

We are all connected- to each other to the planet..some call it quantum entanglement- i like to just call it our collective consciousness..

you can use this interconnected ness to diagnose in yourself where you are blocked, most likely programmed- look to the repeated problems you have getting along with others..

even the problems in your own body can tell you where you need to clear..

the planet has a chakra, energy system as does our bodies. Not just a vedic system, its akin to meridians, reiki uses it, kinesiaologists use it to diagnose us..both on a physiological level but on a an emotional level..which is where most of our dis ease- our imbalances come from. Get balanced emotionally- and you get balanced physically.

ENERGY CENTERS / CHAKRAS can be used AS TOOLS TO AID OUR JOURNEY TO COME TO KNOW AND CONTROL WHERE OUR THOUGHTFORM/ENERGY GOES.

find where we are blocked - hooked into - vulnerable to being triggered and used without knowing - WHERE WE NEED TO FLOW< Clear ourselves> makes us be able to be more ourselves..

‘doubting yourself comes from honesty- just don't stay there’

ROOT ENERGY CENTER

1st energy center, called the “root” chakra in sanskrit, located around the base of the spine, front and back, of our sacrum/tailbone area.

The root chakra is how we connect to the physical world.

The subtle cosmic energies are interchanged with the more earthly energies in this center. We connect to the Mother Earth through the base chakra and in this connection feel a love for the earth.

We also can experience Her, our planetary Mother in this energy centre as an elemental force, since it is through the earth that we can grow food, build shelter, and thus are able to survive. Just as the earth is a foundation for us to build on, so the root chakra becomes a foundation for all the other chakras to build on. It is the base for much of our life-force energy is stored.

translucent color: Red

central area of life it governs: Survival

body systems it governs: body parts correspond to all solid parts like the bones, teeth, plus the adrenals, kidneys, spinal column and the colon.

element: Earth

goals working with this area will achieve: stability, grounding, physical health, trust

How to diagnose your chakras states/flow by observing how you are feeling, being;

1st energy center in excess flow: we feel sluggish, heavy, can hoard, into materialism and greed!

1st energy center in deficient/blocked flow: insecure, overly fearful, angry, ungrounded, spacey, undisciplined, under or over weight. self centred. insecure, and can be constipated.

1st energy center in balance: mastery of the body, we are secure and confident.

Essential oils to help us align with the root chakra:

sandalwood, cypress, elemi, cedarwood, and rosewood, frankincense, clary sage, geranium, rose, melissa, vetiver, patchouli, and ylang ylang.

These essential oils support the root chakra by aligning us with our connection to our physical bodies and to the earth's body. They

encourage us to feel good about being on this earth, being part of society and being secure in ourselves. They also help the base chakra to spin correctly, creating energy and life force as a foundation for the rest of our chakras to utilize. Our life-force energy rises from the base, root chakra and these oils help to awaken this creative snake with in us all.

2nd- the naval energy center, “sweetness” chakra, located at the lower abdomen/sex /genitals/ hips (3 finger widths below the navel)

The sacral chakra is the center of creation, the feminine aspect. All aspects of the Great Mother Goddess reign here and thus this becomes the seat of a woman’s power. (The solar plexus area is the power center of the Godhead, where ideally men hold their seat of power.) In this second chakra not only do we create life, but also all forms of creation such as art, music, poetry, etc.

It is a very sacred and powerful place for women to manifest their dreams and desires, as well as stand in combat to protect those dreams and desires.

In the varying aspects of the Goddess, we not only have the nurturing mother, the young sexual maiden, the wise old crone, but also the warrior, the artist, the intellectual, the sacred prostitute etc. We are all faces of the Goddess in the sacral chakra and play out all her different personalities.

translucent color: orange

central area of life it governs: area of life governed is sensuality and emotions

body systems it governs: ovaries, testicles, prostate, spleen, womb, bladder, all fluids of the body governed by this energy center.

element: Water

goals of working with this area will achieve: fluidity, healthy sexuality, feeling, pleasure

How to diagnose your energy centers states/flow by observing how you are feeling, being;

In this area we also hold control issues. If we are weak or lacking energy in this chakra, we can give over our control to others and become disempowered, impotent and fearful.

