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FLOATATION FACTS

In 1954, Dr. John C. Lilly invented floatation therapy in an experiment to test the effects of lack of sensory input. The test results continue to show that floatation causes slower brain wave patterns typical of deep restful conditions. Water filtering is handled with pristine cleansing systems that do not use chlorine or chemicals.

- The floatation tank is filled almost a foot deep with a saturated solution of water and Epsom salts to create buoyancy that eliminates the effects of gravity on the body.
- The water temperature is set to correspond to outside body temperature (93.5F).

A goal of floatation is to gradually change brain waves as follows:

Beta State: Alert and working, common active daytime state

Alpha State: Light meditation, day dreaming, reflective, ground for creative visualization

Theta State: Borderline dream state associated with creativity, inspiration and extrasensory perception.

Delta State: Dreaming sleep and deep non-dreaming sleep. Delta is a perfect setting for intense healing of body and mind.

Floatation clients experience many benefits through deep relaxation such as:

- Relieve muscle and body pain
- Reduce stress
- Lower blood pressure
- Speed up the healing process
- Enhance recovery qualities
- Control compulsive behaviors
- Enhance creativity

There are almost 100 floatation therapy facilities nationwide.

For a National Directory of float facilities

Visit www.floatation.com

For More Information:

cm@gotchakras.com

OR Visit:



**FEATURED EXPERT: SAM ZEIGER OF
BLUE LIGHT
FLOATATION, NY, NY**



Who Should Try Floatation?

People from all walks of life take advantage of floatation. The experience provides a window of opportunity to escape from continual stress. The ability to stop the wheels from turning serves as a universal reason to float and affords people a chance to gain perspective on their lives. Typical stressed New Yorkers from every profession make up most of my clients such as dancers, actors, those in helping and financial professions, etc. Floatation replenishes overall energy levels. People have busy lives and floatation gives them a chance to slow down for a mini-retreat.

What Does It Feel Like to Float?

Stillness is a vital element in the floatation experience. During floatation a person should remain still which leads to a feeling that the body merges with the air and water. It feels like the water molds to the contour of the body as if the water becomes a gel mold that supports the body perfectly. There is a sense of solidity that if surrendered into can feel as if there is only consciousness without the constraints of the body.

Ciriculum Vitae

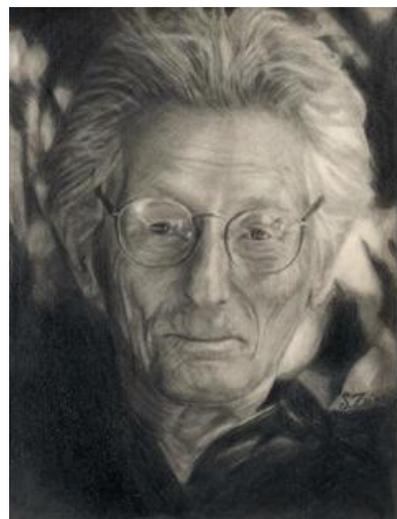
Sam Zeiger owns Blue Light Floatation in New York City since 1985. Sam is a renowned floatation expert. He combines esoteric knowledge and personal floatation experience to create enhancements to the process that are not known or used by any other floatation facility. Sam is also an accomplished artist and long time New York City resident. Sam can be reached at: (212)-989-6061 or visit bluelightfloatation.com

Is Floatation Done for Spiritual Enhancement?

Floatation may jumpstart many different types of experiences all of which result in physical and emotional improvements. It is possible to reach an epiphany during floatation and this has been reported to me on many occasions in the last 27 years. Floatation acts as a gateway to our deeper nature and leads to a deep state of relaxation. I know artists and composers inspired to create exceptional work and even an entire musical composition based on floatation experiences.

Do You Have Advice for Those New To Floatation?

I recommend floatation with no expectations. Many people have pre-conceived notions about the experience which can act as an impediment, as is also true in life. The best approach is to float with an open mind and relax.



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**Drawing of Dr. John C. Lily
Inventor of the Floatation Tank**

What are Examples of Exceptional Results Achieved from Floatation?

The examples are amazing and extensive. I had a client who quit smoking after just one session and another that achieved weight and fitness goals over time. A client with symptoms of Post Traumatic Stress Disorder had a breakthrough of long standing emotional issues in a single floatation session. Another client with a severe back injury experienced complete pain relief when no other modality of healing was helpful. A sense of calm and peace of mind are typical feelings during and after floatation. People experience alleviation of body aches and discomfort days and even weeks after a floatation session.

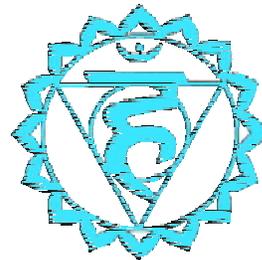
What are the Trends in Floatation?

Floatation became extremely popular around 1980 and reached a plateau that lasted over 20 years. In the last few years the popularity of floatation has skyrocketed. As a major shift in consciousness is underway it offers an environment where people can explore themselves in a deeper and more profound way. The Internet also plays a role in the rise in popularity of floatation by providing easy access to the information.

How Long Is a Floatation Session?

People usually begin by floating for one-hour sessions and some over time increase to longer sessions. Several regular clients float for as much as 3 hours and some even longer. Float time varies by personal preference.

**For more information about Sam Zeiger
visit:
Bluelightfloatation.com**



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