



Santa Cruz Madeira

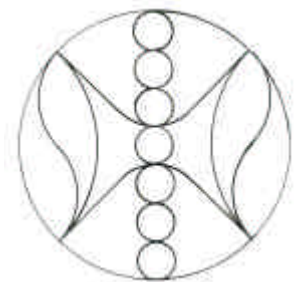


Ponta de Garajau

Chakra-path

**A special area
for**

INSPIRATION AND REFLECTION



The Chakras

Each person has seven Chakras, our „doors“ like calyx, where the energy of outside floats into our body.

These seven centres are receptionstations we need for preservation and development for our life.

This is the system with which we come in contact with the energy of our surroundings.

There are seven main-Chakras and about 350.000 additional.

They are very important to our system, physically, mentally and emotionally.

Stationview 1 - 2



E The entrance to the Chakra-path

1. Station – Root-Chakra – Earthing

2. Station – Sacral-Chakra – Selfcleansing

The entrance to the Chakra-path



2 columns made from old Basalt mark the beginning of the path of reflexion und inspiration.

They represent an energetic border to help to leave behind everyday life.

1. Station – Root-Chakra – Earthing

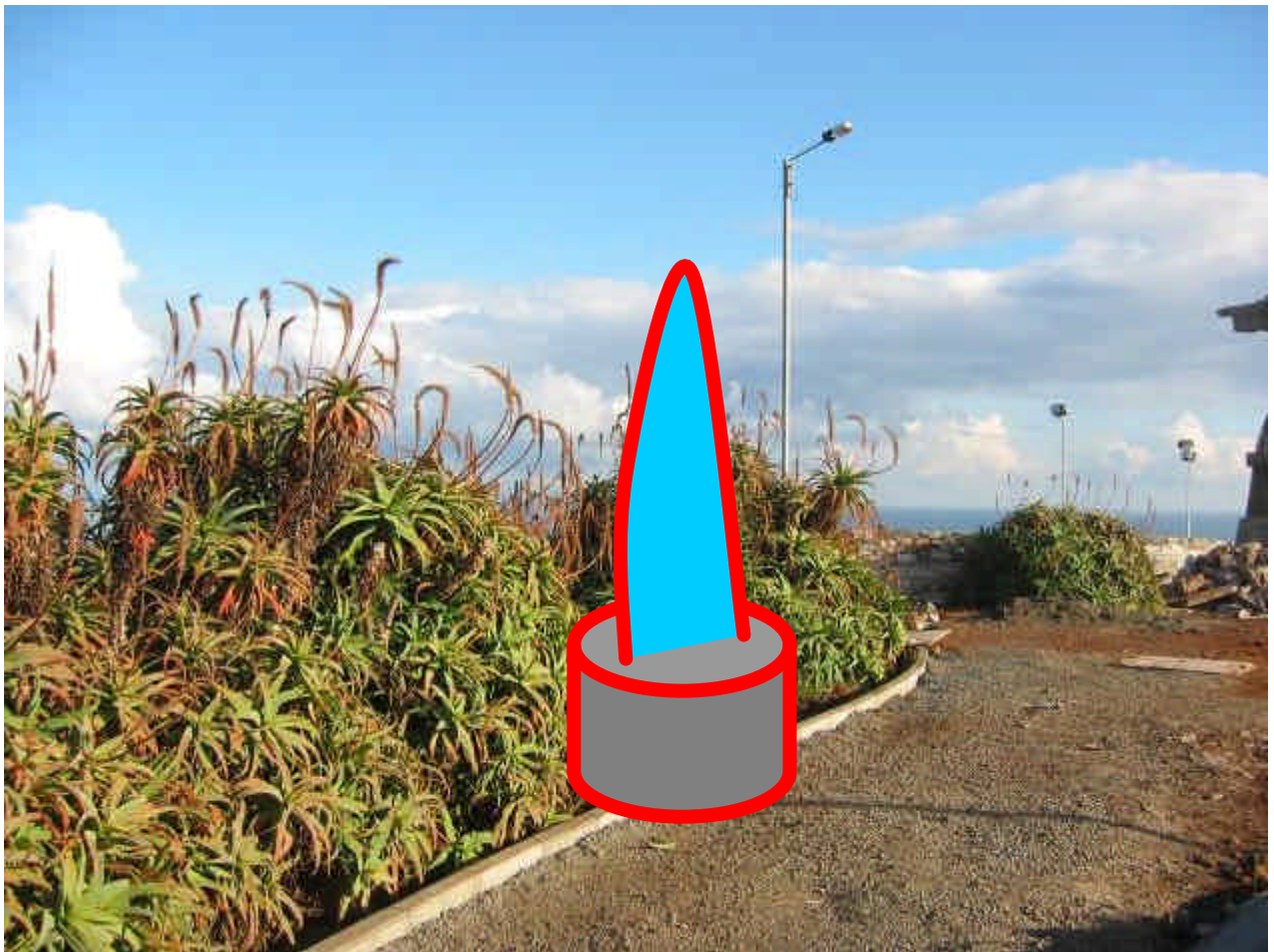


A plain area with grass, surrounded with 4 columns of cedar-wood gives the possibility to connect with the physical world, to come back to the ground of reality, to think about your momentary situation, to contact Mother Earth and to activate your creative powers as a fountain of vital power. This place helps to find balance and gives confidence.

