Care Takers of the Earth

- Stewards for next generations: Land, Water, and All Life
- Maintaining Cultural Resources while working in concert with our neighbors
- Doing the work of our ancestors – Take only what you need, when you need it and whatever you take, use.
- Natural ecosystem & Natural communities have an inalienable right and fundamental right to exist, flourish and thrive

Links:

Water Experiments by Dr. Emoto:

<http://www.youtube.com/watch?v=Moz82i89JAw>

Self Guided Meditation Jason Stephenson
Sleep and Pain

<https://www.youtube.com/watch?v=jD3VxSGM-k>

Self-guided Meditation by Jason Stephenson
Chakra Alignment and Sleep

<https://www.youtube.com/watch?v=y8LIbeKQ60U>

Cells Healing the body

<https://www.youtube.com/watch?v=oVqo5ncandk>