

Change Your Life For Better in Every Aspect Through Many Possible Paths



Esoteric Counselling & Healing

with

Nigma



*Assistance in Your
Path of:*

Self-Discovery

Personal Growth

*Spiritual
Evolution*

Healing



Nigma is a multi-faceted creator, professionally active nowadays -on the one hand- as a Bellydance performer, choreographer and an international Middle Eastern Dance instructor known for her teaching and choreographic talents, and -on the other hand- as an esoteric counsellor, healer and Lightworker. She finds one-to-one Counselling the most rewarding part of her work and service to others. Her assistance on your path to self-discovery, personal growth, spiritual evolution and healing is directed to all people in search of truth about themselves, the world & the Universe.

Nigma is a Gemini, whose ruling Planet is Mercury, the only God who could travel between the two worlds: the Material/Physical & the Underworld. Since her childhood, she strongly felt the presence and proximity of the immaterial, spiritual & esoteric world, which has always been as real or even more than the 3rd-Dimensional reality. Nigma's special easiness to connect with the energies, Angels & Guides turns her into what her Father used to call "Antenna", drawing an overwhelming amount of information. Since she was a child, she has always been intuitive, hyper-sensitive, empathic and creative, an early Indigo, and with time found opportunities to develop her innate qualities submerging into the study of various esoteric disciplines. She started by the contact with the symbolic language of Oracle Cards thanks to her Father, and later Numerology. Following the path of this great fascination, she discovered her strong connections with the Five Elements, Alchemy and Sacred Geometry & Light Language, which she could finally study from diverse methods and sources in Glastonbury (England), Bali (Indonesia) and KL (Malaysia). She feels very grateful to have very special Guides: Merlin for Alchemy, Lunikar for Sacred Geometry & Light Language and Archangel Michael for connection, protection & cutting through the untruths & illusion.

Nigma's favourite tool and healing modality is Oracle Cards, and she has developed a very unique style of Oracle Cards Reading, working with 13 different decks of Oracle Cards. This multi-Card style is a combination of Nigma's unique personal intuition & fresh ideas with her family heritage, being a continuation of her Father's line of Divination Arts. On her Father's side, Nigma's family has Gypsy roots, and with them a strong inclination & talents for Art (specially Music composition, Musical instruments playing, Dance, Painting, Costume & Interior Design, etc.), Divination Arts (Tarot Cards, Palmistry, Numerology, Astrology, etc.), Science (Maths, Physics, Electronics, Computing, etc.) & languages. Her Father combined scientific jobs as a computer designer & Maths PhD University Professor, with sailing & musical multi-instrumentalist leisure & Divination Arts restless studies & practice in his private time. The apple hasn't fallen far from the tree: Nigma inherited this multi-discipline life-line, and feels that specially for a Gemini like her, this variety is necessary for her self-fulfilment, balance & life satisfaction.

More info: www.nigmabellydance.com/Nigma.htm

For More Information and Appointment: contact Nigma (+62) 813 5335 9811, nigma@el-oasis.org
www.nigmabellydance.com/Esoteric-Counselling&Healing.htm

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DETECT THE ISSUES THAT NEED YOUR ATTENTION, RECEIVE ADVICE, ANSWERS & MESSAGES, DISCOVER & PREPARE FOR WHAT YOUR FUTURE BRINGS YOU SHORTLY

All imaginable matters can be consulted & clarified and the course of action or solutions discovered (your emotional life & relationships, passions, business, goals, challenges, plans, projects, prosperity & abundance issue in all planes, fears & insecurities resolving, unfolding the required direction of your spiritual evolution)



Oracle Cards Counselling

Connecting with your Guides to receive answers, messages & words of advice

A beautiful, powerful & enriching individual Meditation & Transformation Tool.

The symbolic language to access the 100% of Love & Light manifestations of Spirit,

consisting in a direct connection -during a private session-

with your Higher Self, Guardian Angels, Spirit Guides & Ascended Masters.