1. Chakra: Root-Chakra

between anus und genitalia

2. Station – Sacral-Chakra – Selfcleansing



A hexagonal fountain surrounded of orange blooming flowers and bushes gives you the possibility to drink water and helps to leave behind your daily life, to clear your brain, to become receptive to energies and impressions, to relax and let go, to clean and let grow.

**2. Chakra: Sacral-Chakra
near bladder**

Stationview 3 - 4



3. Station – Navel-Chakra– Meditation

4. Station – Heart-Chakra - Activating

3. Station - Navel-Chakra – Meditation



A plateau created out of the local rock to give the possibility to sit down, with a free view to the sea.

This is the classic place for meditation, it is the point of power to find energy for your own personality, knowledge, inner richness and harmony.

3. Chakra: Navel-Chakra

2 fingerwidth above navel

4. Station – Heart-Chakra - Vitality



A plain place surrounded by bushes round leaved, yellow and golden blooming helps to start for new qualities and gives the possibility for connection between body and spirit, a place solving conflicts and loosing unsureness, for feeling lightness and happyness with deep breathes at this point.

**4. Chakra: Heart-Chakra
nearby heart**

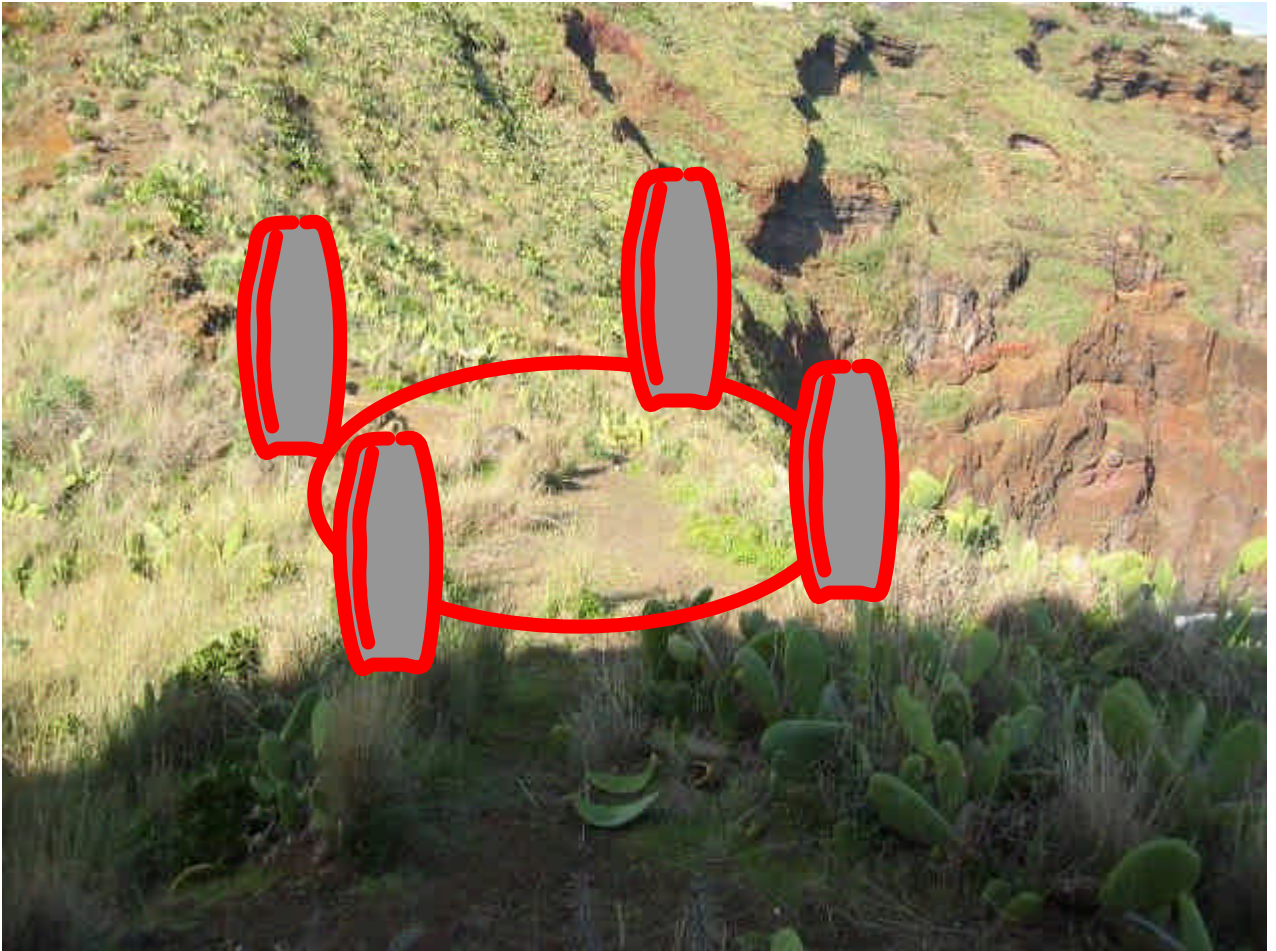
Stationview 5 - 6



5. Station – Throat-Chakra - Inspiration

6. Station – Third Eye - Chakra – New ideas

