

CD Reference List

- AbandonedAbandonment CD, Light Birth CD, The Spirit of a Child CD, 2nd Chakra CD, Mastering Your Souls Purpose CD, 8th Chakra CD, 9th Chakra CD, 10th Chakra CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain
- Abuse.....Family & Relationship CD, 10th, 9th, 1st, 2nd Chakra CD, Mastering Your Souls Purpose CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain
- Accidents.....10th, 9th, 1st, 2nd, 3rd & 7th Chakra CD, Stop the Fighting CD, Mastering Your Souls Purpose CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain
- AddictionsBirth Story CD, Light Birth CD, All Positive Birth CD, 10th, 9th, 8th, 7th, 2nd Chakra CD, Grounding CD, Mastering Your Souls Purpose CD, 7 Day Chakra Meditation CD, Chakra Toning CD
- Adrenal Glands3rd Chakra, Grounding CD, Light Birth CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain
- Allergies2nd Chakra CD, 4th Chakra CD, 6th Chakra CD, 7th Chakra CD, 10th Chakra CD, 12th Chakra CD, Light Birth CD, Grounding CD, Quick Birth CD, Abandonment CD, I am Positive CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain
- AlzheimersLight Birth CD, Grounding CD, 6th Chakra CD, 7th Chakra CD, 5th Chakra CD, 7 Day Chakra Meditation CD, Chakra Toning CD
- Anger.....Control CD, 3rd Chakra CD, Stop the Fighting CD, Grounding CD, Self Esteem CD, Mastering Your Souls Purpose CD, 7 Day Chakra Meditation CD, Chakra Toning CD

Arthritis1st Chakra CD, 2nd Chakra CD, 3rd Chakra, 5th Chakra CD, 7th Chakra CD, 12th Chakra CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain

Ashamed.....Self Esteem CD, 1st, 2nd, 3rd, 6th, 10th, 9th, 8th Chakra CD, Spirit of a Child CD, Grounding CD, Mastery your Souls Purpose CD, 7 Day Chakra Meditation CD

Autism.....Light Birth CD, Spirit of a Child CD, Grounding CD

AvoidanceControl CD, Family & Relationship CD, 10th, 3rd, 4th, 5th, 11th Chakra CD, Light Birth CD, 7 Day Chakra Meditation CD

Babies/Children/Adolescents.....Light Birth CD, Birth Story CD, All Positive Birth CD, Spirit of a Child, Quick Birth CD

Age Pre-existence to Birth10th Chakra CD
This reflects the spiritual purpose in the family. It holds our DNA and our own life purpose.

Age Birth to 6 months..... 1st Chakra CD
This area holds DNA and our own beliefs about Birth, survival and what we deserve.

Age 6 months to 2 1/2.....2nd Chakra CD
This area holds DNA and our own beliefs about feelings and how relationships are formed, creativity and sexuality.

Age 2 1/2 to 4 1/2 3rd Chakra CD
This area holds DNA and our own beliefs about judgments, safety, will, self-esteem, power and the ability to discern.

Age 4 1/2 to 6 1/24th Chakra CD
This area holds DNA and our own beliefs about relationships, love, compassion, inner desires and healing.

Age 6 1/2 to 8 1/25th Chakra CD
This area holds DNA and our own beliefs about patterns of all illnesses, expression, wisdom, ability and personal truth.

Age 8 1/2 to 146th Chakra CD

This area holds DNA and our own beliefs about our own self-images, insight, creation, body regulation.

Age 14-15..... 1st Chakra CD

At age 14 we tap into the feelings we have experienced during preconception through 6 months of age. These emotions that have been formed are very strong, our emotions are resurfacing to be healed and our beliefs to be transformed.

Age 15-16 2nd Chakra CD

At age 15 our experiences can affect our potential for achievement and self-esteem. Social messages from schools, religion, peer pressures etc. may create beliefs that females must be sexy, petite, caretakers, can't surpass a male, etc. and that males must be macho, strong, weak to show emotions, must be a successful provider, etc.

Age 16-17.....3rd Chakra CD

Our emotions resurface to retest our emotional thoughts and judgments about ourselves or others. Shutting down these emotions may lock the beliefs in and not allow them to be transformed to allow our higher spiritual beliefs to manifest.