Excellent support tool in the process of preparation of any other healing modality including: your Sacred Geometry Light Language Grids, Numerological Charts & Time Code Calculator.

RECEIVING ABSOLUTE LOVE & LIGHT, COMFORT & SUPPORT IN MOMENTS OF SEARCH, DOUBTS, DIFFICULTIES, HARDSHIP, DISTRESS, PAIN OR DISPAIR, RECEIVING KEY DIRECTIONS, CLUES, WORDS OF ADVICE & ANSWERS YOU NEED FROM YOUR GUARDIAN ANGELS & PERSONAL GUIDES, A COMPREHENSIVE MEDITATION ON YOUR LIFE ISSUES SUBJECT FOR TRANSFORMATION, DISCOVERING & PREPARING FOR WHAT THE FUTURE HOLDS FOR YOU

A Complete reading with the help of 13 decks of cards:

Nigma has developed a very unique style of Oracle Cards Reading, working with 13 different decks of Oracle Cards (Angels, Ascended Masters, Water Crystals Vibration, Sacred Geometry & Light Language, Crop Circles, Virtues, Hidden Realms, etc), most of them being employed at the same time in a single reading, giving as a result a bottomless well of information in response to your questions & problems that bring you to this meditation session. Nigma's special easiness to connect with the energies, Angels & Guides draws an overwhelming amount of information for you to benefit from. The Reading assists you in uncovering the most important issues & concepts present in your life or expected to come for you in the future (depending on your questions) to help you bring the full panorama to your awareness & understand the reasons & function of those events or issues in your life.

More info: www.nigmabellydance.com/Esoteric-Counselling&Healing.htm#OracleCards

RELEASE WHAT DOESN'T SERVE YOU & PLANT WHAT YOU DESIRE IN YOUR LIFE OR PERSONALITY



Full & New Moon Ceremonies

Connecting with your Guides to receive answers, messages & words of advice

A powerful co-creation & manifestation tool for cleansing, releasing & planting events & attitudes in our lives synchronizing with Earth's electro-magnetic field alterations by the Moon phases. Perfect support procedure for all other healing modalities to give better results in the long run.

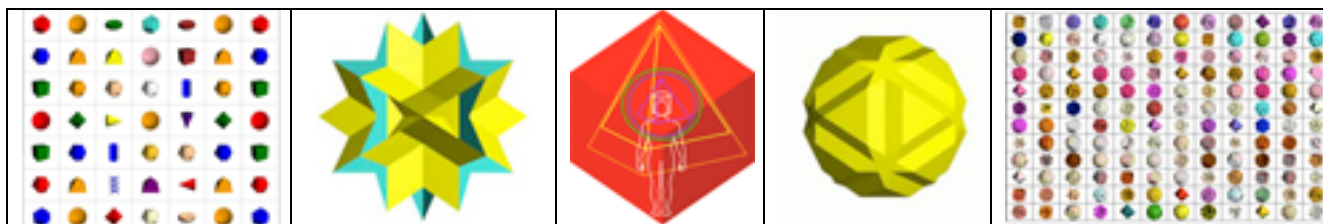
A complementary procedure & free gift, after each counselling & healing modality:

We are already in possession on scientific evidence confirming the existence of changes in the Earth magnetic field, apart from the oceans tides visible movement, depending on the Moon phases. These changes extend to the human electro-magnetic field and water contents (over 70% in the human body, the same percentage as the oceans in the Earth's surface), which get equally affected both by the Moon and the fluctuating Earth magnetic field. Apparently, during the Full Moon & New Moon the magnetic field different intensity facilitates opposite processes in the human psyche, emotions & electro-magnetic fields: in the Full Moon we more easily release & eliminate issues, problems, unwanted attitudes, etc., while during the New Moon more effectively plant new seeds of intended projects, goals, promises, attitudes, energies, etc. More info: www.nigmabellydance.com/Esoteric-Counselling&Healing.htm#MoonCeremonies

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RESHAPE YOUR AURA & YOUR REALITY



Sacred Geometry Light Language Grids

Master tool for manifesting the desired You & Your Life;
Change anything you want. Make a wish and get it!

