



Inner Expressions

THE POWER OF CHANGE IS IN YOUR HANDS

THE CHAKRA JOURNEY





WHAT ARE CHAKRAS

A chakra is a spinning wheel of energy.

They serve to accumulate, assimilate, and transmit psychological, physical, and spiritual energies. Each chakra corresponds to a location in the physical body. They are connected and aligned with a central channel that allows the energy to journey upwards and then back down, in a winding criss cross looking like a double helix. Hence the symbol for medicine or healing is represented as two snakes up a staff with wings at the top point.

Each chakra vibrates at a different rate. Has a different colour, number of vortexes and sound. As the energy rises up through the chakras, the vibrational frequency increases.

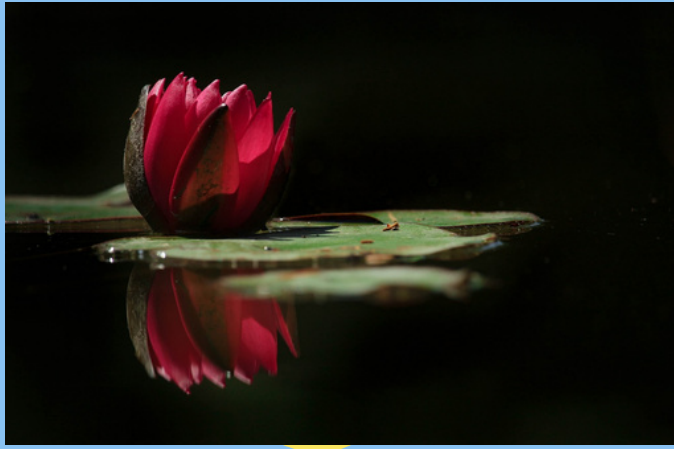


As you experience life,

the aim is to learn the lesson associated with each centre and raise the energy through the central channel. As it reaches the crown, this is when the integration takes place and the heightened spiritual energy (I AM source. God) flows back down and you are intrinsically changed. You feel at great peace and connection. Purpose.

The energy within each centre has a 'charge' to it. It will either feel vibrant and power-full or diminished and weak. When the life force or 'charge' is diminished for too long. It creates dis-ease.

When we work with the energy 'charge' consciously we become power-full.



BASE CHAKRA

THE TRIBAL CENTRE. THE MATERIAL WORLD

Located base of the spine. Colour red. Note C. Four vortexes within the one vortex. Frequency 396 Hz.

Higher frequencies produce more oscillations. Hertz are a unit of frequency.

Fright or flight centre. Fear. Physical energy and drive.

How you react to the experience as a whole. Here you do not have to understand, you simply say to yourself, "I do not know why this is happening to me; however I choose to not be a victim."

All is one.



SACRAL CHAKRA

THE CENTRE OF DUALITY. RELATIONSHIP.

Located below the naval.. Colour orange. Note D. Six vortexes within the one vortex. Frequency 417 Hz.

Your relationship to something or someone outside yourself. Partnership. Honour one another or addiction.

Your experience with the situation and or direct individual experience. Your relationship with to it. This stage is asking you to ask "what is this experience asking me to learn about myself?"

Addictions.



SOLAR PLEXUS CHAKRA

THE CENTRE TO HONOUR ONESELF.

Located just below ribcage arc. Colour yellow. Note E.
Ten vortexes within the one vortex. Frequency 528 Hz.

Singular. How you feel about yourself in this situation.
Here negative emotions are absorbed; breathed in. Self
respect resides here as does wisdom.

As yourself, "how do I feel about myself in this
experience, what do I need to do?"

Act on your guidance.

Inner voice of knowing.



HEART CHAKRA

THE BRIDGE BETWEEN THE INNER & OUTER

Located in the centre of the chest. Colour green (or pink). Note F. Twelve vortexes within the one vortex. Frequency 639 Hz.

It mediates between the body and spirit. The inner and the outer worlds. Experience has been your teacher and this is the place of healing. A sense of purpose that comes from the challenge, an upleveling of your life. In the driver's seat of life.

The teacher and the healer.

Love, compassion, understanding and forgiveness.



