

# Personal Mastery

Share  
|

Personal  
Mastery Program:

reclaiming your sacred energy centers

with Christan Hummel

Two different tracks available:

The Empowerment track

Jan 19th-Feb. 9th

4 live teleclass sessions

Wed @ 5pm -6:30 Pacific time

Live teleclass dates:Â Â

1/19, 1/26, 2/2, 2/9

The Personal Enlightenment Track

Feb. 17th to Mar. 10th

4 Live teleclass sessions

Thursdays @ 9am Pacific Time

Â

Live session dates: 2/17, 2/24, 3/3, 3/10

Enroll in both courses and receive a 20% discount

The chakras: the gateway to our mastery and our templeÂ Â Â

Our chakras are the energetic gateways of the body, mind and soul through which we receive, process and transmit the experiences around us.Â Operating as a gateway into other imension of our own consciousness, an aspect of ourself resides on each of those dimensions. For most of us, we are polarized at one chakra or another, and rarely access other chakras (and consequently other states of consciousness) unless specific attempts are made to do so.

Â

They are sacred centers within that carry us on our journey toward greater awareness and aliveness. As part of the divine blueprint of the soul, they provide an important map for our wholeness and transformation, both personally and globally. As an ancient spiritual system, they show the path to enlightenment and integration.

Like our own musical keyboard, with each chakra accessing a dimensional octave of experience, each is as valuable as the other. However, many of us have shut ourselves down to this precious experience of our Self due to traumas related to that chakra. Once we open and clear the blocks in our energetic keyboard, we can glide up and down the notes with ease. As such our lives become an instrument of divine expression.

Â

For most life circumstances have left us with the imprints of traumas we experience in early life. The result is that we have shut down one or more of our chakra gateways, denying us access to that most essential part of our own consciousness.

Thankfully, the traumas and energetic imprints from the past can be easily, quickly, and painlessly cleared through new quantum technologies of consciousness at this time. With such tools, lifetimes of karma can be cleared in very short order, allowing us access to the full range of our human/divine potential once again.

For each of us opening up to our true Divine potential and living that more fully, we assist the planet as a whole as we are like individual threads in a giant tapestry, connected to the whole in intimate ways. When a substantial shift happens within our own energetic matrix, it ripples throughout our family structure, our community and beyond.

details:

Â

The journey is designed as a 4 week program, introductory reading, and a 90 minute group teleclass every other week focusing on the issues that relate to each of the chakra gateways.

Â

Each week there will be exercises, and online reading material designed to help you clear past blocks related to that week's theme.

Â

As you move through this self-paced program, you will be able to use the exercises, meditations and teleclasses to open each dimensional doorway so that we have access to the gifts of our own Self that exist at that level. These gifts belong to us, we have just shut ourselves down to that part of our own consciousness, thereby keeping us from entering and owning that part of our own Kingdom. Reclaiming these gifts is a part of owning all of who we are and embarking upon our path of Personal Mastery and Enlightenment.

Â

There are 4 sessions in each course track: Empowerment, or Enlightenment. Each track includes 4 live teleclasses with Christan. Between the live teleclasses, there areÂ online exercises, videos, audios and reading allowing you time to practice what you have learned.

-

Live teleclass sessions every week, and are 90 minutes and consists of group coaching phone with Christan. Each live session, will focus on issues pertaining to the chakra related to that part of the journey with exercises and techniques to unblock blocks at each level and empower you to manifest your goals and open the energy gateway for that chakra

-

- Prior reading, personal exercises, video clips will precede each live teleclass session. They will offer practical tips, information, and interactive exercises for that week's theme of self mastery.

- Working from within the Matrix: Everything has an energetic matrix or blueprint which is the inner structure aligning life to a particular pattern. It embodies the composite of our thoughts, feelings and imprints from the past.Â Through conscious intent, you can learn to shift this energy matrix and create a new blueprint aligned with higher possibilities and potentials for yourself and your life.