Sacred Geometry and Light Language: Light is made up of grids of coloured geometrical shapes.

Sacred Geometry is the fundamental principal underlying the Laws of our Universe, revealing Its unchangeable rules as well as Its origin and nature, which manifests in all living visible and non-visible things, in their proportions, evolution and correlation. Everything in the Universe, from frequency and energy to matter, is made up of those geometrical shapes, so it is important to select & align with the ones that resonate with our Soul's true desires and utilize them to assist us in all areas of our lives.

Light Language is the use of Sacred Geometry with colour, with which each shape acquires a specific message. They resonate with your aura, also filled with coloured geometries you emanate from your Chakras, as we attract what we resonate with. Light Language travels 5 times faster than the light speed. Shapes, colours and sounds are frequencies, they are all of vibrational nature and energy (quantum physics of prayer), just as the Homeopathic Medicine works with vibration frequency / quantum physics. Light Language knowledge comes to us from the Curandero's of Mexico and has been handed down through twenty-five generations of Mayan and Aztec healers.

Light Language Emanation & Grids: There are two ways to use coloured geometries in Light Language.

Emanation: One way is to emanate them in the moment for a purpose at hand. Emanated LL coloured shapes or their sequence last from a few seconds to a few hours before they dissipate.

Grids: The second, more lasting than emanating, way is to put them into a GRID. A Grid is a sequence of 7, 49 or 144 coloured geometries arranged in a specific manner to bring about the chosen results. The important reasons for you to have your Grids written are:

- (1) RESHAPE YOUR AURA AND YOUR REALITY ACCORDING TO YOUR NEW DESIRED VISION, attracting the energies they are built for
- (2) BRING HARMONY and REPEL CHAOS (like in the Masaru Emoto water investigation: water forms crystals reacting to constructive & positive messages but cannot form them reacting to destructive & negative messages)
- (3) BALANCE ENERGIES IN YOUR BODY-MIND-HEART-SOUL AND YOUR ENVIRONMENT
- (4) HELP YOU RECONNECT TO THE HIGHER POWER OF SOURCE TO REVITALIZE AND REJUVENATE
- (5) HELP YOU REMEMBER AND RESHAPE YOUR LIFE PURPOSE TO LIVE A FULL AND HAPPY LIFE

Grid Nature:

- (1) Grid energy is subtle but powerful.
- (2) Grids CAN NEVER DO HARM AS LIGHT CAN'T GO AGAINST THE LOVE & LIGHT, a harmful grid would dissipate.
- (3) Grids must be written with **integrity, discernment** and only **to the Highest Good**, yours and others' (make sure it is in the Divine order to have what you are asking for).
- (4) Grids must be written to **inspire** and **empower** you (you deserve what you ask for).
- (5) Grids carry the **energy needed to support** you to **create a change and a vibrational shift**.
- (6) Grids **speed up your growth, produce changes** in your life, and make you feel supported **by shaping "powerful grace" and bringing it** to assist you. It's up to each person, however, how much he/she benefits from the Grids, so open to the Universe, the Love & Light.
- (7) Grids teach you to live NOT WITH THE LAW (you choose to get benefits, but maybe they are not to your Highest Good), but BY THE LAW (you are free to create within the highest laws of the Universe, manifesting your benefits in concordance both with your own happiness & Highest Good as well as being of service to all others' Highest Good). It is an expression of having reached awareness.
- (8) **This tool has been downloaded by our Guides from the Higher Dimensions for us to be used, wisely but without hesitation or delay!**

Grid Writer: The Grid Writer is a Light Worker who, with her/his Sacred Geometry & Light Language knowledge and intuition,