5. Station – Throat-Chakra - Inspiration



A plateau covered with bright and white stones, surrounded with 4 big and bright stones (if possible white Dolomite) gives the possibility to connect with nature and knowledge, to be able to hear objectively your inner voice and to get to know your powers.

**5. Chakra: Throat - Chakra
nearby larynx**

6. Station – Third Eye – Chakra - New ideas



Free place with blocks carved out of local stones, surrounded with small blue blooming plants, which are already there gives help to concretise ideas, to fill up with rational and intellectual energy.

A place to rest, to tank energy for clear thoughts, a place for regeneration for the whole organism.

6. Chakra: Third Eye - Chakra

fingerwidth above root of the nose

7. Station – Crown-Chakra - Spirituality

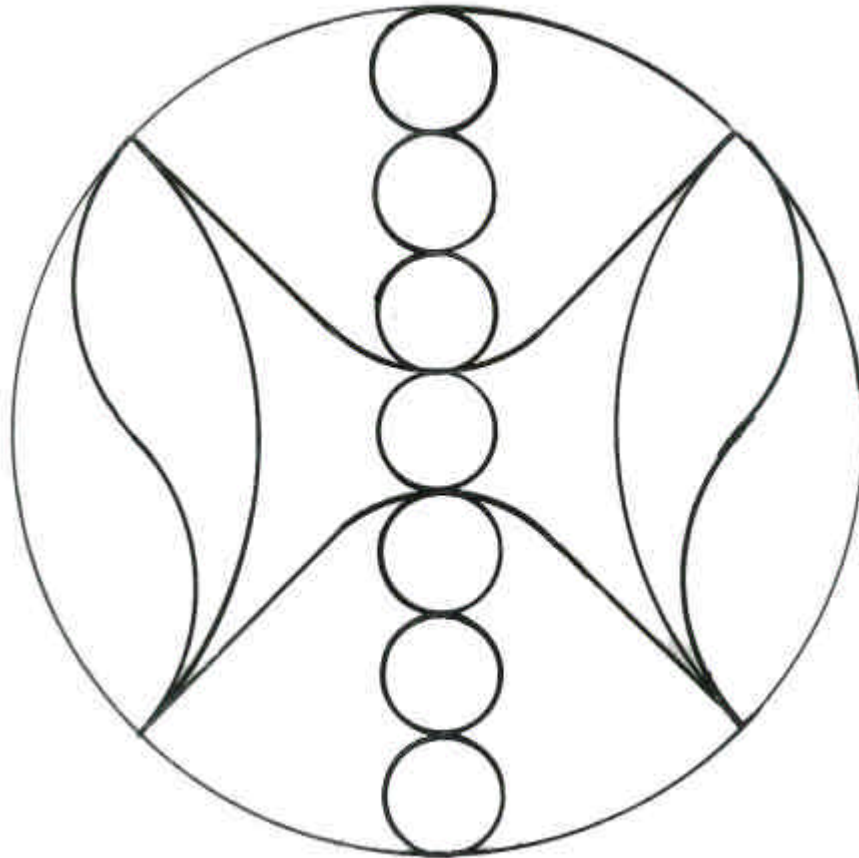


The place should be decorated by a star with many rays like the sun, in the centre a brass disc with cosmogram surrounded with white stones. A cosmogram is developed especially for this path.

The place spends new power and stability, a place to tank ethereal energy and helps to connect the inner and outer life. Concrete problems will be left there.

**7. Chakra: Crown-Chakra
in the middle on top of the head**

Cosmogramm:



Concept and inquiry of the energetic aspects and facts by

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