



Week 5 tasks

CHAKRAS AND HOW TO UTILISE THEIR ENERGY.

Do the cutting of the cords process every morning and evening.

Journey with the three lower chakras.

Energy is everything and learning how to work with all aspects of your energy enhances your ability to navigate your life as the internal leader you are meant to be. Not purely from the mind, emotions, your physicality, and actions. More powerfully from the fact that you are a soulful, energetic being, part of the Universal intelligence; therefor able to consciously and masterfully co-create.

The lower chakras are connected to our physical reality. Also, to emotions. When there is pain, lethargy and disease, it can be linked with the energy centre that relates to that part of the body and organs. Energy is speaking to us all the time. If you listen and understand the language, you can utilise the wisdom and bypass a lot of distress. Expand more quickly and move more rapidly through life's lessons. Everything is a piece of a puzzle when placed together, becomes a road map for your life's journey.

Wouldn't you rather take the direct route rather than all the detours?

1. Base chakra. This energy is related to the **tribe**. Your connection to the whole experience and everyone in it. You relate to the experience via the whole, the group. The lesson. ***"I do not know why this is happening to me; I choose not to be a victim."***

Meditation

Following the meditation direction at the bottom of these tasks, you will ask this power question.

What experiences am I still holding onto where I have held on to being the victim?

This power question is in relationship to the experience and people.

Remember a power question invokes a response.

In partnership with the meditation, I suggest you ask the question and write your response either before or after the meditation journey. Trust the order you are guided to do. Meditation first or written response first.

Please follow this directive regarding each chakra process

Before asking the questions do the hand on heart breathing aligning with the words, I AM Divine wisdom.

2. Sacral chakra. This energy is related to **duality**. Your connection and relationship to someone or something outside of yourself.
The lesson. ***“What is this experience asking me to learn about myself?”***

Meditation

Following the meditation direction at the bottom of these tasks, you will ask this power question.

What is this experience asking me to learn about myself?

This power question is in relationship to someone or something external.

Remember a power question invokes a response.

3. Solar plexus. This energy is **singular**. All about you. How you experience and feel what is taking place.
The lesson. ***How do I feel about myself in this experience. What do I need to do?***

Meditation

Following the meditation direction at the bottom of these tasks, you will ask this power question.

How do I feel about myself in this experience. What do I need to do?

This power question is in relationship to you and how you feel.

Remember a power question invokes a response.

THE MEDITATION PROCESS.

After doing the hand on the heart process, then the cutting of the cords, take your awareness down to the chakra you are focusing on. Breath deeply the colour of that chakra into the centre and feel as though you are walking down into the middle of this

energy centre. When you feel yourself settled into the middle of this energy centre ask your power question. Take note of answers, images, thoughts, feelings and colours that are all your answers.

TRUST YOURSELF AND THE PROCESS. Write your experience.

I have provided a guided meditation for the base chakra as an example of how to do this meditative journey for the other chakras yourself.

Remember ~

Ask each day as you read the rules of the game. Am I living each rule?

Take your time with each task in order to gain the most.

Complete your weekly landscape creation on Sunday.