- (1) ASSISTS YOU in CREATING THE CHANGES YOU NEED IN YOUR LIFE you require to RESHAPE YOUR REALITY by WRITING THE GRIDS
- (2) ATTUNES INTO YOUR ENERGY & AURA and DOCUMENTS HER-/HIMSELF with the help of your personal Guides (by your Oracle Counselling or Time Code Calculator, etc.) to create a valid and authentic Grid, truly functioning for you
- (3) DESIGNS A PLAN to SET ABOUT TRANSFORMATION PROCESSES, on both conscious and subconscious levels, both IN THE SHORT TERM (to manifest what needed as soon as possible) and IN THE LONG TERM (to create a coherent evolution line direction and steps)

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- (4) ADVISES ON HOW to best MAINTAIN THE NEW POSITIVE REALITY and head for the next level of FUTURE EVOLUTION
- (5) ADVISES ON THE USE of other related MEDITATION AND TRANSFORMATION TOOLS (Astrological Chart; Time Code Calculator; Advanced Toruses Healing; Muscle Testing; Consulting your Higher Self, Spirit Guides and Angels; Oracle Cards Reading; Angels, Ascended Masters, Virtues, Water Crystals, Sacred Geometry & Light Language, Arcturians & Crop Circles, Atlantis, Avalon, Hidden Realms, etc.; Bellydance & Egyptian Folklore classes etc.) to SUPPORT MANIFESTING THE GRID RESULTS by meditating on, transmuting and resolving the personal issues obstructing the desired changes

Grid Receiver: Anyone striving for enhancement in any area of their lives is welcome to commission a Grid, whether because they are perfectionists, or merely dissatisfied, disappointed and longing for more, or as much as unhappy, depressed, hurt or in pain. All of us pursue constant improvements in our 3rd Dimensional life and on our way to Enlightenment. You, the Grid Receiver, must be an ACTIVE PARTICIPANT OF YOUR REALITY CHANGES. As part of the Grid creation process, you'll be asked to:

- (1) GIVE YOURSELF PERMISSION TO LIVE WELL AND BE HAPPY; Cure your scepticism (YOU CAN HAVE ALL YOU NEED NOW!); Release the judgement and change the attitude setting the intention: "I'm allowing myself to change my attitudes"; Forgive yourself any disappointment you have caused yourself and others.
- (2) MAKE A LIST of what your specific NEEDS & DESIRED CHANGES IN YOUR LIFE OR PERSONAL ATTITUDES are.
- (2) ACCOUNT FOR what YOUR REAL REASONS are to feel the need for creating the chosen change.
- (3) REVIEW with integrity & discernment if your wish agrees with YOUR & OTHERS HIGHEST GOOD (make sure it is in the Divine order & in everyone's benefit to have what you are asking for). If the Grid is against the Highest Good for all concerned, it will dissipate.
- (4) MAKE A LIST of what, in your view, has OBSTRUCTED & INTERFERED IN MANIFESTING THOSE CHANGES UP TO NOW so in your first session we can detect the origin of the problem. (A problem discussed is a problem ¾ solved.)
- (5) WORK on creating and maintaining the changes PERSONALLY and ACTIVELY on a physical, mental, emotional and spiritual level once you receive the Grid. (A Grid is not a Lottery Ticket you buy and sit down to watch the miraculous changes unfold, limiting yourself to wishful thinking without your moving a finger or even acting against the chosen changes.)
- (6) BE READY FOR CLEARING AND CLEANSING of a lot of issues that need getting rid of, AND THINGS HAPPENING in your life, as a result of the Grid; Bear in mind these processes can be challenging, difficult, hard or even painful.
- (7) BE RESPONSIBLE FOR YOUR THOUGHTS as thoughts create & structure our reality 100%.
- (8) BE AWARE AND SHAPE YOUR EMOTIONS as emotions and feelings, when merging with thoughts, bring about manifestation.
- (9) REALIZE AND LIVE BY THE HOLOGRAPHIC RULE OF THE UNIVERSE: "AS ABOVE SO BELOW".
- (10) REALIZE AND LIVE BY THE BALANCE RULE OF THE UNIVERSE: "LESS IS MORE".
- (11) BE READY TO ACCEPT AND ACCOMMODATE THE CHANGES you have asked for, to be able to handle and be happy with the NEW YOU and YOUR NEW BETTER LIFE.

