



Hibiscus Dreaming



A Healthy



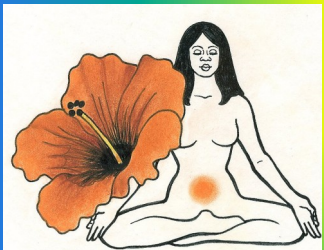
Chakra System



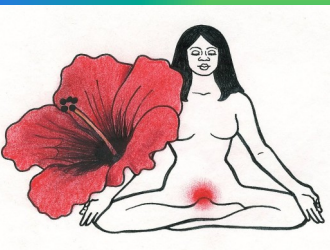
may assist you with



Having more energy.



Feeling balanced.



Overall wellbeing.

The Chakra System

We are all beings of energy. Within our whole we have energy centres known as Chakras – pronounced as *SHOCK-RUHS*.

It is universally accepted that there are 7 major chakras.

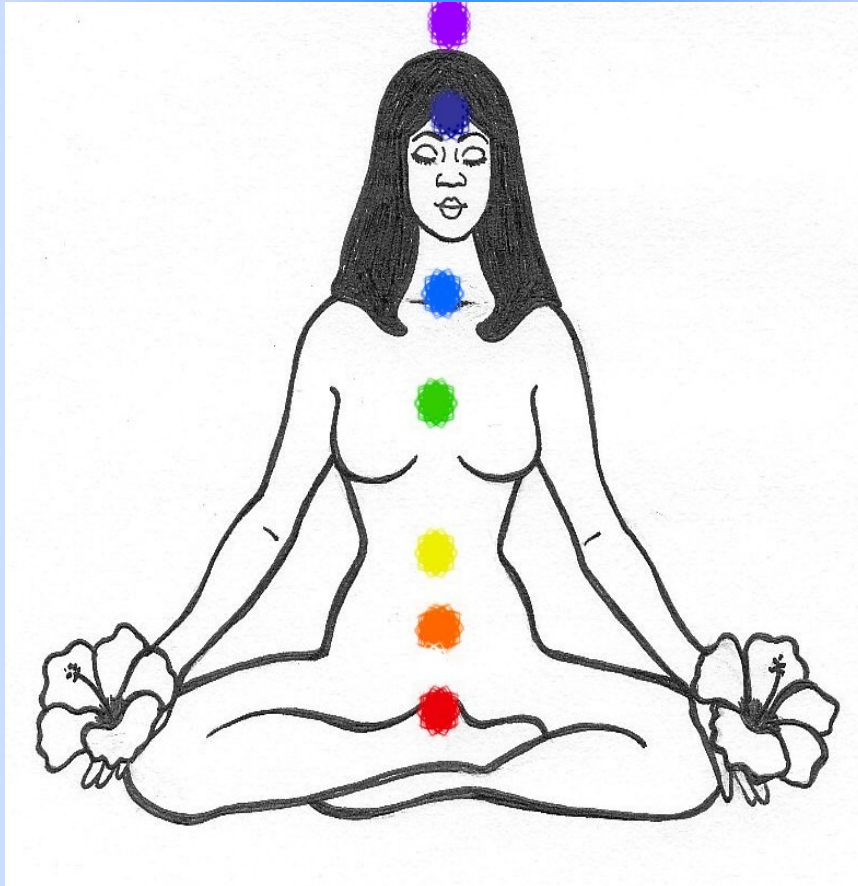
The major chakras are found up and down our body along the central nervous system. They push vital life force energy “chi” or “prana” through the body to ensure vitality. They are round in appearance tapering off like a cone with the vortex reaching into our bodies.

Our chakras radiate and receive energy. They can be affected by a number of things including our daily thoughts, electromagnetic fields from phones, fluoro lights, computers. If our chakras become blocked or out of balance, life force energy is unable to flow freely through the body. This results in the feeling of a lack of energy within us.

If we are able to keep our chakras open and clear life force energy is able to flow through freely making us feel energetic and healthy.

The Hibiscus Dreaming Chakra products have been created to provide one tool for assisting us with cleansing, energising and rebalancing our chakras.

By using the products you may experience a refreshing new sense of well being.



The lower chakras relate to issues within the material world, whilst the upper chakras relate to issues of a more spiritual nature.

Foods and Substances that may affect our Chakras are:
Alcohol, Cigarettes, Caffeine, Chocolate, Drugs of any kind, Red Meat

Food and Substances that may have a positive affect on our chakras:

Freshly picked fruit and vegetables (especially organic)
Bread products baked with sprouted or wholegrain
Soy products & tofu
Juice consumed within 20 minutes of squeezing

Hibiscus Dreaming

“ Helping to bring back a sense of well being and balance into life.”

For more information go to

www.hibiscusdreaming.com