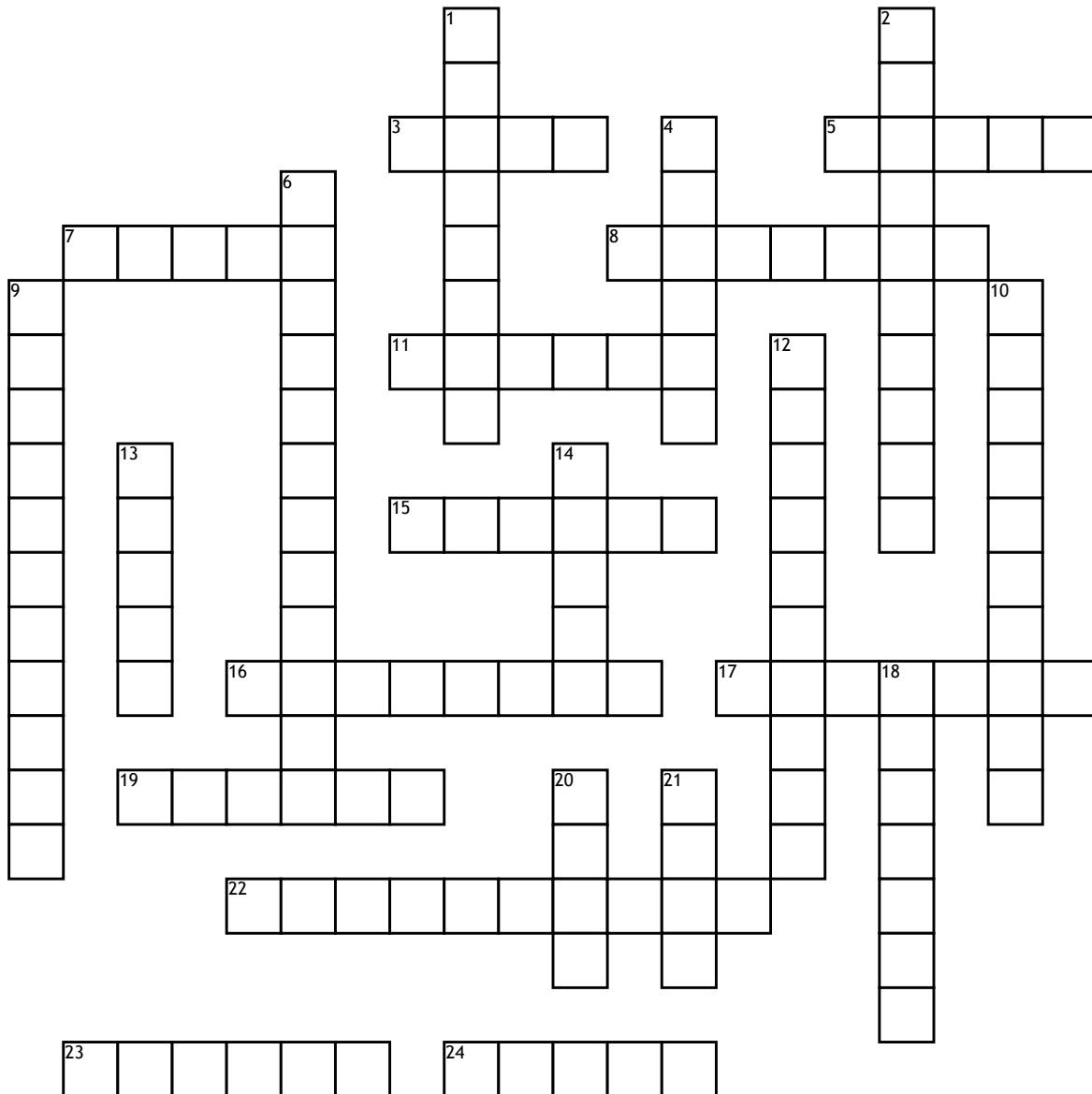


Spiritual



Across

- 3. Higher
- 5. Name the chakra above the sacral
- 7. How many main chakras
- 8. What can help with mood lighting
- 11. Name a set of cards
- 15. Meditation can lowerlevels
- 16. Meditation can help with lack of sleep
- 17. What do you tap into, to work with cards

19. One of the guides we work with

- 22. What is reading Jewellery called
- 23. Name the chakra between the base and solar plexus
- 24. What can meditation help with - 2 words

Down

- 1. What can meditation help with - 2 words
- 2. What is crucial before opening up
- 4. Name a way to ask for guidance

6. Meditation can help raise

- 9. Meditation can help with
- 10. A way to quieten the mind
- 12. What can you tap into, to work with the cards
- 13. What can aid in relaxation
- 14. One of the names of healing energy
- 18. Name the group of energy points
- 20. What are your energy points doing, when your ready to work
- 21. The energy field around us