



Week 6 tasks

THE HIGHER CHAKRA JOURNEY.

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

Journey with the four higher 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 co-create consciously and masterfully.

The next phase in this energy raising journey is to cross the bridge at the heart centre. It mediates between the body and spirit. The inner and outer worlds where the physical and spiritual become one. Healing takes place from aligning with love, compassion, understanding and forgiveness. Everyone has played their part for your growth.

Power questions.

A power question invokes a response.

Am I ready to cross the bridge?

Am I willing to accept that everyone has simply played a part for my learning and growth?

Am I willing to forgive?

How much do I value true freedom?

Am I willing to embrace my power and potential?

What does embracing my power and potential mean?

The energy is now moved upwards to the throat chakra. Here you align your will with that of the Divine Will. You choose to surrender and live with faith (to form a strong relationship of trust with the unseen world and the Divine I AM Presence) You have responsibility and authority over yourself. Your word is

your bond, you speak (confess) your fears and shadows to clear the energy for the flow of speaking with power and your truth, with integrity and honour. Speaking from the heart.

Power questions.

Is there anything from my past that I have not cleared through the spoken word? Note~ this does not mean you have to speak to an actual person.

Where in the past have, I not had authority over myself and how did that feel?

If I speak from the place of heart and surrender, how will that change how I communicate and express myself?

What will it mean if I surrender my will with that of the Divine Will?

How much do I value release and freedom?

The energy rises to the third eye chakra. Here we seek only Truth with mind and clarity. The place of archetypal/symbolic sight. Detachment is to be learned through Divine understanding. A release from the initial challenge. A breathing out of release, the ah ha moment. Becoming a conscious creator as thoughts come before form. Via the thoughts, the form starts in the energy dimension. Becoming conscious detaches you from the false perceptions and allows you to see the truth or symbolic meaning in the situation.

Power questions.

What is it that I need to see and to know?

What false perceptions have I been projecting?

Am I willing to allow myself to release?

Am I willing to trust?

Am I aware now that my inner and outer worlds are intricately connected?

Have I been taking responsibility for my thoughts that take form?

What would allowing unity of mind and heart feel like?

How would unifying my hear and mind change my life?

The crown chakra is reached. The place of Divine connectedness and grace (this has been defined as the Divine influence which operates in humans to regenerate and sanctify, to inspire virtuous impulses, and to impart strength to endure.) Flooded with the Light. A place of oneness and integration and transformation. Divine I AM Light. This cycle is complete, and you are forever changed. You are empowered via the journey you have taken and raised your vibration as the Light flows back down

through all the chakras. You are changed at a cellular level. You have masterfully navigated and are now more empowered. You feel a deeper purpose in life's challenges.

Curious question.

Have I ever felt that I have taken the journey of the chakras before and experienced feeling empowered, in flow and the synchronicity of life?

Power question.

How will consciously taking this journey and implementing this information support me in my aspirations and growth?

THE MEDITATION PROCESS.

Start with the hand on your heart process, then the cutting of the cords. Imagine an entwined band of white and violet light flowing down through your crown. The entwined light will flow down the central channel passing through each chakra. This white/violet light will balance, harmonise, and energise each chakra. See, sense, or feel this taking place in each chakra (front and back) until it reaches the base chakra. Once it has balanced, harmonised, and energised this centre, it will turn to a brilliant gold light of amplification. The golden light will rise upwards along the central channel and amplify each chakra and as it rises out the top of the head, allow this golden light to flow around you, creating a cocoon.

TRUST YOURSELF AND THE PROCESS. Write your experience.

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.