

Infinite Wisdom of the Chakras

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INTRODUCTION

By choosing this card deck, you have embarked on a new journey with the chakras. You may already be familiar with the concept of the subtle body, which contains the chakras, or this may be an entirely new idea to you. Either way, you will discover a unique point of view about the chakra system, its infinite wisdom, and its ability to open your conscious awareness to learning and healing. The Infinite Wisdom of the Chakras is a 42-card deck and book set that invites the user to understand the chakras through powerful imagery and messages. Each of the seven main chakras is represented through various symbols, animals, deities and important concepts that relate to their role in our subtle anatomy. Like the images chosen for this deck, we experience our life on many levels through the chakra system.

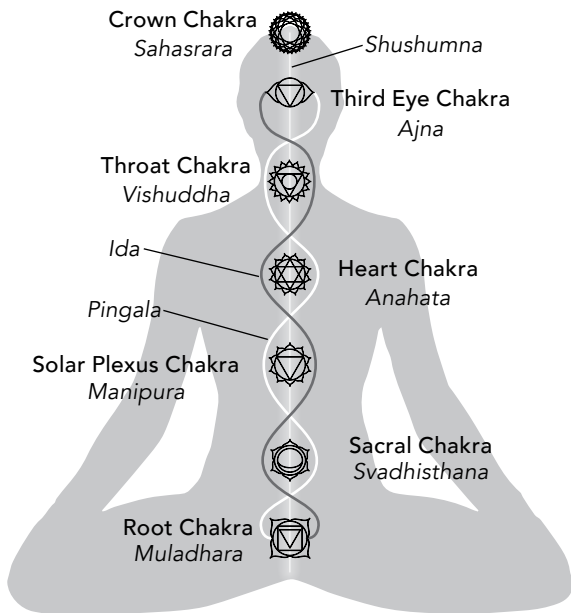
Chakras

The word chakra comes to us from the ancient language of Sanskrit, which is commonly known as the language of yoga and mantras. Chakra is defined as a “wheel” of energy or light, which occurs at the intersection of energy channels

called *nadis*. The main energy channels in the body are called *shushumna* (the central line of energy), *Ida* and *Pingala* nadis. The seven main chakras are located at the points where *Ida* and *Pingala* intersect as they cross over *shushumna*. Each of these wheels spins at a different frequency, with the lower chakras moving more slowly and the upper chakras moving more rapidly. Through this movement, the chakras are processing and storing energy. When all of the chakras are open, moving and flowing with energy, they are a powerful system that supports our experiences on physical, emotional, mental and spiritual levels. When one or more of the chakras becomes blocked, we can feel depleted, off balance and out of alignment. While we focus on seven chakras, it is commonly known that there are literally hundreds of minor chakras in the body and energy field. By balancing and tuning into the seven main chakras, we can assist all of the chakras to come into balance. This is beneficial to our physical bodies as well as for our spiritual alignment and our higher purpose.

Each chakra has a general placement in the body and an association with a color, a sound and a

natural element. Through the use of this deck, it is our intention to share the wisdom that lies within the chakras as a tool for self-discovery and transformation. This infinite wisdom brings the learning and awareness to a higher level of consciousness.



USING THE CARDS

All of the images created for this card deck are filled with light and movement. You may want to use the cards intuitively as guided upon opening them. The first seven cards represent the seven main chakras within the human energy field. The remaining cards represent key aspects of the chakras and are identified by the border colors, which correlate to the chakras. There is also a number, keyword and message on each card. Within this guidebook, you will find a detailed description of each card, the energy or the aspect it represents and a specific message. Each card also contains a power statement, which can be used as an affirmation or declaration. You may resonate with the colors, vibration, numerological aspect, visual or spiritual meaning of each card as it relates to you in the moment.

Infinite Wisdom Meditation

The images created and chosen for this deck are powerful focal points for meditation. To use the card as a meditation tool, find the time to center yourself and ask to receive the image that is perfect for you right now. You may also want

to actively choose an image that speaks to you through color, symbol, movement or subject. Allow your eyes to softly gaze over the card for a minute or two. Close your eyes and recall the image in your mind. Then take another look and take in all the details once again. Allow the image to flow inward and let yourself open to awareness of the card and notice the effects on your body and mind. Meditate for several minutes in quiet or use the power statement silently or aloud.

CARD READINGS

The Infinite Wisdom of the Chakras can be used in many ways as a reading deck. You may want to find a quiet space and allow yourself to come into a centered alignment. Take some deep breaths and begin to mix and shuffle the cards slowly and deliberately. Watch for any jumping cards or cards that want to make themselves known to you.

Single Card

Choose a single card daily to connect with an aspect of the chakras that may be in the foreground or background of your awareness. Note the images and message presented by the card and allow yourself to sense how this relates to your current situation. Then, review the description in the guidebook and tune into where this might resonate in your life or your current situation. It may be information meant to make you pause and reflect, or it may find its way right to the core of the matter.

