

WisdomTrees Introduces 7 Chakra Meditation Cards Suite

Lisa Smart August 08, 2018



Sindy of WisdomTrees.com

WisdomTrees Intentional Products of Vancouver introduces a 7 Chakra Meditation Cards collection, designed by founder Sindy Taylor.

(Newswire.net -- August 8, 2018) New Westminster, BC -- Sindy Taylor, founder of WisdomTrees Intentional Products of Vancouver, Canada, today announced the launch of a 7 Chakra collection of Chakra Meditation Cards. The cards are intended for daily personal use and also packaged to make a unique and useful gift. The company makes the Meditation Cards available internationally through a new eCommerce channel on their flagship web site wisdomtrees.com.

Taylor is familiar with a wide range of alternative healing modalities.

"I originally used all the separate elements that I've designed into the Chakra Meditation Cards to help myself when I was going through a particularly tough transition in my life. My art work, the Chakra symbol, the color, common name and Sanskrit name, an explanation of the characteristics of health and life associated with each Chakra, an affirmation, and of course the mantra and the meditation, ... they all served a purpose and I'm pleased I was able to bring them all together so effectively in each Card."

The WisdomTrees Chakra meditation cards are available online at wisdomtrees.com/cards.

Taylor points out that while each Meditation can be used stand-alone as needed to address a specific issue, during her challenging time she used them deliberately as a set, in sequence. "Each meditation, one Chakra at a time, was like a building block. People sometimes use the phrase "align mind, body and spirit" without having had a full body experience of it. It's almost a cliché. But that's what I was able to achieve."

That experience was Taylor's inspiration to create the cards in their current form, where all the vital elements for each Chakra Meditation are integrated on a single card.

Taylor explains that meditation in all its forms has seen steady growth for several years. Once associated mostly with religion, meditation today is largely secular, even mainstream, much like yoga. Taylor observes that seasoned yoga practitioners understand that yoga itself is a form of meditation. Meditation is taught and used in hospitals, offered in fitness centers, is the subject of some high-tech apps, and has largely received the blessing of conventional medicine after formal studies have demonstrated a range of benefits with physical, mental and emotional connections.

"My WisdomTrees Chakra Meditation Cards are designed to support short, purposeful meditations," says Taylor. "Each Card and each meditation is directed towards one of the 7 Chakras in our body."

While meditation may have gone mainstream, the concept of [Chakras](#) -- the name translates to "Wheel" in Sanskrit, the originating language -- is still largely esoteric. The flow of 'subtle' energy through the human body is a central aspect of many spiritual and alternative healing techniques.

"Chakras are energy centers located at stages along that flow," says Taylor, "and they play a vital role in establishing a healthy contact with ourselves and the world."

"Speaking simplistically," Taylor explains, "when the Chakras are clean, rotating freely and in balance, there are health benefits. When they are not, energy flow is blocked and there are negative health consequences."

"The Meditations on the [WisdomTrees Chakra Meditation Cards](#) are designed to help clean and balance the Chakras, to open or unblock Chakras, always to support healthy energy flow. With all their combined different elements, our Cards are designed to make it easy to perform the meditations and to gain the most benefit from them."

While Taylor is a personal testament for the use of the whole series of meditations, she emphasizes that Chakra

meditations can be used with very specific purposes on an 'as needed' basis, simply a tool to help with daily life. "For example, someone going out for a job interview who knows that their voice tends to reflect stress, could choose to take a few minutes and use the Throat Chakra meditation." Alternatively, she says, if the problem is more one of self-confidence, then the Solar Plexus or 3rd Chakra meditation is the one to use - since this is the Chakra associated with personal power, self-esteem and confidence. Taylor smiles as she comments that the Heart Chakra receives a lot of attention from beginners in the topic.

With all her training and experience, does Taylor still use these Chakra Meditations herself? "Every day, if I had the time!" she says. "These are simply part of my toolkit that I consciously draw on whenever I feel uncertain, can't focus or just want to experience some stillness in my life ... being grounded, safe and in balance is a wonderful place to live!"

About Sindy Taylor and WisdomTrees Intentional Products

Sindy's background includes living in India, Kenya, The UK, and Canada. Having received 1000's of hours of training on a wide variety of healing and therapy modalities she is both a practitioner and an instructor. WisdomTrees Intentional Products provides a channel for her to translate her training, paintings, Graphics Artist skills and her intuition into Intentional Products that are available world-wide.

WisdomTrees Intentional Products

Associate of JC Group Inc.

392 - 720 Sixth Street

New Westminster, BC V3L 3C5

Canada

604-499-2883

wisdomtrees.sindy@gmail.com

<https://wisdomtrees.com/cards>

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