

# THE BALANCING ACT

*chakra flow*



Energy work always works, whether you are aware of it or not.

The word chakra is Sanskrit for "wheel."

Our bodily chakras are spinning away, from the base of our spines to the crown of our heads, with each chakra relating to bodily functions and emotions.



They spin in a clockwise direction away from the center. Unless they are blocked and out of alignment (balance). Most of us know about the 7 common chakras. What about the 12 Chakras? What about the other 5?

It is believed we have more than 12 chakras but for this purpose, we will focus on the 12-chakra system which brings forth the vision of our connection to the entire universe.

The 12-chakra system is a way to use a wider range of energies for healing, manifesting, and creating health and well-being.

## The 12-Chakra System

The 12-chakra system includes the 7 primary chakras inside the body and 5 transpersonal chakras outside the body.

The 7 primary chakras are the root (base), sacral, solar plexus, heart, throat, third eye (brow), and crown. The five additional chakras are transpersonal chakras, which integrate the spiritual and transcendent aspects of the human experience.

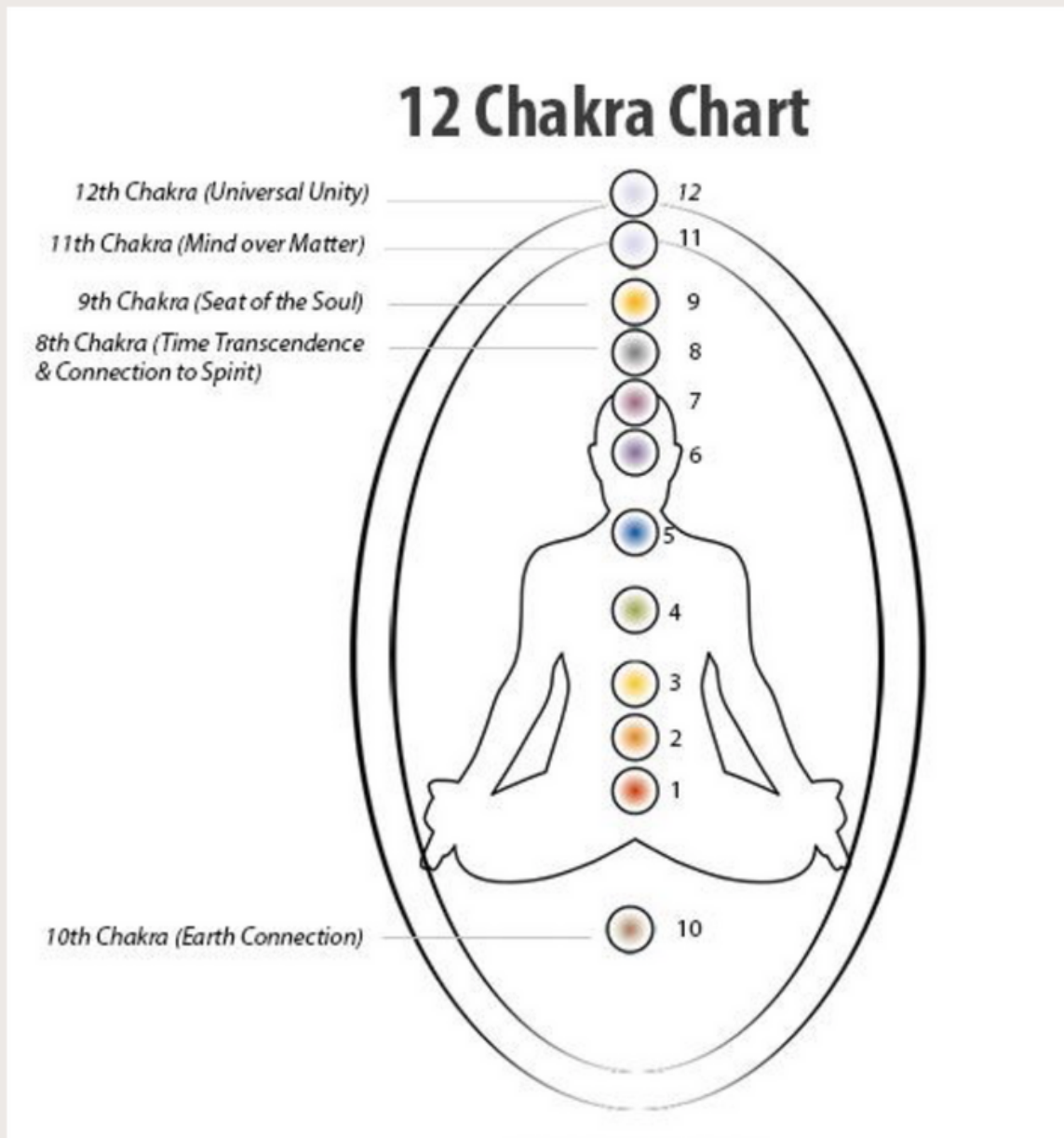
Using the 12 chakras allows us to draw from powerful energies outside of the human body and get in touch with the whole array of dimensions outside of our human experience.