7-Shape Grids

PERSONAL GRIDS: A Personal Grid is a sequence of 7 Sacred Geometry Light Language shapes correlating with the human 7-Chakra system and surrounding a person with their vibration. It can be created for **people and living beings**, for example your pets. **Installing a Personal Grid will improve your overall vibration**, attitudes, your life and **reprogram the consciousness of each of your cells by balancing your Chakras and working on those areas and aspects that need unblocking and shifting their frequency for you to start reshaping your reality**. It is advisable to keep it for at least 1 lunar month before changing to a new one, as well as not to wait more than 1 year to install the next to keep up the evolution process constant, though it lasts up to 17 months.

STATIONARY GRIDS: A Stationary Grid is a sequence of 7 Sacred Geometry Light Language shapes residing in places and inanimate objects. **Installing a Stationary Grid will improve the overall vibration and reprogram the energy of the places where you live or work (such as buildings or rooms), as well as inanimate objects you are in contact every day, by shifting their frequency to match your own**. EVERYTHING HAS CONSCIOUSNESS, EVEN OBJECTS, so make sure you are surrounded by things and places that **resonate with your frequency. Make necessary changes in their vibration according to your needs and moment in your evolution**. A grid for your house can be done only if you live alone, otherwise you can only do one for your room or working space. Before installing it, you must already have a Personal Grid set in place, first, otherwise it would become your Personal Grid.

DICTIONARY GRIDS: A Dictionary Grid is a sequence of 7 Sacred Geometry Light Language shapes that we emanate while thinking and feeling specific concepts, affecting all around us with their vibration. It will be emanated for you with the specific energies you might need, such as: **Abundance, Appreciation, Balance, Blessing, Compassion, Confidence, Courage, Creativity, Delight, Dignity, Discipline, Elegance, Esteem, Gratitude, Love, Optimism**, etc.

12-Shape Personal Grids

A Personal Grid is a more advanced Personal Grid, being a sequence of 12 Sacred Geometry Light Language shapes correlating with the human 12-Chakra system (including the Higher Heart, the Well of Dreams, Higher Self, Divine Feminine & Divine Masculine Chakras), and surrounding a person with their vibration. It is created for people.

49-Shape Grids

The objective of creating your **49-Shape Grid** is to create a new more desirable reality in many different areas of your life. They work for SMALLER geographical areas and more SPECIFIC concepts, actions, goals, proportions, amounts and dates in the titles. A 49-Shape Grid title examples: (NAME) + action/goal + (AMOUNT: by X% / XS) + by (DATE), e.g.: "John Smith heals his asthma by 30% or more by 31st Dec 2010".

Health Grids: *reducing cholesterol level, healing asthma, sprains, cancer, improve sight, speed broken limb healing, etc.*

Self-Esteem Grids: *increasing self-esteem, empowering, increasing responsiveness to criticism, etc.*

Relationship Grids: *finding ideal Soulmate, creating intimate, loving and supportive relationships, improving & healing relationships, etc.*

Goal Grids: *achieving desired objectives & goals: finding a job, getting a promotion, finding an ideal house, achieving property sale for desired profit, beating specific records, etc.*

Cash Grids: *achieving a desired income monthly / yearly, receiving a salary raise, assuring investment profit, etc.*

Group Spiritual Consciousness Grids: *better connection to Source and Earth, clearing & removing issues that block your Life's Purpose, etc.*

A SECOND GRID, a **God Form / Community Grid** must also be made FIRST by the Grid Writer to keep balance in the Universe: as you take a wish for yourself, put in another to others' Highest Good first to set an energy exchange in motion, e.g.: "Environmental awareness in Bali increases by 20% or more by 31st Dec 2011". | "Amazon jungle preservation increases by 20% or more by 31st May 2012".