Age 17-18.....4th Chakra CD

Our emotional based issues that we have developed resurface even as we are trying to become an adult. Our higher self is trying to be an individual while learning to bond to the support around us.

Age 18-19.....5th Chakra CD

This age is connected to speaking our higher truths, conflicts between our higher purpose and our established emotions arise and increase so what we speak may seem harsh or defensive when we are just trying to be who we are. Young adults come to speak or mirror the truth in DNA patterns we have come to heal.

Age 19-20.....5th Chakra CD

Our self image is connecting with our soul purpose, our formed emotions may appear to be out of control blocking our inner wisdom and intuitive wisdom of

the truth of who we are. This is to allow us to heal negative self images passed down through DNA.

Age 20-21..... 7th Chakra CD

Our beliefs and thoughts transform our feelings to be acknowledged and free bringing our spiritual energy to manifest our higher purpose. If we get stuck in the negative beliefs and thoughts we are unable to bring in and manifest our spiritual purpose. If you are stuck in the illusion of your beliefs and feelings you are unable to manifest your higher truths.

For reference to Adult stages to age 100 see Chakra Developmental Stages Chart by Sharlene Young (available in the Clearing Your 12 Chakras Manual or a wall chart)

Back Aches.....Chakra CD's 1-7, 10th Chakra CD, 12th Chakra CD, Grounding CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain, Healthy Cell Growth

Bladder/Gall Bladder2nd Chakra CD, 3rd Chakra CD, Grounding CD, Chakra Journey CD, Mastering Your Soul's Purpose CD, I am Positive CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain, Healthy Cell Growth

Blame10th Chakra CD, 6th Chakra CD, 3rd Chakra CD, Family & Relationships CD, Mastering Your Souls Purpose CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain

Bloating.....2nd Chakra CD, 3rd Chakra CD, 7th Chakra CD, 7 Day Chakra Meditation CD

Blood PressureI am Positive CD, Grounding CD, 6th Chakra CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain, Healthy Cell Growth

Bowel2nd Chakra CD, 3rd Chakra CD, 6th Chakra CD, Control CD, 7 Day Chakra Meditation CD, Chakra Toning CD

Bronchitis4th Chakra CD, Mastering Your Souls Pattern CD, Abandonment CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain, Healthy Cell Growth

BurdenStop the Fighting CD, Family & Relationships CD, Grounding CD, Light Birth CD, Birth Story CD, All Positive Birth CD, Spirit of a Child, Quick Birth/Inner Child CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain

Cancer9th Chakra CD, 10th Chakra CD, 12th Chakra CD, 4th Chakra CD, 5th Chakra CD, I am Positive CD, Grounding CD, Mastering Your Souls Purpose CD Inner Child CD, Spirit of a Child CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain, Healthy Cell Growth

ChildbirthGrounding CD, Spirit of a Child

Chronic Fatigue.....Grounding CD, Light Birth CD, 10th Chakra CD, 11th Chakra CD, All Positive Birth CD, Skills for Life CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain

Circulatory System.....4th Chakra CD, 5th Chakra CD, Abandonment CD, 10th Chakra CD, Grounding CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain, Healthy Cell Growth

Colds/Flu4th Chakra CD, 5th Chakra CD, 6th Chakra CD, Clearing for Depression CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain, Healthy Cell Growth

ComaGrounding CD, Spirit of a Child CD, Light Birth

ConfusionGrounding CD, 10th Chakra CD, Self Esteem CD, 8th Chakra CD, 9th Chakra CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain

Control.....3rd Chakra CD, 6th Chakra CD, 7th Chakra CD, Control CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain

Courage4th Chakra CD, 5th Chakra CD, 10th Chakra CD, Mastering Your Souls Purpose CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain

Death or Dying.....Grounding CD, I am Positive CD, 7 Day Chakra Meditation CD, Light Birth, Golden Threads, Release & Retrain

DenialStop the Fighting CD, 10th Chakra, 6th Chakra CD, Self Esteem CD, Light Birth CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain

