

COUNCIL OF LOVE
SPRING CHAKRA CLEARING
AND ACTIVATION

GUIDEBOOK



WITH LINDA DILLON

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SPRING CHAKRA CLEARING & ACTIVATION

YOUR OFFICIAL GUIDEBOOK

Four Tips To Get The Most Out of The Webinar:

1. Print out this Guidebook before the webinar begins so you can write notes as you listen.
2. Review the topic outline so you know what to listen for. Make sure you've set aside private time for this session so you'll be able to focus and fully receive the benefits of the chakra clearing and attunements webinar.
3. During the webinar, be the participant-observer, and jot down the new ideas and inspirations you receive. This way you won't lose the information most relevant to you.
4. Translate how you can use the tips learned from the webinar to other areas of your life and journey.

Preparation Tips:

- Make sure you are in a quiet place where nothing can distract you, and you are not driving a vehicle. Be in a comfortable position so you can fully take part in the guided meditation.
- Stretch your muscles before starting the class. Stretching loosens the muscles and tendons allowing you to sit (or lie) more comfortably. Additionally, stretching starts the process of "going inward" and brings added focus to the body.
- Take a deep breath. Breathing deeply slows the heart rate and relaxes the muscles to help you have a comfortable experience during the guided meditation during the webinar.
- Use candles, crystals, and other spiritual tools in the room to help with this Spring clearing and activation.
- Welcome the experience; open to receive.

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It's an important part of the process to be both the participant and the observer during this Spring house-keeping and activation of your entire chakra system. Either during or following the meditation it may be useful to you to consider the following:

Anchor in your heart, and fill in the blanks as you prepare to move forward. These will be the important takeaway points for this gift.

1. There is a major shift going on in my
I feel that I am
2. My root chakra is
3. My heart chakra is
4. My chakra does not feel fully activated I choose to
5. I wish to focus more on the portal of my chakra
6. I feel moved to take the following actions:
7. I choose to bring greater focus to the area of my being and my life.
8. I accept that I can use my and
..... and
chakras to more fully embody my sacred mission and purpose.

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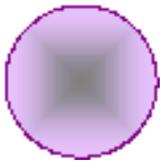
The 13 Chakras



The crown chakra is located on the top of the head at the fontanel, which is the cranial opening or soft spot on the top of the head on newborn babies. This is your center for connection with God, and home of the violet flame of St. Germaine. This chakra relates to the pineal gland, upper brain and right eye. Its musical note is B and its' color is violet, or the combination of all colors – white light.



The third eye chakra is located in the center of the forehead. This is the center of intuition and your unique spiritual nature. The pituitary gland, nervous system, lower brain, ears, nose and left eye are associated with this chakra. Its musical note is A and its color is magenta, an equal mix of red and blue.



The brow chakra, or fourth eye, is located at the bridge of the nose between the eyebrows. This is the center of your I AM presence, and is your bridge between your heart and the Divine. It vibrates to the notes of A and G, and its color is grayelsha, a blend of gray, lavender and magenta.



The throat chakra is centered over the Adam's apple or larynx. This is your center for communication, expression, discernment and change. The physical connection is to the thyroid, lungs, vocal chords, bronchial tubes and metabolism. It resonates to the note of G and the color is blue.



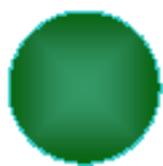
The clavicle is located where your clavicle bones meet - the hollow at the base of the throat. This is one of your communication centers – allowing you to speak from your higher self to your guides, angels, masters and God. The bridge function of this chakra is to bring communication to a higher and unspoken level. The notes it vibrates to are F# and G and its color is lurion, a mixture of pink, mauve and ashen blue.



The mid-sternum chakra is at the mid-sternum about a hand's width above the heart chakra – some know this chakra as high heart. This is your center for peace, balance and harmony and is used for balancing the angelic self within this physical reality. Physically it relates to the lungs, blood and lymphatic system. It vibrates to the note of F# and it's color is siroun, a mixture of pink, coral, and yellow.

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The heart chakra is centered between the breasts. This chakra is where we experience personal love and universal compassion. The thymus gland, heart, circulatory system, immune and endocrine systems are governed by this chakra. Its musical note is F and the color is a beautiful emerald green.



The lower sternum chakra is located at the bottom of the rib cage. This chakra is the bridge between the mental and the physical; above and below; within and without, and is your personal connection to the your star brothers and sisters. This is where your own ET memory and activation takes place. The lower sternum chakra relates to DNA. It vibrates to the notes of C and E and its color is halion, a mixture of mint, turquoise and Electra blue.