Multiple Card Reading–Insight Spread

You may want to use this reading with a specific inquiry or question. Direct the question toward a specific topic for more wisdom or insight. Choose three cards to indicate the past, present and future influences as shown in the diagram below. Notice which energy centers are involved in each position and allow yourself to connect the story through images and color associations. Follow your own inner wisdom when reading for yourself or others. What chakra or energy center quality was recently influencing the past? Where are you now in the present moment? What can you expect or anticipate next?



PAST

PRESENT

FUTURE

CHAKRA STUDY

You may choose to work with all the cards of a specific energy center at one time or over the course of several days or weeks. Begin with a meditation on the chakra card for the chosen energy center, using the suggested meditation to deepen your understanding of the energy center. Then work with a card each day (or several) for that energy center to awaken your understanding and relationship to that aspect of the chakra. You may want to journal your thoughts and impressions or overlay other cards to bring this energy to light. See how this process relates to you on a physical, emotional, mental or spiritual level at this point in time.

Chakra Healing

Use the seven chakra cards: root, sacral, solar plexus, heart, throat, third eye and crown. Place them either physically on your body facing outward over the chakra locations outlined on page 5 or place them below your bed at night when you sleep, inviting healing, balancing and recalibration of the energy centers.

You may want to pair this practice with crystals, essential oils or other healing tools that deepen the connection and practice. Each of the chakra cards is a powerful symbol for transformation and healing.

Bija Sounds and the Chakras

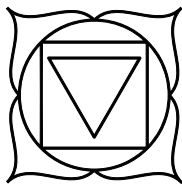
Each of the chakras has a specific seed sound called *bija* sounds that activate and harmonize the energy center. The seed sounds for the chakras are listed here:

Root Chakra	LAM
Sacral Chakra	VAM
Solar Plexus	RAM
Heart Chakra	YAM
Throat Chakra	HAM
Third Eye Chakra	OM
Crown Chakra	SO HAM

Chant these bija sounds beginning at the root chakra and ending at the crown with a few moments of silence to integrate the sounds. Use this chanting as an additional healing practice to be combined with choosing cards, meditation or chakra study and journaling. Try 10 rounds to begin and work up to 54 rounds over the course of time.

THE CHAKRAS - THE WHEELS OF LIFE

1st Energy Center - Muladhara - Root Center



Location: Located at the base of the spine between the sitting bones

Sound: LAM

Color: RED

Musical Note: C

Symbol: Four Petal Lotus Flower

Rules: Legs and Feet, Elimination, Adrenals

Element: EARTH

Qualities: Grounding, Stability, Security, Support

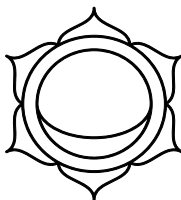
Practices: Activating the root chakra is as easy as stepping outdoors. Walking barefoot, walking meditations, hiking in nature, camping, gardening, and taking in the natural world are all practices that activate and assist our connection to the earth center. If you feel spacey, flighty or have trouble concentrating, do more grounding practices. Use

the energy of earth to ground you to the here and now. The root chakra supports our ability to create and hold abundance.

Essential Oils: Patchouli, Spruce, Pine

Yoga Poses: Mountain Pose, Warrior I, Squat

2nd Energy Center - Svadhisthana - Sacral Center



Location: Below the navel in the lower abdomen

Sound: VAM

Color: ORANGE

Musical Note: D

Symbol: Six Petal Lotus Flower

Rules: Reproductive organs, Ovaries, Testes

Element: WATER

Qualities: Fluidity, Receptivity, Creativity, Pleasure, Feelings

Practices: The sacral chakra is the center of sensuous experience and pleasure. This chakra is the location of our emotional, creative and sex-

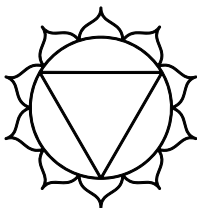
ual energy. Water is the great connector for this energy center. Swimming, salt baths and even being near the water like the lake or ocean can harmonize this space within us.

Make time for enjoyment, pleasure and creative pursuits such as coloring, painting, dance and free-form play. This is a place that requires self-nourishment. Use color meditation and wear the color orange to stimulate that aspect within yourself. The sacral chakra enables us to connect with feelings and to enhance the relationship we have with ourselves as well as with others.