Depression.....Chakra Journey CD, 10th Chakra CD, 9th Chakra CD, 7th Chakra CD, Clearing for Depression CD, Grounding CD, Skills for Life CD's, Control CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain

DeprogrammingLight Birth CD, Grounding CD, Skills for Life CD's, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain

Despair/Disappointment .Light Birth CD, 4th Chakra CD, 2nd Chakra CD, Abandonment CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain

Diabetes.....3 Chakra CD, Stop the Fighting CD, Grounding CD, I am Positive CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain, Healthy Cell Growth, Light Birth

DNALight Birth CD, 8th Chakra, Mastering Your Souls Purpose CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain

Drugs.....Light Birth CD, Birth Story CD, 10th Chakra CD, 6th Chakra CD, 1st Chakra CD, 2nd Chakra CD, 3rd Chakra CD, Family & Relationship CD, 7 Day Chakra Meditation

	CD, Chakra Toning CD, Golden Threads, Release and Retrain
Ears.....	5th Chakra CD, 6th Chakra CD, Self Esteem CD, Quick Birth Inner Child CD, Control CD, 7 Day Chakra Meditation CD, Chakra Toning CD
Eating Disorders.....	10th Chakra CD, 1st Chakra CD, 6th Chakra CD, Self Esteem CD, Skills for Life CD's, 7 Day Chakra Meditation CD
Energy Realignment.....	Grounding CD, Release & Retrain, Golden Threads
Empowerment	Light Birth CD, 3rd Chakra CD, 5th Chakra CD, I am Positive CD, Skills for Life CD's, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain
Fragmented Energy	6th Chakra CD, 5th Chakra CD, 10th Chakra CD, 3rd Chakra CD, 7th Chakra CD, Grounding CD, Light Birth CD, Quick Birth CD (Good to process all Chakra CD's, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain
Forgiveness	Light Birth CD, 4th Chakra CD, Family & Relationships CD, Skills for Life CD's, Stop the Fighting CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain
Frustration	Grounding CD, 8th Chakra, Stop the Fighting CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain
Grief and Sorrow.....	Light Birth CD, Grounding CD, 4th Chakra CD, Family & Relationships CD, Skills for Life CD's, Self Esteem CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain
Grounding	Grounding CD, 12th Chakra CD, 10th Chakra CD, 11th Chakra CD, 9th Chakra CD, 7th Chakra CD, I am Positive CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain

Guilt.....Self Esteem CD, Quick Birth CD, 4th Chakra CD, 6th Chakra CD, 8th Chakra CD, Chakra Journey CD, Mastering Your Souls Purpose CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain

HeadachesSelf Esteem CD, 7th Chakra CD, 8th Chakra CD, 9th Chakra CD, 10th Chakra CD, Chakra Journey CD, Mastering Your Souls Purpose CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain

Heart.....4th Chakra CD, Mastering Your Souls Purpose CD, 6th Chakra CD, 11th Chakra CD, I am Positive CD, Grounding CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain, Healthy Cell Growth

Herpes / Hepatitis C10th Chakra CD, 3rd Chakra CD, 6th Chakra CD, continue doing all Chakra CD's, Stop the Fighting CD, Grounding CD, I am Positive CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain, Healthy Cell Growth

Hormonal System.....1st Chakra CD, 2nd Chakra CD, 6th Chakra CD, Control CD, Stop the Fighting CD, Grounding CD, 7 Day Chakra Meditation CD, Chakra Toning CD

Immune System.....4th Chakra CD, 1st Chakra CD, 2nd Chakra CD, 5th Chakra CD, 6th Chakra CD, Control CD, Stop the Fighting CD, Grounding CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain

InfectionSelf Esteem CD, 6th Chakra CD, 8th Chakra CD, Chakra Journey CD, Mastering Your Souls Purpose CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain

IrritabilityGrounding CD, All Positive Birth CD, Quick Birth CD, Spirit of a Child CD, Self Esteem CD, 5th Chakra CD, 6th Chakra CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain

JealousyLight Birth CD, All Chakra CD's, Mastering Your Souls Purpose CD, Skills for Life CD's, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain

Liver3rd Chakra CD, Stop the Fighting CD, Grounding CD, I am Positive CD, 7 Day Chakra Meditation CD, Healthy Cell Growth

Lungs.....4th Chakra CD, 1st Chakra CD, 2nd Chakra CD, 6th Chakra CD, Abandonment CD, Light Birth CD, Spirit of a Child CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Healthy Cell Growth

Metabolism.....5th Chakra CD, 6th Chakra CD, Control CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Healthy Cell Growth, Golden Threads, Release and Retrain

Nervous System6th Chakra CD, 5th Chakra CD, 10th Chakra CD, 3rd Chakra CD, 7th Chakra CD, Grounding CD, Light Birth CD, Quick Birth CD (Good to process all Chakra CD's, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain

Obsessiveness.....Light Birth CD, Grounding CD, 6th Chakra CD, 7th Chakra CD, 10th Chakra CD, Control CD, Abandonment CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain

Overwhelm.....Spirit of a Child CD, Grounding CD, Golden Threads, Release and Retrain

Panic.....Chakra Journey CD, Grounding CD, Golden Threads, Release and Retrain

Pineal / Pituitary Gland...6th Chakra CD, 7 Day Chakra Meditation CD, Healthy Cell Growth

PMSSpirit of a Child CD, 1st Chakra CD, 2nd Chakra CD, 6th Chakra CD, Control CD, Stop the Fighting CD, Grounding CD, 7 Day Chakra Meditation CD, Chakra Toning CD. Healthy Cell Growth, Golden Threads, Release and Retrain

Prostate.....1st Chakra CD, 2nd Chakra CD, 6th Chakra CD, Control CD, Stop the Fighting CD, Grounding CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Healthy Cell Growth

RejectionLight Birth CD, Birth Story CD, Family & Relationships CD, Abandonment CD, 7 Day Chakra Meditation CD

Relationships.....1st Chakra CD, 2nd Chakra CD, 4th Chakra CD, 5th Chakra CD, 6th Chakra CD, Family & Relationships CD, Stop The Fighting

Self EsteemSelf Esteem CD, Abandonment CD, 6th Chakra CD, 2nd Chakra CD, 1st Chakra CD, 3rd Chakra CD, Grounding CD, I am Positive CD, Skills for Life CDs, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain, Stop The Fighting

Sexual Abuse.....Light Birth CD, 10th Chakra CD, Spirit of a Child CD, 1st, 2nd, 3rd Chakra CDs, Family & Relationships CD, Grounding CD, 7 Day Chakra Meditation CD, Stop The Fighting, Golden Threads, Release and Retrain

Stomach.....3rd Chakra CD, 6th Chakra CD, Grounding CD, Light Birth CD, Birth Story CD, 7 Day Chakra Meditation CD, Healthy Cell Growth, Golden Threads, Release and Retrain

StressGrounding CD, Spirit of a Child CD, 5th Chakra CD, 7 Day Chakra Meditation CD, Golden Threads, Release and Retrain, Healthy Cell Growth

Tension.....Grounding CD, I am Positive CD, All Positive Birth CD, Chakra Journey CD, Light Birth CD, Mastering Your Souls Purpose CD, 5th Chakra CD, 7 Day Chakra Meditation CD, Stop The Fighting, Golden Threads, Release and Retrain

Throat5th Chakra CD, 10th Chakra CD, 3rd Chakra CD, Light Birth CD, Self Esteem CD, 7 Day Chakra Meditation CD

Toxins.....5th Chakra CD, 3rd Chakra CD, 12th Chakra CD, 11th Chakra CD, Stop the Fighting CD, Grounding CD, I am

Positive CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain

Weight.....Light Birth CD, 10th Chakra CD, 5th Chakra CD, 6th Chakra CD, 1st Chakra CD, Quick Birth CD, Skills for Life CD, Self Esteem CD, Grounding CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Golden Threads, Release and Retrain, Stop The Fighting

Yeast / Candida2nd Chakra CD, 3rd Chakra CD, 4th Chakra, 5th Chakra CD, 6th Chakra CD, I am Positive CD, Grounding CD, 7 Day Chakra Meditation CD, Chakra Toning CD, Healthy Cell Growth, Golden Threads, Release and Retrain



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