144-Shape Grids

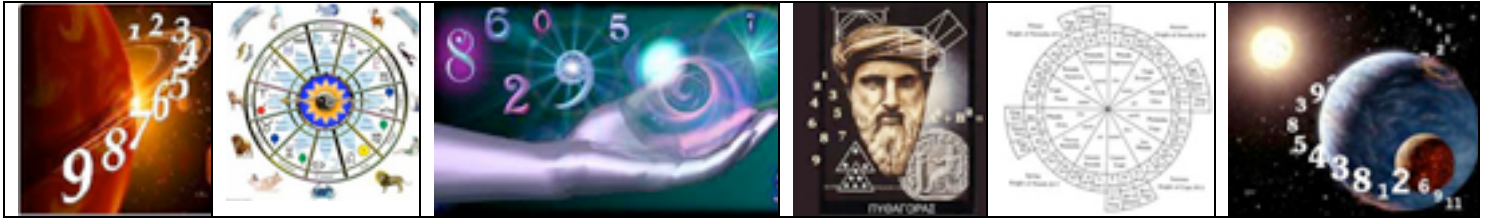
144-Grids take longer to create, take LONGER to manifest, but work better for issues and changes meant to stay in a certain way in the long run. They work for BIGGER geographical areas and more GENERAL concepts in the titles, e.g.: "Jane Doe's ideal Soulmate Grid". | "John Smith's dream-come-true job". A SECOND GRID, a **God Form / Community Grid** must also be made FIRST by the Grid Writer to keep balance in the Universe.

More info: www.nigmabellydance.com/Esoteric-Counselling&Healing.htm#LLGrids

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**KNOW & UNDERSTAND YOURSELF IN DEPTH, DISCOVER & RECOGNIZE
DEEPEST SECRETS OF YOUR IDENTITY & SOUL CONTRACT,
LEARN TO FULLY EMBRACE YOUR IDENTITY & HEAL YOURSELF**



Numerology

The science of self-discovery

**Insight into your Past & Present + preparation for the Future
Support tool in the process of creation of your Light Language Grids**

*A deep beautiful and comprehensive path of self discovery in many different aspects to get a full view of
who you intended to be, by your Soul Contract and intention before this incarnation,
and who you have become:*

(A) YOUR PYTHAGOREAN BIRTH CHART

(your birth date energy vibrational power & impact on your life experience) **UNDERSTANDING YOUR OWN 3 ASPECTS OF SELF** (Basic, Conscious & Higher Selves on Physical, Mind & Soul Planes), **ARROWS OF INDIVIDUALITY** (Determination, Intellect, Activity/Passivity, Spirituality, Emotional Balance, Will, Practicality, Hypersensitivity, Disorders, etc.), **CALCULATING YOUR RULING NUMBERS: LIFE'S PURPOSE/LIFE PATH NUMBER** (Best Expression, Distinctive Traits, Negative Tendencies to overcome & Recommended Development), **YOUR DAY & MONTH NUMBERS, PERSONAL MONTH & YEAR NUMBERS, YOUR CYCLE CHANGES & YOUR PERSONAL YEAR CYCLE, 3 PHASES OF LIFE & PEAK NUMBERS, YOUR CHALLENGE NUMBERS, UNIVERSAL FULFILMENT NUMBER, YOUR DESTINY NUMBER, RELATIONSHIP COMPATIBILITY**

(B) THE NAME CHART

(your name energy vibrational power & impact on your life experience) **SOUL URGE, INTIMATE FULFILMENT & OUTER EXPRESSION NUMBERS, YOUR NAME AURA, ELEMENTS CONNECTING THE NUMEROLOGICAL & ASTROLOGICAL CHARTS, THE ELEMENTS & THE TRIPLICITIES**, (Exploration of your Characteristic Expression, Negative Tendencies to overcome & Health Aspects), **YOUR KARMIC LESSONS**. More info: www.nigmabellydance.com/Esoteric-Counselling&Healing.htm#Numerology