Physical complaints such as prostate problems, PMS, fibroids, menstrual problems and lack of sexual drive can occur when the second chakra is imbalanced. Lower backache, sacroiliac problems, sciatica, and bowel dysfunction can also be attributed to a challenged sacral chakra.

*We need the creative life energy pulsing through this area to maintain homeostasis in the lower organs and stabilize health.

This area is, of course, the sexual center of our body and if it is imbalanced we can feel a lack of sexual drive or just the opposite, excessive libido. Disharmony in this center often begins in puberty, when sexual energy begins to awaken.

Lack of self-esteem, uncertainty, lack of nurturing or tenderness in the teen years can seriously lead to instability, negativity and rejection of the child's sexuality.

Repression of sexual energy can erupt in angry and hostile ways, creating sexual confusion, emotional detachment, and bitterness rather than openness and love.

*Creative potential can become misdirected and power struggles can ensue. Instead of using this sacral energy for love, co-creation in partnership and sexual sharing in union, a person with a dysfunctional second chakra can often become money hungry, using wealth and the power it has over people to dispassionately control and dominate them.

2nd energy centre in excess flow: overly emotional, lack of boundaries, sex addiction, overindulge with food and or sex, obsessive attachments, jealousy (neurotic/hysteria)

2nd energy centre deficient/blocked flow: emotionally cold or numb (depression) rigid, fear of pleasure, lack of creativity, impatience

2nd energy centre in balance: tolerant, patient with/ of family and friends (healthy relationships), healthy sex life, balance with food and sex.

Essential oils that help disperse negativity and low self esteem: Chamomile, Clary Sage, Frankincense, Geranium, Elemi, Jasmine, Lavender, Melissa, Neroli, Patchouli, Rose, Sandalwood, and Vetiver.

3rd energy center, Solar plexus, called the “lustrous gem” in sanskrit, located below the ribcage

*On a spiritual level this solar plexus fire is used for purification, burning out the old and negative belief patterns and the obsolete energies preventing us from moving forward on our spiritual path.

The third chakra is our connection to the sun, to the source light. As the sun is our solar power, so the solar plexus chakra is our personal power. Here we are able to stand in our truth, to realize and be the statement of the “I AM”, and to resonate with our higher knowledge while co-creating with the more mundane.

*The third chakra is the bridge that allows the higher chakra energies to manifest on the physical levels. It is our lower center of personal will.

On an emotional level, the third chakra is all about the self, our ego and the development of personal power. At puberty, we open the third chakra and begin to actualize a better sense of individuation and self-esteem.

With a healthy solar plexus energy, the teenager will begin to move away from the family as the center of his tribe and relate more to others;

understanding how he/she, as an individual, connects to the greater whole and to a communal tribe.

With a strong solar plexus, a person will become more self-aware, and self-confident. This new found personal power can enable the individual to create and manifest his own personal beliefs and desires. This can often look like rebellion to the tribe/family, but is necessary if he is ever to realize his own self-respect and self-esteem.

Words like self-responsibility, self-assertion, self-control, self-understanding, self-actualization and self-criticism are all solar plexus words.

If this energy center is imbalanced or compromised, then a sense of rejection sets in. We become fearful and lose the ability to assert our true selves, sliding deeper into gloom, discouragement, and despair.

We become unsure of our intuitive knowing and begin depending on others to create our reality. We give up our personal power, forfeit our self-respect and abandon our self-esteem.

