



Opening the Chakras

7 Keys to Higher Consciousness

In this eight part series we will explore how limiting states of consciousness block the energy flows in the body and limit our ability to function at our full potential. We'll learn to use a unique set of keys to open the doorways between the chakra levels and awaken the movement of life force energy through the entire body. When used as a regular practice the seven keys become powerful tools for clearing negativity, fear, anger, and victimhood, fostering mental clarity, emotional balance, and the luminous presence within. The guide for our journey will be the handbook Returning to Oneness, The Seven Keys of Ascension by Leslie Temple-Thurston.

Classes, offered in the spirit of service, are by donation and will be held in San Francisco at a quiet Outer Richmond district location on eight consecutive **Tuesday evenings from 7-9pm beginning February 25 and ending April 15, 2014.** Classes are limited to seven students. Please reserve your space by calling 415-845-5176, or by e-mail at: garysnote@bluebottle.com

Gary Battaglia is a spiritual teacher, mentor, and ordained minister with [CoreLight](#), a non-profit spiritual organization dedicated to inner and outer peace. He facilitates workshops on self-discovery and spirituality and has a spiritual guidance/counseling practice in San Francisco. Gary writes a blog on spirituality and self-discovery at <http://embracingoneness.wordpress.com>



*"The 'Keys' have been such a help in my life. What a wonderful gift. Thank you."
Lucy Fisher*

"Thank you for providing the Seven Keys journey for us. It was very powerful, meaningful, and instructive. I felt that you were very in tune with each of us and were able to wisely and gently contain and guide our thoughts, emotions, and questions." Amy Tirion, Founder, Delight for the Soul