# THE MAIN BODILY CHAKRA'S

	<p><b>Crown Chakra</b> <i>Sahasrara</i></p>	<p><b>Physical</b> Connected to the pineal gland, brain, and nervous system.</p>	<p><b>Emotional</b> Connected to divine connection, higher consciousness, and spirituality.</p>
	<p><b>Third Eye Chakra</b> <i>Ajna</i></p>	<p><b>Physical</b> Connected to the brain and pituitary gland.</p>	<p><b>Emotional</b> Connected to self-awareness, wisdom, imagination, and intuition.</p>
	<p><b>Throat Chakra</b> <i>Vishuddha</i></p>	<p><b>Physical</b> Connected to the throat, mouth, and thyroid gland.</p>	<p><b>Emotional</b> Connected to self-expression, communication, and authenticity.</p>
	<p><b>Heart Chakra</b> <i>Anahata</i></p>	<p><b>Physical</b> Connected to the heart, lungs, and thymus gland.</p>	<p><b>Emotional</b> Connected to love, joy, compassion, and forgiveness.</p>
	<p><b>Solar Plexus Chakra</b> <i>Manipura</i></p>	<p><b>Physical</b> Connected to the liver, adrenal glands, endocrine gland and stomach.</p>	<p><b>Emotional</b> Connected to self-esteem, personal power, confidence, identity, and determination.</p>
	<p><b>Sacral Chakra</b> <i>Svadhithana</i></p>	<p><b>Physical</b> Connected to the sex organs, bladder, kidneys, and reproductive glands.</p>	<p><b>Emotional</b> Connected to sexuality, desire, creative energy, and emotions.</p>
	<p><b>Root Chakra</b> <i>Muladhara</i></p>	<p><b>Physical</b> Connected to the colon, bones, muscles, and adrenal glands.</p>	<p><b>Emotional</b> Connected to security, stability, safety, and basic needs like shelter and food.</p>

# THE MAIN OUTER CHAKRA'S

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# THE MAIN OUTER CHAKRA'S

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## Time Transcendent & Connection to Spirit

### Divine Love

- This is where the existence or experience beyond the normal or physical level happens.
- It's also known as the Soul Star.
- Positioned above the Crown Chakra, about 2 feet. With the 8th chakra, we enter the realms of transcending space and time. This energy center is said to open access to parallel universes and lives; it gives access to the realm of the Akashic records and the sphere of potentialities in the making. It's a useful center for shamanic healing and communication with spirit guides.

**Color: Sea green**

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## Seat of the Soul

### Soul Blueprint

- The 9th chakra is said to be the 'seat of the soul' or the mouth of God. It allows access to your soul's code or higher purpose.
- This chakra is the access to information about karma, lessons, our learning abilities, doorways to dimensions and times as well as the Akashic records. This is our soul blueprint (our total skills and abilities learned in all lifetimes).

**Color: Blue Green**

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## Earth Connection

### Divine Creativity

- The 10th chakra is the grounding chakra, a receptive energy with a positive flow containing the elements of wind, earth, water, and fire.
- It's the anchor to the physical world.
- As human beings, we need to remain balanced emotionally, mentally, physically, and spiritually and our chakras must be balanced as ..
- While we are here having a human experience, we are here for a purpose- to learn and grow through the experience.

**Color: Pearl White**

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## Mind over Matter (Advanced Spiritual Skills)

- The 11th Chakra, the angelic chakra contains the programming of the soul for this lifetime and the history of the soul.
- It's through our connection and understanding of this chakra that we gain or effect our own healings and insights, learn our lessons, understand the soul contracts, and begin to understand our life purpose.
- The 11th chakra is considered a channel for prophecy and governs your ability to transcend time and space and allows you to access the Akashic records (Book of Life).