Essential Oils: Neroli, Grapefruit, Clary Sage

Yoga Poses: Baddha Konasana, Triangle, Pigeon

3rd Energy Center - Manipura - Solar Plexus Center



Location: Solar plexus at the top of the ribs

Sound: RAM

Color: GOLDEN YELLOW

Musical Note: E

Symbol: Ten Petal Yellow Lotus Flower

Rules: Digestion, Pancreas

Element: FIRE

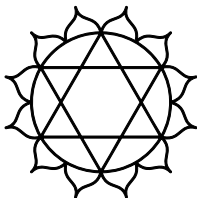
Qualities: Vitality, Determination, Conscious action, Divine will

Practices: Balancing the solar plexus can be a daily activity. If depleted, we can feel low self-esteem, apathy and lack of will. If over-stimulated, there may be a tendency toward perfectionism and arrogance. Bringing balance is vital to our physical body especially regarding digestive health, overall energy and divine will and "spark." The solar plexus chakra is where our personality is expressed through the form we know as ego. Breathing practices that purify, as well as yoga, vigorous activity and candle flame meditation can all inspire the inner fire. Focusing on the positive attributes of the personality as well as cultivating a sense of humor can temper the intensity of the solar center. This solar chakra contains the vital energy needed to manifest our goals and find our purpose.

Essential Oils: Lemon, Peppermint, Eucalyptus

Yoga Poses: Sun Salutations, Dancers Pose, Boat Pose

4th Energy Center - Anahata - Heart Center



Location: Spiritual heart in the center of the chest

Sound: YAM

Color: GREEN

Musical Note: F

Symbol: 12 Petal Green Lotus Flower

Rules: Heart, Lungs, Respiratory System, Thymus

Element: AIR

Qualities: Love, Compassion, Empathy, Forgiveness

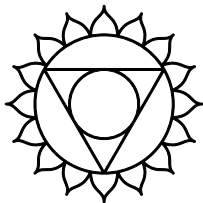
Practices: The heart center is the gateway from the lower chakras, which are connected to our daily life activity, to the upper chakras, which hold more refined and expanded experiences. Each experience benefits by passing through the heart so it may be graced with the energy of love, care, compassion and kindness. Opening the heart is integral to so many positive aspects of our being. Using metta (loving kindness) meditation, feeling gratitude and moving into heart-opening practices

such as forgiveness and service to others allows us to access the space in the heart center. The heart center is vast in its capacity to grow and expand. If you feel the heart is closed in response to past experiences, use the connection to the element of air and the color green found in nature to soften the heart. Breathe into the heart and use heart-centered mudras to create space within.

Essential Oils: Rose, Geranium, Lavender, Jasmine

Yoga Poses: Camel Pose, Wheel, Locust Pose

5th Energy Center - Vishuddha - Throat Center



Location: Base of the throat

Sound: HAM

Color: SKY BLUE

Musical Note: G

Symbol: 16 Petal Sky Blue Lotus Flower

Rules: Throat, Neck, Endocrine System, Thyroid

Element: SPACE

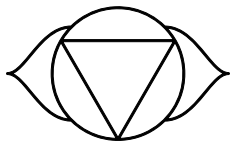
Qualities: Communication, Expansion, Discernment, Purification

Practice: The Throat Chakra is the seat of our higher expression and communication. Ruled by the element of space, it is interesting to note that the throat center is the smallest of the seven energy centers. As such, it is often in need of clearing and purification through vibration work. This center responds to sound healing, humming and chanting as activating practices. Use sacred chant or intoning the bija sound HAM 16 times to open the center. If you find that you have difficulty speaking up, expressing your truth, or speaking honestly, this is the center that needs alignment. Sing, speak compassionately and find higher levels of creativity and organization as a way to tap into the power of the throat center.

Essential Oils: Peppermint, Bergamot, Chamomile

Yoga Poses: Fish Pose, Shoulder Stand, Bridge Pose

6th Energy Center - Ajna - Third Eye Center



Location: Between the brows

Sound: OM

Color: INDIGO

Musical note: A

Symbol: Two Indigo Petals

Rules: Sight, Senses, Nervous system, Pituitary gland

Element: Light

Qualities: Intuition, Wisdom, Clarity, Vision

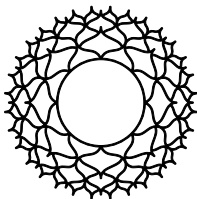
Practices: The third eye center is the place of higher knowledge, conscious awareness and our internal sensing called intuition. This energy center is the master chakra in the energy system. By working through the third eye center, we can enhance our intuition, which is like a muscle to be strengthened. Use envisioning practices (vision board and archetypes) and explore sensory expansion to activate this chakra. It is also the perfect place for color meditation, guided

imagery and “seeing” all of the details of your life’s mission to assist in manifesting your dreams. Working with the sixth chakra brings clarity and helps to integrate all of the elements. When we do this, everything comes into perfect clarity and we see it fully.

Essential Oils: Frankincense, Rosemary, Sandalwood

Yoga Poses: Childs Pose, Wide Leg Forward Fold, Legs Up the Wall

7th Energy Center - Sahasrara - Crown Center



Location: Crown of the head

Sound: SO HAM

Color: ULTRAVIOLET

Symbol: 1000 Petal Lotus Flower

Rules: All Systems, Pineal Gland

Element: SPACE

Qualities: Freedom, Unity, Lightness, Joy