- Online sessions include self-paced reading, video clips and pre-recorded audio segments. There will be practical exercises to help ground and integrate what you learn during these sessions..  
teleclasses, on the dates listed. They are designed to offer techniques and guided meditation exercises to clear, balance, release and develop mastery in the topic area of that week.

Course  
dates:

The Empowerment track

Reclaiming your Power Â

Jan 19th-Feb. 9th

4 live teleclass sessions

Wed @ 5pm -6:30 Pacific time

Live teleclass dates:Â Â

1/19, 1/26, 2/2, 2/9

Â

Â AND

The Personal Enlightenment Track

Discovering your Divine Gifts

Feb. 17th to Mar. 10th

4 Live teleclass sessions

Thursdays @ 9am Pacific Time

Â

Live session dates: 2/17, 2/24, 3/3, 3/10

Enroll in both courses and receive a 20% discount

Course tuition for each track series:



The course fee is  
\$175

20% Discount for both courses ONLY \$280

Registration ends 7 days prior to the first teleclass

\*(1 hour of presession reading is required before your teleclass)

[Click for Registration form](#)

\*all classes except  
for week one will be recorded in case you need to miss a live class.

Course Description:

## THE EMPOWERMENT PATH:

### Journey through the Lower Chakras

FREE Pre-Class Session: Self assessment to see where you are along your path in terms of meeting your own personal goals, and life's purpose. Also

an introduction to the course with a guided meditation and some group exercises to create a unity among our group network, and establish a strong connection with our own higher self and presence and awaken Soul contact through an ancient mantra.

Guided meditation: connecting with your higher self, clearing the earth star, building the central channel of light.

Â

#### Session One: First Chakra:

our basic foundation for life here on earth. We start by owning our body temple and knowing that you are safe and taken care of here on Earth.

#### Clearing

the issues in this chakra requires our being able to move past our fears: beyond fight or flight, discovering and transforming the limiting blocks which keep us from manifesting and grounding your dreams and visions.

Topics include:

grounding techniques, creating a nurturing connection with the earth as Source, Transformational Breath to move through ancient fears and traumas, connecting with our "tribe" and ancestors, and discovering our spirit guides in the realms of nature. Feeling at peace with your body. When functioning ideally this chakra brings us health, prosperity, security, a dynamic presence and an ability to work in the world with grace and ease..

Â

Session Two: Second Chakra:

clearing limiting subconscious blocks and programming usually embedded before 6 months of age that still run our lives.Â Balancing the polarities of your being: Yin/Yang How to work with both in a co-creative manner to bring about the healing of old wounds, finding the creative fire in your sexual energy.

Â

Finding your power point and learning to use it in appropriate ways. Establishing and honoring appropriate boundaries for yourself and others, discovering the gift in our feelings, relationships as a mirror of the self.

Â

Â Session Three: Third

Chakra:Â Governs our personal power, will, and autonomy, as well as our metabolism. If unbalanced or unclear, we find we have issues with authority, or are unable to assert our own in a healthy manner. When healthy, this chakra brings us energy, effectiveness, spontaneity, and non-dominating power which respects the autonomy of others.

Â

Session Four: Bringing it all together with topics that include:Â use of empowering language, discovering potent tools for visioning, principles for effective goal setting, and techniques for getting out of your way to achieve the results you want in your life. A very interactive and dynamic group coaching session with Christan to really bust out of past programs and blockages that you have limited your success and achieving of your life's visions and goals. Learning to become your own best ally in your path to success.

## THE ENLIGHTENMENT PATH:

### Journey through the Upper Chakras

Â

#### Session One:Â Opening the Heart

Chakra:Â The integrator of opposites in the psyche: mind and body, male and female, persona and shadow, ego and unity. A healthy fourth chakra allows us to love deeply, feel compassion, have a deep sense of peace and centeredness. Learn a simple techniques to bring your consciousness to the heart and be stabilized there. Understanding the heart as the bridge connecting heaven and earth. Finding your place within the community, and your connection to the web of life around you.