**Color: Pinkish Orange**



# THE MAIN OUTER CHAKRA'S

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## 11 CON'T

The 11th chakra contains the advanced skills that the 12th chakra releases. Skills like out-of-body experiences outside of the solar system and out-of-body time travel, healing of self and others, sometimes instantaneous healing or at the very least very quickly.

All your experiences for this lifetime are stored here.

## 12

### Stellar Gateway

#### Connection to the Central Sun

- Universal Consciousness
- It allows us to transcend the mundane to reach enlightenment and commune with the divine.
- It allows us to stretch beyond our common sphere of understanding into universal unity with all that is.
- You can access this chakra through your 3rd eye.
- Located on the outskirts of the 12 chakra system, it allows us to stretch beyond our common sphere of understanding into universal unity with all that is.
- This is the chakra of mastery of the soul's purpose through our human existence.

**Color: Gold or iridescent rainbow-like.**

The 12th chakra is the doorway to the cosmos and beyond.

### Considerations

The 12th chakra is the last to open, and it will not begin to open until the 11th chakra has opened enough. The length of time it takes for these chakras to open depends on the individual person and the rate at which they are evolving. You may not manifest or notice the skills associated with each of these higher-level chakras until the 12th chakra is active...or starts to open.

Typically, it can take a number of years for the spiritual chakras to completely open. The 11th and 12th chakras take by far the longest time to fully blossom. For an average seeker, it can take 1 to 7 years for the chakras 8 to 10 to open and another additional 1 to 5 years for the 11th chakra to open.





# WORKING WITHIN DIMENSIONS

## Energy Alignment through the Chakras

### The main goal!

The goal of balancing your chakras is to create an alignment through the central line of energy that flows through us, below us, and above us connecting our energy between the earth and all 12 chakras.

Too often our energy is not aligned between the earth and the universal light source.

### Working within dimensions.

As outlined in the image below, spiritual work transcends multiple dimensions.

Our worldly or human existence is based on the 3rd dimension (the Earth's surface) which is wedged between energetic dimensions that we have access to as spiritual beings.

Most people that believe they are practicing "spirituality" may have experiences in the 4th dimension (out of the earth's surface energy field...the 3rd dimension), however, they are not connected with the greater universal energies in the 5th dimension or within the earth's core.

They are typically out of balance (figure 2) operating at a surface level with limited connection to the 4th dimension.

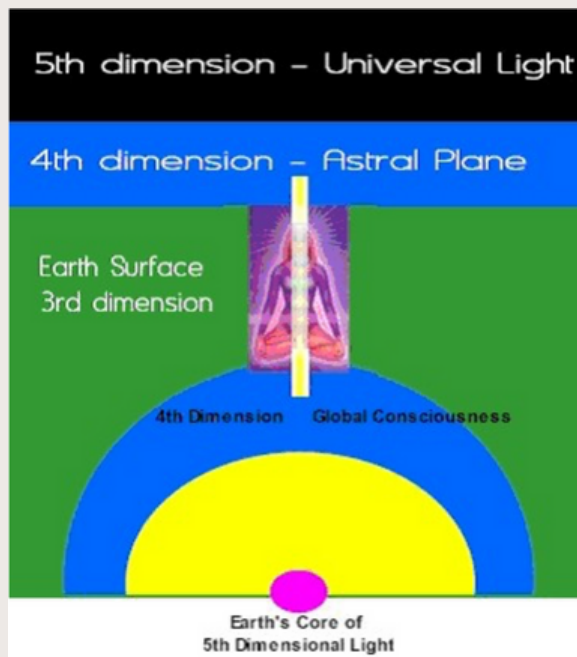


Figure 1: Operating on the 'surface'

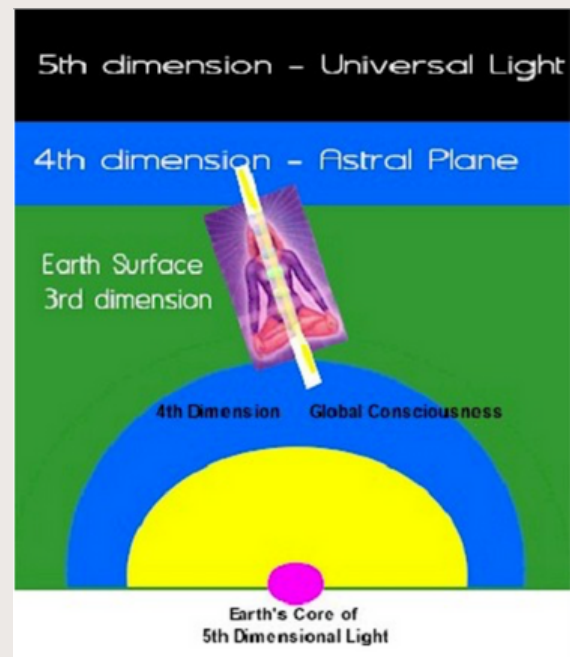


Figure 2: Out of balance on the 'surface'