**RECOGNIZE & HEAL THE NEGATIVE PATTERNS
REPLACING THEM WITH NEW POSITIVE SEEDS**



Time Code Calculator

**+ Preparation of your Full Moon Release & New Moon Plantation To Change Your Cycles
Insight into your Past & Present + preparation for the Future pattern returns.
Support tool in the process of creation of your Light Language Grids**

This method is a marriage of science (quantum physics, fractals, phi, etc.) and the ancient traditions & beliefs (such as Mayan, Aztec, Vedic, Tibetan & Hopi):

LIFE FOLLOWS NATURE'S RHYTHMS. BOTH WORLD (HISTORICAL EVENTS) & PERSONAL (EMOTIONAL, RELATIONSHIP, BUSINESS, ETC.) PATTERNS ARE PART OF LIFE. AS TIME-SPACE REPEATS IN CYCLES, EACH EVENT CONDITIONS RETURN SIMILAR TO THE LAST (FRACTAL), BUT WITH GREATER INTENSITY.

Negative experiences causing emotional imprint, pain or trauma, become unconscious seeds for the same pattern conditions that show up repeatedly & more intensely since then. Revealing those patterns thanks to the Time Code Calculator helps you understand the process & prepare for the returning cycle as an OPPORTUNITY TO HEAL, as –at the same time- each cycle return also constitutes a powerful CHOICE POINT, the OPPORTUNITY TO CHOOSE & CHANGE ATTITUDE & ACTION REPLACING the negative patterns with a new outcome and planting a NEW POSITIVE SEED AND CYCLE. As with any change, the power of opportunity begins with the acknowledgment that a choice is possible. More info: www.nigmabellydance.com/Esoteric-Counselling&Healing.htm#TimeCode

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**GROUND YOURSELF
& BALANCE YOUR FEMININE & MASCULINE ESSENCES**



Bellydance & Egyptian Folklore

*Working with the Rhythms, the 5 Elements, Alignment & Grounding
while Balancing Your Feminine & Masculine Essences*

**Excellent support tool in the developing your Manifestation skills
and raising your vibration to the 4th & 5th Dimension**

**GOING INTO THE RHYTHM WITHIN OURSELVES, SHIFTS US TO ANOTHER DIMENSION.
ONLY WELL ALIGNED, CAN WE MAKE ENERGY CIRCULATE & UNBLOCK CHAKRAS UNFOLDING OUR FULL LIFE FORCE &
POTENTIAL. ONLY WHEN WE ARE FULLY GROUNDED, CAN WE TRULY MANIFEST!**

**ONLY GROUNDED IN THE PHYSICAL BODY IN THE 3rd DIMENSION & GROUNDED INTO OUR PLANET EARTH,
MAKING HOME ON GAIA, CAN WE ASCEND TO OTHER DIMENSIONS, WHICH WE NEED TO INTERACT WITH TO HEAL.**

Egyptian Baladi Workshop:

ACTIVATES & GROUNDS YOUR 2nd CHAKRA (SACRAL CHAKRA)

**—Creation Force, Co-Creation, Procreation, Sexuality, Money, Creativity,
Adaptability & Balance within Feminine & Masculine energies**

Unblocks & strengthens your Feminine energy, exploring the Feminine half of your Soul, the Anima, by dancing to the FEMININE ESSENCE Middle Eastern Rhythm called Masmoudi Souhayar. To resonate with Gaia, we need to be very female. Excellent for Ladies to develop & enhance our Feminine Essence of sensuality and receptivity.

Egyptian Saidi Folklore Workshop:

ACTIVATES & GROUNDS YOUR 1st CHAKRA (ROOT/BASE CHAKRA)

—Physical Plane: Survival & Life Force, Foundation, Security, Connection to Earth & Body, Willpower & Determination
Unblocks your Masculine energy, exploring the Masculine half of your Soul, the Animus, by dancing to the MASCULINE ESSENCE Middle Eastern Rhythm called Saidi. Excellent for Ladies to balance our Feminine Essence with Masculine element of power and activity. Both Ladies & Gentlemen welcome.

. More info: www.nigmabellydance.com/ChakraHealingDance.htm

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