We learn on a gut level, which is why the solar plexus is considered one of our seats of wisdom. Here we have our internal living library, (everything our soul has learned through all of its lifetimes) and access to not only our perceived/learned knowledge but also our intuitive wisdom. We connect to our astral bodies in this energy center, and through the astral body we can know our true wishes and desires, tapping into our soul's path that we have spiritually committed to travel.

translucent color: yellow

central area of life 3rd Solar plexus energy center governs: power, will (our warrior chakra energy storage centre VERY STRONG and tough!)

body systems 3rd Solar plexus energy center governs: pancreas, adrenals stomach, liver, gallbladder, muscles of the nervous system.

element: fire

goals of working with the 3rd Solar plexus energy center area will achieve: Vitality, strength of will, purpose, self esteem

How to diagnose your energy 3rd Solar plexus energy center states/flow by observing how you are feeling, being;

3rd Solar plexus energy center in excess flow: Dominating, controlling, aggressive, need for recognition, lack of boundaries, scattered, constantly active.

3rd Solar plexus energy center in deficient/blocked flow: Poor follow through, low self worth, guilt, fear, powerlessness, passive sluggish, lack of boundaries

3rd Solar plexus energy center in balance: balanced self worth, are at peace, trust (trust life and personal power.

Essential oils that aid alignment and flow of 3rd, Solar plexus energy center:

peppermint, black pepper, lavender, chamomile, lemon, ginger, cardamom, fennel, bergamot, and rosemary. Essential oils that cleanse the liver and gall bladder are cypress, chamomile, lemon, juniper, rosemary, and helichrysum. Oils that lessen nervous tension which stresses the adrenal glands are basil, chamomile, lavender, cypress, hemp, bergamot, geranium, jasmine, marjoram, melissa, patchouli, neroli, rose, sandalwood, and ylang ylang,

Essential oils that connect us to our spiritual path and to our higher wisdom are frankincense, sandalwood, elemi, vetiver, angelica, cedarwood, jasmine, lavender, rose, neroli, rosewood, helichrysum, and myrrh.

4th energy center, Heart chakra, called the “unstuck” chakra in sanskrit, located in the region of the heart and upper back.

*The heart chakra is the center of the chakra system in that it connects the 3 higher chakras to the 3 lower ones. It is the balance point of the higher self to how we manifest here in the mundane world.

It is also the pivot point of the expression “As Above, So Below”. In the heart chakra we learn to get in touch deeply with our core being and our core truth.

The heart’s voice is one of the voices of our Soul and when we are still, and listen intently, we can hear our true heart’s desire.

The fourth chakra gives us skills to both be loving, compassionate, to ourselves and each other when we reach out to touch one another, either physically or compassionately by understanding/acknowledging one another. The Heart is where we can access Source spirit that is in us all, as a never-ending flow of connection to source-energy that can heal us and others when the Heart energy is in balance. The Heart’s flowing capability is reflected physically with its association with the circulatory system.

There are two associated compassion points located $\frac{3}{4}$ of the way to each arm pit from the heart that are sub-chakras that when connected with the heart form a triangle, representing all forms of the trinity in union under the love/compassion frequency.

central area of life 4th Heart energy center governs: Love and relationships

body systems the 4th Heart energy center governs: are the heart, thymus, circulatory system, lungs, arms, hands

element: air

translucent Heart energy color: green
and on the higher octaves, in pink and gold

goals of working with 4th Heart energy center area will achieve: Balance, compassion, self acceptance, connection

How to diagnose your 4th Heart energy center states/flow by observing how you are feeling, being;

When imbalanced or dysfunctional, the heart chakra energy becomes muddied and stagnant. When this happens we can often feel jealous, petulant, indifferent and lonely.

Instead of flowing energy out, we become needy, grabbing at others energies, demanding attention and asking others for love instead of looking within for self-love.

Fear, despair, hate, longing, dispassion, condemnation, “heartlessness” and envy are all negative expressions of a dysfunctional heart chakra. We become incapable of accepting other’s love, unable to receive, and therefore more unwilling to give.

Life becomes guarded and love becomes greedy. We pretend we don’t need other people and that we can cope alone, when actually inside we are desperate to feel wanted and accepted.

The heart chakra teaches us that first we must love ourselves. How can we ever expect anyone else to love us if we have no self-love? We can only reflect back to us what we feel about ourselves.

