



# 28 Jewels

## To Ignite Your Spirit

*with Shakti Durga*

Namaste! Welcome to the 28 Jewels, a unique blend of wisdom teachings, meditation, mantra and spiritual music to ignite your spirit and awaken the inner light.

I'm Shakti Durga, and it has been my great joy to put together these audio and visual presentations of Ancient wisdom and priceless teachings, mantras and meditations which take us deeply within, to access our hidden potential.



Embedded into the presentation is love. As you watch and listen, waves of energy and love will be flowing to you through my heart from the Divine Feminine presence of the Cosmos, Mother Narayani. She is the light of wisdom, the fire of purity and inner strength and the essence of endless love and blessings. I hope you will feel this joyful flow and that it will help you to awaken to the incredible resource that lies within you: your own Higher Soul.

The 28 Jewels comprise experiential learning about your spirit, particularly your energy centres, known in Yoga as chakras or wheels (of light). In summary you have 7 major chakras and a whole raft of minor ones. This presentation focusses upon the 7 major chakras.

The **7 major chakras** and the key words to help us access their powerhouses of wisdom and strength are:

- |                               |   |                           |
|-------------------------------|---|---------------------------|
| 1. <b>Base Chakra</b>         | - | Security in life          |
| 2. <b>Sacral Chakra</b>       | - | Create your life          |
| 3. <b>Solar Plexus Chakra</b> | - | Value and trust your life |
| 4. <b>Heart Chakra</b>        | - | Love your life            |
| 5. <b>Throat Chakra</b>       | - | Express your life         |
| 6. <b>Ajna Chakra</b>         | - | Master your life          |
| 7. <b>Crown Chakra</b>        | - | Connect with life         |

**For each chakra you will receive:**

- A wisdom teaching
- A meditation
- A mantra
- A song that celebrates the joy and flavour of that energy



You can choose how you would like to access the program and any way you do so will be perfect.

The way it was designed is that one would watch the wisdom teaching, then do the meditation, then the mantra and finish with a song that you can sing along with. Optimally you would work only on one chakra per day, and really allow the energy to soak in so it can bring subtle changes to the way you see your world.

In addition, you can enjoy any of the mantras, songs and meditations whenever you like.

After watching and listening to the entire program, you have a treasury of jewels that you can return to through-out your life. They will lift and help you every day. The more you practice the mantras and meditations, the stronger they are likely to be as tools for self-empowerment and transformation. Don't be surprised if you feel tingling and energy moving as you use these precious and priceless recordings. I hope you feel the Goddess within them, as I did when they were being created.

If after watching the teachings you feel that you have a particular chakra that may be weaker than the others, you can focus upon that chakra to develop it. Use that specific mantra, while focussing on the chakra. Repeat the healing meditations as often as you want.

Have the songs playing in your car, share them with your children, your family, get everyone singing sacred sounds that will lift the vibration of everyone in earshot. Have the mantras and songs playing on a loop in your home, even when you are not there, to cleanse and lift the energy of the space where you live.

As a bonus, we have also thrown in the soft, gentle backing music behind the meditations, in case you would like to listen to that as you drift off to sleep, knowing that it will also be working on your chakras, as the Nada Shakti (spiritual power of sound) was programmed into the keyboard and harp music to calm, lift and soothe.

As amazing as this bootcamp is, it is just the beginning of a marvellous journey of the spirit and soul. I warmly invite you to attend our energy healing and relationship seminars, which will take the learning further and deeper. Or, if you are interested in the laws of the soul and spiritual mastery, we have programs for that too.

At our Harmony Centre in leafy Cooranbong north of Sydney in Australia, we have a series of sacred spaces and temples where every day, our community celebrates life and joyful love through sacred ceremonies. Whether you like Vedic, Buddhist, Christian or Nature Based spirituality, or you are into crystals, healing, the Angels and Archangels, we have temples and ceremonies rich with colour, flavour, music and joy, that you will love!

There are books and CD's of sacred music and chant, a life-times work available for you. And there are a wonderful assortment of musicians and spiritual teachers who will inspire and lift you into your deepest and most authentic, abundant, radiant self.

My website is [www.shaktidurga.com](http://www.shaktidurga.com) and our spiritual charity is Shanti Mission Harmony Centres ([www.shantimission.org](http://www.shantimission.org)), which has been operating since 2001 (incorporated as a charity in 2007 in Australia and which is also a 501 (C) (3) charity in USA). We have many classes and events online, which you can access through Shakti Durga and Shanti Mission websites.

So many adventures, so many new and interesting friends waiting to meet you. Please come and visit, or attend any of our events held throughout Australia, or in USA, Canada, China, England and India.

May you be permeated by the everlasting spirit of pure love and together may we transform our world into the beautiful garden of Eden that our souls know is possible.

Blessings and love from Shakti Durga and our enthusiastic and gorgeous team.

Namaste, Om Namo Narayani!