Â

Â

#### Session Two:Â Co-creative use of the Throat

Chakra: This is the chakra located in the throat and is thus related to communication and creativity. Here we experience the world symbolically through vibration, such as the vibration of sound representing language.Â We will explore the power of sound, uses of mantra, sound as vibrational medicine, power of our spoken words through the language of mastery. As we clear and release the traumas associated with owning our creative power and speaking our truth, we are on the road to owning our power as conscious co-creators. Here we discover a type of Yin manifestation based upon Attraction rather than Commanding and coercing.

Session Three: Accessing your inner temple of wisdom. Seeing the holographic pattern throughout life. Techniques to work with archetypes, blueprints, codes & symbols to change outcomes in your life, and shift your present reality constructs.

Â

This  
chakra

is known as the brow chakra or third eye center. It is related to intuitive and psychic vision. It regulates our psychic faculties and our understanding of archetypal levels. When healthy it allows us to see clearly, in effect, letting us "see the big picture." Discover how to access your blueprint, or fixed design for this life.

Â

Session Four: The  
lotus at the top of the head: consciousness as  
pure awareness, our connection to the world beyond, timeless, spaceless place of all-knowing. When developed, this  
chakra  
brings us knowledge, wisdom, understanding, spiritual connection, and  
bliss: The point of Union with the Divine. From this point, we access  
the quantum matrix of creation where all life is interconnected,  
Connect with your higher self, guides, angels,  
spirit beings, all are accessible from this place of your temple within.  
Gain greater insights, discover how to expand your capacity to serve,  
step more fully onto your Life's Purpose. See how past life patterns can  
be re-programmed and thereby their influence on present time  
transformed.

Â

FREE Session Five:Â Planetary service project: This week we  
learn how to become agents for planetary service by working through our  
fully awakened chakra system in a kind of quantum shaman approach. By  
"surfing" the unified field of life we can access multiple possible  
outcomes for any given situation. This will be an experiential teaching  
in which we collectively apply what we have learned and the gains  
achieved to co-create an expanded possibility for a global situation. Time TBA once group has formed.

[Click for Registration form](#)

## About Christan:

Christan Hummel is an international author of the best-selling book, Do- It-Yourself Space Clearing Kit and co-author of the Rainbow Bridge phase II. Christan has been in communication with the inner worlds of nature since a 1981, in which her guides have helped her to recover ancient lost understandings of how to work with the land to restore harmony and balance. She has shared this knowledge for the last 14 years helping to establish grassroots clearing groups around the world.

In her 20's Christan studied with leaders in the human potential movement such as Jack Canfield and Tony Robbins and learned powerful technologies for personal mastery, which she combined with her knowledge of ancient wisdom through her studies of the Alice Bailey teachings that she began when only a teenager. More recently, she has studied Matrix Energetics with Richard Bartlett, and has applied these techniques to her private practice with individuals as well as with the land healing throughout the world. She has worked with Sound Healers such as Tom Kenyon and Chris James to develop her own Sonic Alchemical process which she has used to shift stuck energies and access more of their divine potential for individuals as well as sacred sites worldwide.Â

Christan leads sacred ceremonies andÂ workshops around the world teaching how to use sound, sacred geometry and the devic realms to energetically attune the space and the earth to its original blueprint and highest potential. She is co-founder of Earth Transitions, and has taught the Flower of Life as a facilitator. She has presented at The British Society of Dowsters, the International Kinesiology Conference, theInternational Feng Shui conferences and the national and regional American Dowsing conferences. Christan weaves together her diverse background of knowledge of ancient Vedic and indigenous approaches with leading edge transformational technologies to provide a profoundly grounding and yet gentle and transformational experience.

Â

\*for  
more  
information on the chakras in general, see: <http://www.sacredcenters.com/chakras>

Â Â