

HANDS OF LIGHT



presents

!!Unlock your Heart for Valentine's Day!!

The Heart Chakra is centrally located between the heavenly Chakras and the earthly Chakras. Awakening the Heart Chakra can bring a deeper balance between your spiritual and human nature, thus bringing harmony within your whole self, negating the wars of the mind.

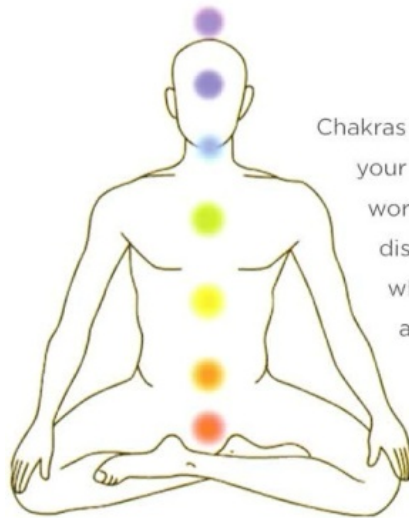
By freeing the Heart Chakra from blockages, you will allow yourself to *forgive yourself*, loved ones, and even those who have hurt you. Love will begin to flow out of you and *toward* you, leaving you awestruck, sometimes to such an extent that you can't stop laughing or crying.

When: Tuesday, Feb. 12th, 2013- 7:30 - 8:30

Where: Lotus Room, Dallas Meditation Center - 727 S. Floyd Road, Richardson, TX 75080

Cost: \$20 per participant

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Chakras are energy centers that run from the base of your spine out the top, or crown, of your head. The word chakra is a Sanskrit word meaning wheel or disc. There are seven major chakras, each a circular wheel of light spinning in your energy system, associated with certain body parts, a color, stone, element, and function. By learning to tune into the energy of your chakras, you can begin to embrace the fullness of who you truly are.

This meditation maybe the beginning of a new life for you

