



INTUITIVE
INTELLIGENCE
SYDNEY

Module 1

The First Chakra, Red, Energy Basics

The First Chakra is the initial module in the Authentic Insight Program (AIP). It is the start of a refined, detailed process that spurs growth and assists you in opening up to more of your basic and spiritual awareness. By attending this first module, you will be opening the door to understanding how to care more for your spiritual essence, your authentic self.

'We will ensure that you are building a strong, correct, and solid foundation which will allow you to navigate further forward through to develop your awareness of the higher chakras, the higher frequencies of energy available to you and to safely embrace your spiritual journey.'



Key information

Course duration:

**Saturday 27th April 2024
to 6th July 2024 (excluding
Saturday 8/6/2024)**

Study mode:

Online. Accessible through computer, laptop, iPad or Smartphone.

Sessions:

Live 10 x 2-hour classes.

Cost:

\$990.00 including GST (or 2 monthly payments of \$550.00).

You will receive:

- ▶ The First Chakra, Energy Basics digital workbook. A printed hardcopy can be requested for a small fee.
- ▶ 10 recorded meditations directly to your inbox to help you switch on your base chakra and correctly build your foundation.
- ▶ 10 x 2-hour live classes with Kerrie & Zoe.
- ▶ An energy alignment to your spirit guide.
- ▶ A wonderfully supportive group of people to progress with.

Enrol today 

What is the First Chakra

Your first chakra which is red in colour sits at the base of your spine. This is where you access pure life force energy. This is the energy that enlivens you both physically and spiritually. This is also where you learn to meet your basic needs and where you connect to the natural physical world.

Why is it important?

The first chakra partially provides you with grounding, it shares this task in common with your earthstar. It contains the building blocks that form your foundation. If your foundation is well understood as integrated learning expressed behaviourally, it will bring stability. Stability is vital in terms of creating a smooth and seamless experience for you from here on in as you progress through the course modules. Problems can occur if the foundation is not well formed. Energy turns up when you have something to learn. It is a lack of light, blockages to the light frequency or non-ignited self-expression which brings lessons forward. We help you get it right from the start!

Your learning and development comes with the support of Kerrie & Zoe delivering each class.

Enrol today 

What you will discover

- ▶ More energy.
- ▶ Equilibrium and balance.
- ▶ Better sleep.
- ▶ Energy protection and tools for safety.
- ▶ Less energy drain.
- ▶ Better management of fear, anger, and more.
- ▶ Your alignment to your spirit guide.
- ▶ Expanding awareness into the field of energy and spirit.
- ▶ Tips on how your guide is communicating with you.
 - » The working elements of your base chakra.
 - » More Confidence.
 - » Best Practices:
 - » Opening up to Spirit through the field of energy.
 - » Energy Protection technique.
 - » Release negative energy build up.
 - » Perform a House Cleanse.
 - » Create a Healing Column for Distance Healing.
 - » Recognise and clear a range of Energy Imbalances.



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For further information please contact Intuitive Intelligence Sydney.

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