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HYPOTHESIS FOR THE INTERDEPENDENCE BETWEEN CHAKRAS AND THE BODY

BRAIN: Thoughts, emotions and electromagnetic energy like sunlight, color and sound produce continual electrical shifts in the brain. The brain chemistry fluctuations either stimulate or deplete subtle energy.

GLANDS: Glands respond to the brain's electrical shifts with the release of hormones. Each of the 7 chakras is connected to a gland in the body.

NERVE BUNCHES: Nerve bunches serve as a conduit for the delivery of hormone messages to body organs. Each of the 7 chakras is connected to a main nerve bunch in the body.

BODY ORGANS: Nerve bunches influence specific body organs. It is through the nerve communication process that consistent positive thoughts cause organs to become balanced and lead to good health. It is also through this nerve communication that compulsive negative thoughts cause organs to become undernourished or over-stimulated and lead to disease. Each of the 7 chakras is connected to body organs.

CHAKRAS: Chakra energy centers are sensitive to internal hormonal messages and energy from the environment. Chakras integrate various energy sources and express the results as the physical condition and as an aura.



AURA: Chakras influence and interact with the aura. The aura is comprised of multi-colored concentric layers that encircle the body. The aura colors reflect the overall state of health.

LAWS OF ATTRACTION: Attraction is a concept that energy attracts similar energy or like attracts like. Positive thoughts balance and strengthen the aura and attract more positive results. Negative thoughts weaken and create vulnerability in the aura that attracts more negativity.

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What are the Benefits of Life Coach Services?

My Life Coach services are geared toward helping people attract wealth. I believe attracting wealth is closely linked to self-esteem and deep-rooted beliefs about money. I find the origin of a problem in a way that close friends and family cannot. Concentration on specific goals and their blockage is important to attain financial and other goals. For example, someone may come to me with difficulty finding a job. I work with them to determine what beliefs prevent them from getting a job. We set specific goals, find the blockages and plan steps to attain the goal. The process keeps a person accountable for their goal with a step-by-step plan. The end result is the creation of what a client wants in their life.

Are the Laws of Attraction Part of Your Practice?

Yes, the universe responds when you want something. Learning about the laws of attraction and how to apply them is important to take control of your life. Whatever you believe, if you concentrate on it enough the universe will deliver it as your reality.

If you ask for a goal with rigid terms the realization may take longer than if you are more flexible with your goal. For example, I used to pick my son up from work and while I waited I daydreamed about working in the beautiful office building across the road and about working from home. I daydreamed everyday about how nice it would be to work in that building. Within 4 months I had a job in that office building and I was also able to work from home. The 4 months is the time it took for that company to have a layoff and to rehire new employees, of which I was one. I created my own reality through consistent daydreams and application of the laws of attraction. If someone asks for more rigid goals, such as a house on the beach with 5 bedrooms and a 3-car

garage, etc. it takes more time to materialize. In this example, that house on the beach may be on the West coast and you live on the East coast, so time is needed to vacate the house on the West coast. In the meantime, you may lose your job making you available to move to the West coast. All this may take years and you experience what seems to be adversity when that's really part of the big plan that you put out to the universe to begin with. You may even forget your goal entirely as you undergo difficulties. Part of the plan is to continue faith in your ability to create what you want even during adversity because focus is powerful.

How Did You Become an Expert at the Laws of Attraction?

I am a spiritual person and from an early age I knew how the universe worked. I was always in tune with universal energy. Between ages 12 and 18, I began to apply what I noticed about energy. I made the connection between repetitive thoughts and words and the events that unfolded shortly after. For example, I noticed that when adults complained with phrases that reflect being sick and tired of something and they seemed to draw that condition into their lives. I also noticed that adults with positive attitudes about money always had money.

I believe that my skills as a life observer started early because I had over protective parents and as a result I read many books and observed people and nature as an escape. At 18, I left home with just \$150.00 and faith in myself because I knew I had a purpose. I experienced adversity along the way through trusting the wrong people and struggling for money. It was then that I learned that if you stay centered through tough times your beliefs eventually come true. Even though at 20 years old I had been robbed and cheated I still knew that I had control over the events in my life.