HEART CHAKRA

LOVE IS DIVINE POWER

Love is born from the fact that everyone has played their part in your growth. Compassion comes from understanding that everyone is human and on their personal, human journey.

Understanding is born from the purpose of the experiences and the stages you have risen through.

Forgiveness is what sets you free from being under anyone else's control.

Here you own your own power and potential.

Here, it is simply an intention to align with Love.

Authentic power.

The Divine marriage of physical and spiritual.



THROAT CHAKRA

SURRENDERING YOUR WILL

Located at the throat. Colour blue. Note G. Sixteen vortexes within the one vortex. Frequency 672 Hz.

Choice. You release by speaking your fears and shadows so that you can then speak from power and your truth.

Here you can change direction in life by aligning your will with that of the Divine Will. A place of surrender and faith!

You align your inner power and potential.

To speak powerfully is to speak from the heart with honesty and integrity.

Responsibility of one's personal needs and what you really want to do in life.



THROAT CHAKRA

WILL POWER & SELF HONESTY

You have responsibility and authority over yourself and true authority comes from aligning with God's Will.

Making decisions and knowing that your word is your bond regardless of the decisions made.

Here you choose to speak with honour and integrity.

You in action.



THIRD EYE CHAKRA

SEEK ONLY TRUTH. MIND & CLARITY

Located between the brow. Colour indigo. Note A. Ninety six vortexes within the one vortex. Frequency 720 Hz.

Archetypal/symbolic sight that activates wisdom that requires us to learn detachment, through Divine understanding.

This creates a release from the initial challenge.

It is like breathing out of the release. An ah ha moment.

Unity of mind and heart!



THIRD EYE CHAKRA

THE MESSAGE OF TRUTH

Your thoughts come before form. Via our thoughts the form starts in the energy dimension. Hence becoming conscious creators.

The brain commands the behavior and response in the physical body, however the mind commands the behavior of the energy body.

Becoming conscious detaches you from false perceptions and allows you to see the truth or symbolic meaning in the situation.

Seeing truth beyond the shadow of beliefs.



CROWN CHAKRA

DIVINE CONNECTEDNESS & GRACE

Located top of the head. Colour white/violet/gold. Note B. Nine hundred and seventy two vortexes in the one vortex. Known as the thousand petaled Lotus. Frequency 768 Hz.

This chakra is the warehouse for the Divine energy of grace.

A place of oneness and integration through your devotion to spiritual practices of prayer and meditation etc.

When the energy flows up to the Crown, you are flooded with the Light of integration and transformation.

Divine I AM Light.



CROWN CHAKRA

DIVINE RELATIONSHIP OF TRANSFORMATION

The cycle is complete, and you are forever changed in your transformation. You have raised your vibration within the mental, emotional, physical and spiritually energetic. This energy of the Divine transformation flows through you and each of the energy centres.

You have changed at a cellular level.

You have masterfully navigated the cycle of the experience. This is known as empowerment.

Now, you will move through your life feeling more in flow.

Synchronicities increase and you feel a meaning and deeper purpose for life's challenges.

Live in the present.



SOUL STAR CHAKRA

TRANSCENDING TO A HIGHER CONSCIOUSNESS

Located one foot above the crown. Colour blueish white
Sound C (high). Frequency 1074 Hz.

Considered to be a gateway to our Higher Self that is to be integrated through our journey, integrated and brought into the inner Universal self within the physical.

Manifesting our most intense spiritual essence into physical life.

I AM the Universe.

The Universe exists within me and I exist within the Universe. A full bodied knowing.

Everything and everyone is the same Universal consciousness.

It is all within.

THE EVOLVING CYCLE

What I have included here is a snapshot of the Chakras and how to work with them to move from being a victim to empowered.

Understanding that you are energy first is freeing. The application of this information, supports you to form a conscious and deeper connection with the wisdom, power and oneness that exists within you.

You can work with the sounds and the colours to influence these energy centres and maintain a sense of energetic harmony. It is in the life challenges and cycles that moves this energy upwards.

Remember the energy rises and then integrates back down.

Then life experience calls you to uplevel again.