The solar plexus chakra is located about two inches above the naval or bellybutton. This chakra governs the emotions and issues of personal power. The liver, spleen, stomach, gall bladder and the nervous system are associated with this chakra. It resonates to the note of E and its color is yellow/gold.



The umbilical chakra is mostly physical. It is glandular and related to cleansing; the cleansing of blood, the liver and the gall bladder. It is the elimination chakra – elimination of all addictions, which are truly, and always addiction to pain. It resonates to the musical notes of E and D and its color is liquid honey, the mixture of yellow and orange.



The sacral, or spleen, chakra is located several inches below the naval. This chakra governs your attitudes regarding sex and sexuality, relationships, reproduction and creativity. This chakra relates to the ovaries in women and the testes in men. Its musical note is D and its color is orange.



The pubic chakra is a bridge located between the sacral and root chakras. This is the center for creativity on Earth, the working to create a new Earth. This center helps in dealing with the cosmetic surgery of the planet and the repair work to follow. The musical notes are C and D and its color is clay, a mixture of red and orange.



The base, or root, chakra is located at the base of your tailbone. This chakra governs your understanding of the physical dimension, the center through which you would experience “fight or flight.” This chakra relates to the adrenal gland, the kidneys and the spinal column. It resonates to the musical note C and its color is red.

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WHAT'S NEXT?

The right questions can spur your heart and Universal Self to feed you the meaningful answers. So ask yourself:

What is my energy telling me right now? Pay attention, listen and identify what you are hearing, feeling, or sensing.

How will you contribute to yourself and to Nova Earth and Nova Being as a result of this Spring clearing and activation of your chakra portals?

What will my life look like, up close and personal, if I learn how to use the full power of my chakras? And as my chakras as inter-dimensional portals?

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A message from Linda:

I hope you will join me for this life-changing soul family reunion. Poco Diablo Resort in Sedona is a lovely setting for deep, reflective work, which is why the Council of Love is returning to this location. The scenery is awe-inspiring; a 7th dimensional City of Light, the New Jerusalem. It will be a perfect place for a spiritual intensive.



The Bridge To Now Gathering includes guest presentations, meditations, channelings, music, and fun.

The Bridge to Now is about connecting with the ancient wisdoms (appropriate for the Sedona setting we will be in) and, to your spirituality in your everyday life. It's about skipping over the bridge to the fullness of your brilliant multidimensional self. It's about claiming your birthright to joy—right here, right now. No more waiting!

Fellow Lightworkers will share their visions of the global spiritual awakening occurring today. We will tap into the inspirational spirits of the Council of Love—the Ascended Masters, the Divine Mother, the Archangels, the Native American Chiefs, the Kingdoms, the devas, Gaia, and your sweet self.

There will be time to explore the fabulous red rocks of Sedona; rise to the sun, watch the shadows march across the face of Bell Rock and Cathedral Rock; visit a vortex as the sun sets.

Itinerary Nov. 11-13, 2016:

Friday: Workshop – 9 a.m. to 5 p.m.

Saturday: Workshop 9 a.m. to 5 p.m.

Sunday: Workshop and Check Out – 9 a.m. to 3 p.m.

For more Information, go to [The Spirit Store, http://thespiritstore.net](http://thespiritstore.net).

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About the Author

Linda Dillon had been the channel for the Council of Love (COL, or the Council) since 1984 after a near-death experience from a car accident opened her heart to her true purpose.

As the vehicle for the Council, Linda channels the vibration of pure Love into the hearts of those who come to her. These people are always recognizable by the dramatic personal changes and transformation they are going through.

Channelings are for the transmissions of universal information, as well as to assist people to connect and work with their own personal guides.

Linda channels Jesus Sananda, Mother Mary and Yahweh, as well as the ascended masters such as St. Germaine, Sanat Kumura, and Maitreya, the Apostles and the Archangels, Gabriel, Michael, Raphael, Uriel and Jophiel. While the energies and personalities of each being are unique, the vibration of Love, pure and simple remains consistent.

Having had a successful career as a health care executive, Linda understand the need to make spiritual matters hands-on and practice. She teaches workshops and webinars throughout the year and has a worldwide client base who request individual channelings. She is the CEO of the Council of Love, Inc., and the Nova School of Healing Arts and Sciences, an approved Florida Continuing Education provider in energy healing.

Linda resides on the Treasure Coast of Florida and can be reached through her website, www.counciloflove.com.