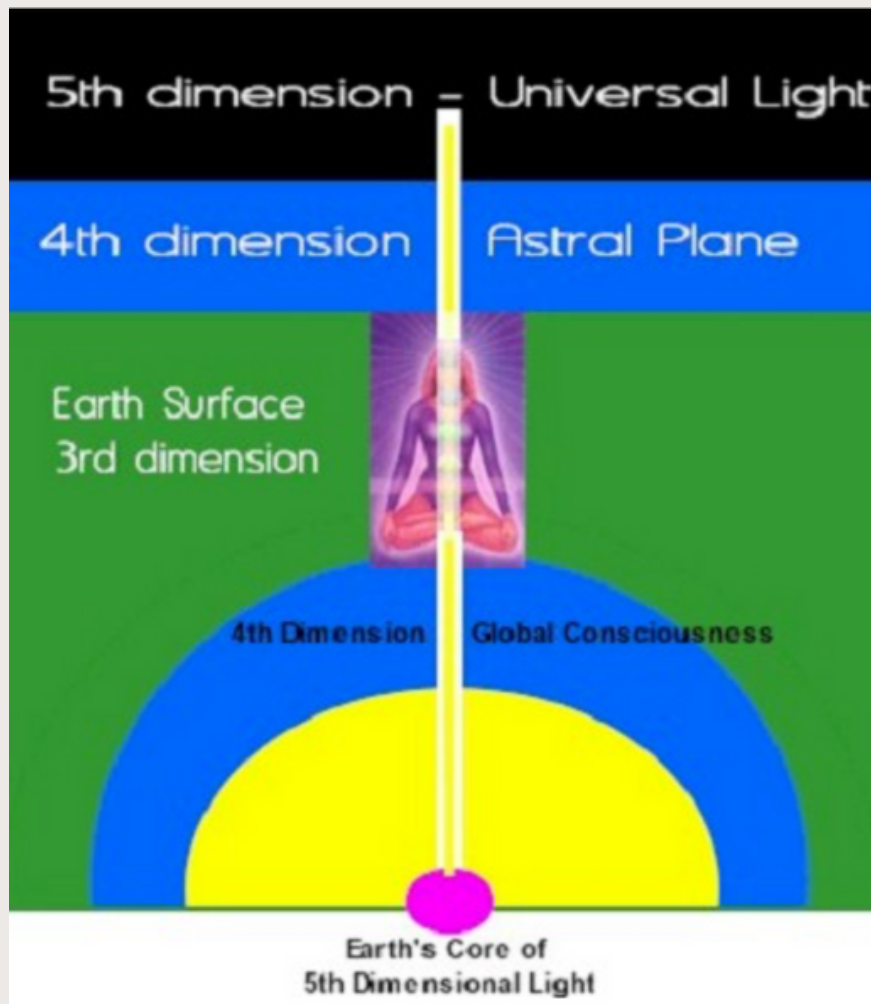
# BALANCING FOR FLOW

## Working within dimensions continued.

Someone operating "spiritually" is not working within the earth's surface where we are governed by space, time, depth, and volume; they are accessing 5th-dimensional light. This is also known as the Quantum Realm where there is no space, no time, no thing, and no one. It is purely energy.

We are able to access these realms through spiritual development, meditation, and connection with our authentic energy: flow!

The goal is to create a balance between your body, mind, and soul.



**Soul:** The soul is within our earthly body but is generated from and maintained by the 5th dimension.

**Mind:** The mind can vacillate between the physical realm of earth and the 4th dimension.

**Body:** The physical realm of the earth is where our body lives

**Mind:** The mind can vacillate between the physical realm of earth and the 4th dimension.

**Soul:** The soul is within our earthly body but is generated from and maintained by the 5th dimension.

Figure 3: In alignment with "flow"!