Why Does it Seem Like the Laws of Attraction are a Difficult Process and the Results are Not Always Expected?

When trying to apply the laws of attraction people should stop trying. It's not about trying. The laws of attraction are about dancing with the possibility of manifestation and using your imagination to be fully engaged in the image of what's being created. Daydream over and over again, enjoy it and the goal comes faster and with more ease.

A big part of what gets in the way of the power to create is clinging to attachments. Attachments serve as resistance to the creation process. I work with clients to teach ways to release old attachments and create what they want in their lives. Daydreaming is a state of creation because when you daydream you place yourself in the vibration of creation. If you are tense you are automatically resisting against creation and you send a different message to the universe. Stop putting out thoughts and words that reflect the condition of not having something.

Daydreams and visualization alone are not enough to create. If someone has underlying feelings of resistance the result is unclear messages. Prominent feelings drive what the universe hears and if you are uneasy the universe reads that. It may be necessary to let go of certain beliefs and structures of reality. Feeling that you're not good enough may always have you getting close to goals only to have them slip away from you. You can daydream all you want but in the presence of underlying opposing feelings

you require more energy than those without such underlying feelings. When people feel uneasy something is out of alignment within them. A general dislike of a job is a sign of being out of alignment and when this happens you are being told to find more enjoyable work.

Many signs appear along the way when you are aware of the laws of attraction. Signs are a way the universe responds to our creative thoughts. For example, when I was leaving a long time corporate career I was asking for information on what career move to make and shortly after I saw 2 dragonflies on my car windshield. It was as if they were trying to get my attention. When I returned to my car an hour later the dragonflies appeared again on the hood of my car. I knew that this was a sign so I read about the symbolism of dragonflies. The dragonfly sign led me to create my coaching business.

How Long Are Life Coach Services Usually Secured For?

Once people reach their goals it is possible for the old beliefs, that held them back initially, to return. For example, if someone believes there is never enough money and wants to earn more money, I coach them until they reach their goal. After time, they may still find that even though their income is higher, they still never have enough money. This is the result of the return of the old beliefs about money. I then work with the client on a continued basis to ensure optimal use of the laws of attraction. The continued relationship helps clients to acquire and maintain clarity. A good example is where people win the lottery and then in a year their lives deteriorate. Those people received money but did not change their longstanding negative beliefs about money resulting in the demise of their newly acquired winnings. If the new lottery winners were coached, they would surely succeed in managing their money throughout their lifetime.

What Other Methods Complement the Laws of Attraction?

I have special skills incorporated into my Life Coaching sessions. I am an empath so I feel what other people feel. For example, when I was younger my parents took me to visit a sick friend and I became sick during the visits. On the way home I was always fine. I related directly to the sick friend. I have a keen ability to relate to other peoples emotions, intuitively. I also use Neuro-linguistic programming to change longstanding emotional patterns. I perform reiki or energetic healing to help align the energy body in accordance with the seven chakras. Chakras are energy centers of the body. As a shaman I use whatever tools are available to help my clients, as well.

Are Life Coach Services Affordable?

My Life Coach services are affordable for everyone. Some sessions are more intense than others. My clients break old patterns that cause a lack of money and create new attitudes that attract money. A first step toward breaking an old pattern is to meet with a Life Coach for a complimentary call. Right now, my introductory services include a complimentary 30-minute phone session for individuals and a complimentary Weekly Meditation Teleconference for 8 weeks. The Weekly Meditation calls are a discourse on concepts surrounding money and ways people limit themselves so they are not open to receive money. To sign up for a 30-minute individual call or to register for the Teleconference or other introductory sessions, please visit www.ingridgeronimo.com. I also encourage everyone to request from my website a free report on the top five money mistakes of low self-esteem.



Curriculum Vitae

Ingrid Geronimo is an intuitive Life Coach and entrepreneur. Through Dancing Dragonflies, LLC she helps others awaken to their truths. Ingrid provides life coach services for individual clients and serves as a motivational speaker. Ingrid continues to speak at the annual conferences for Women Choosing Self Worth and has published articles and books on her topic of expertise, the Laws of Attraction.

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