

Cleansing the Chakras by Breathing

This should be done frequently. A walk by the ocean or a still lake will also clear them out.

Chakra One: The root chakra. Situated between the anus and genitals, this one connects you to the earth. When functioning unblocked—helps give a deep personal relationship with the earth. Your life force comes from here. You perceive earth as a secure place. The first chakra is the seat of collective unconscious. **To clear:** Picture a light coming from the earth to the first chakra. Inhale to the first chakra and exhale to the earth.

Chakra Two: The seat of sexual energies and creativity, located above the genitals. A blocked second chakra can



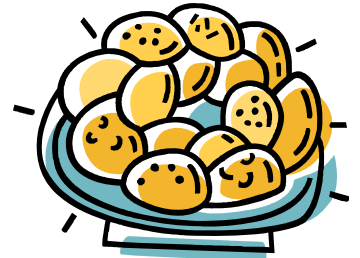
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More Raw Food Recipes

In previous newsletters, I mentioned raw food—particularly the sprouted live enzyme kind—relieves inflammation and supports the immune system. So here are a couple of recipes you can add to your experience. I started adding raw foods to my diet about a year ago and did not catch any colds or flu this past season.

Live Macaroons

- 1 cup macadamia nuts
- 1 cup shredded dried coconut
- 1/4 cup agave nectar
- 1/4 mashed banana



Place the macadamia nuts in a food processor and process until finely ground. Add to a large bowl with the remaining ingredients and mix well. Use a small scoop to form ten macaroons. Refrigerate until ready to enjoy.

Variations:

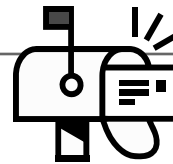
- For a chocolate macaroon, add 1/4 cup of raw cacao powder to the mixture.
- For best results place the macaroons on a dehydrator tray and dehydrate at 115 degrees for 10 hours.
- You can top these with a chocolate layer as well. Whisk 1/2 cup of raw cacao powder with 2-3 tablespoons of agave nectar and 3 tablespoons of coconut oil until smooth. Spread over the macaroons and refrigerate until solid, about 20 minutes.

Cheeze-N-Crackers

Ingredients: 15 sheets of nori
1 recipe for paté. I used the walnut paté, which was very good.

Place nori sheets onto dehydrator trays. Spread thin layer of paté onto nori, no more than 1/8 inch thick. Sprinkle on topping: soaked pumpkin seeds, sundried tomatoes, or sesame seeds. Dehydrate for 2-3 hours at 145 degrees and then 5-6 hours at 115 degrees. This recipe yields nori crackers that taste essentially like cheese and crackers. They are great as travel snacks, hors d'oeuvres, and in children's lunchboxes.

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Dear Tamiko

Dear Tamiko,

I am really stressed. I should find another job. I have to deal with @#&* all day long on the phone. Do you have any suggestions for me before I have a stroke or something.



Sincerely,
Stressed

Dear Sincerely Stressed,

Changing jobs won't change that much. The seat of the problem is you. . . You have to change your vibration. There will always be @#&* on the phone somewhere. Check out the breathing exercises on the chakras in this newsletter. Check yourself when you have a negative or worry thought and protect yourself that way. A successful life is not about changing others but changing ourselves.

—Tamiko

Cleansing Chakras

(Continued from Page 1)

also create weight problems. Walking in moonlight helps clear the second chakra. **To clear:** Breathe, picturing that light coming from the earth to the spot above the genitals, and breathe out to earth.

Third Chakra: Found a little above the belly button, considered the seat of emotions. Having an unblocked third chakra helps mood swings. **To clear:** Breathe, picturing the light from the earth to that spot above the belly button and exhale out to the earth.

Chakra Four: Located in the center of the chest. An open heart chakra can have a healing and transformative affect on others. **To clear:** Breathe light from the earth to the center of the chest and exhale to the crown.

Chakra Five: Located in the neck. The seat of expression. **To clear:** Breathe the light from the earth to the throat and exhale to the crown.

Chakra Six: Located just above the nose bridge. The seat of visualizing and manifestation. **To clear:** Breathe from the earth to

brow, exhale to the crown.

Chakra Seven: Location is the middle at the highest point, opens outward. When this is developed, you become aware of your own divine being. Breathe as before, but to the crown.

This exercise should be done frequently. Keeping your chakras unblocked keeps your vibrations up, which prevents you from getting sick, depressed, and attracting less harmonious experiences.

Watch my website mytamiko.com in March. I am posting a short sample of the facial rejuvenation and while using a surrogate body, will work to clear the chakras. It will benefit all those who are open to the healing.



Product Order Form

Please remit this form with payment to: Tamiko, 541 W. 23rd St., Unit 4, San Pedro, CA 90731
 Or call or write: Toll Free: (800) 519-1835; Local Tel: (310) 831-1341; E-mail: Tamiko5@aol.com

Order online at www.mytamiko.com

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Healthy Hints . . .

- To relieve muscle cramps, drink a little pickle juice. It works right away.
- Another use for fabric softener sheets: Place in sheets, mattress, etc. Something in them repels dust mites.

Raw Food Recipes

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Walnut Paté

2 cups walnuts, soaked
1 cup leeks, finely chopped
1 Tbsp. olive oil
1 Tbsp. Italian seasoning
1 tsp. Celtic salt

Process all ingredients in a food processor with the "S" blade until smooth and creamy. Add a little water for consistency.

Spinach and Caesar Salad

1 large bunch spinach
1/2 cup pumpkin seeds
1-2 garlic cloves crushed
1/2 lemon, juiced
1 tsp. Dijon mustard
1 tsp. olive oil
1/2 tsp. salt

With spinach in a bowl, grind pumpkin seeds in a coffee grinder, then stir in with other ingredients and toss with spinach. Serves 2.