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The Spiritual Spine: The secrets of chakras

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Chakra means wheel in Sanskrit. The Vedas, which are the four oldest texts in Hindu literature, have used this term to describe the energy centers of the human being. They are spherical spirals located in the etheric body, more precisely in the Central Nervous System (the Brain and the Spine), which controls all the functions of the body and mind and acts as transmitters of energy. The chakras influence our activity through the functioning of the endocrine glands. These glands affect the functioning of our body, our mental balance and our emotional integrity. Cultivating our Spiritual Spine allows us to use the energy and abilities of each chakra to heal, strengthen and balance us. There are many tools to awaken our Spiritual Spine and thus promote its health (yoga, meditation, breath...) Through

his tools, consciousness and energy travel through the canals of the Spine to awaken the chakras and reveal their hidden gifts.

Speaker Biography

Jessica Lucie Gutierrez after a Literary Baccalaureate pursued a course in "Cultural Management" to learn about the organization of cultural events (exhibitions, live performing arts, cultural heritage...) During her studies, she had the opportunity to write and put on a hybrid play which was a combination of live painting masterpiece and scenography. In her last job, she was working as a Manager in a feminist art gallery. Her responsibilities included the organization of a line-up of artists in line with feminist values and the promotion of their artwork towards visitors. At the same time, she is very interested in Neuroscience and personal development. These subjects fascinate her, and she wants to explore it more concretely. She decided in June 2018 to quit her job to travel the world, find partners and lead projects.

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