If we are capable of self-love and appreciation, then we will attract someone who will support us in the kind of love we offer ourselves. If there is no self-love, and we begin to demand others to love us and fill the vacant hole we have created within, then we begin to build a negative energy loop between that person and ourselves, and at some point, there will be a pay-off time.

When we can love ourselves, love flows out to others. Others who are able to love themselves gravitate to us and in a balanced union, partnership is created karma-free. We each sustain self-love, and as a reflection, are therefore loved by others.

Vulnerability is often seen as a weakness in this modern day society, so we have learned to close down the heart chakra and become wary of our fellow man. We are so imprinted with the negative that it is often hard to

remain open to the positive.

And yet, if we are to have an open heart and a free flowing heart energy center, it is imperative to trust, to open, and to love, irregardless of the possibility of being hurt.

Remember, if you can truly learn to love yourself, others will reflect back that love. Then vulnerability is no longer an issue and love pours through, out and returns back to you. It really is a lovely thing.

4th Heart energy center in excess flow: Co-dependency, poor boundaries, possessive, jealous, experience, perceive betrayal

Heart energy center deficient/blocked flow: Shy, lonely, we repress love, broken hearted, isolated, lack of empathy, judgemental, critical, deep seated grief, despair, and wall up ourselves to protect ourselves(shut down)

Heart energy center in balance: we are able to unconditionally love, forgive, are compassionate, in a state of peace and harmony.

Essential oils that aid the flow of the Heart Chakra:

Essential oils that ease heartache and calm the circulatory system when there is tightness or palpitations are angelica, marjoram, hyssop, lavender, neroli, melissa, rose, chamomile, ylang ylang and jasmine.

Essential oils that might help the respiratory system when shortness of breath or a feeling of tightness occurs are eucalyptus, cajuput, peppermint, rosemary, rose, chamomile, marjoram, sandalwood, frankincense and hyssop.

5th energy center, throat chakra called “purification” in Sanskrit, located in the throat area.

translucent throat energy centre color: blue

central area of life it governs: communication, expression

body systems 5th Throat energy center governs: the neck and its various components, trachea, esophagus, cervical vertebrae, and throat; as well as the jaw, ears, mouth, teeth, gums, bronchial tubes and upper lungs, thyroid, parathyroid, hypothalamus.

The gland, which the fifth chakra is paired with, is that of the thyroid. The thyroid dictates our ability to physically grow and this chakra parallels that by being about spiritual growth.

The throat chakra is our Will center – both personal will and divine will. It is here that we make choices, each choice directing us on our spiritual journey.

The fifth chakra is a bridge from the sixth chakra of thought to the fourth chakra of feelings and desire. It links our ability to react mentally with our ability to respond emotionally, so that we are able to make our choices both with reason and sense.

This 5th energy center, Throat chakra also enables us to represent ourselves vocally. It is the outward expression of our full potential of Self, in that, if all our lower chakras are open and energy is flowing freely, then anything that we express from the throat chakra would be pulled from a place of being grounded (1st), supported with personal power (2nd), full of innate wisdom (3rd), and tempered by unconditional love of the heart (4th). And as I said, the 5th also links to the higher chakras so we would also pull down energy from a more mystical (6th) and divine (7th) aspect of self to round out the experience. We would manifest a true sense of Being by communicating with our complete energetic self.

When the fifth chakra is balanced and centered, we are able to speak with confidence and truth because we are grounded in a belief of Self. If our will chakra is open, then we no longer need to enforce our opinions on others.

We can speak gently and lovingly, with compassion and truth of conviction, so that others will hear us from their hearts and not feel threatened by our beliefs.

With a balanced 5th chakra, we can communicate without fear of being judged by others and we also can speak without a voice of judgment. Judgments come from fear, so when we are bridging the heart and the mind in an unprejudiced, objective way, then, we no longer need to make ourselves feel superior by proving the others inferior.

We can all be equal and living our own truths. There is a Universal law that states that there is no one Truth – We all need to learn what are our own individual truths and then live by them, uninfluenced by others' belief systems. When we are able to do that, we then can live from an open personal/divine will center of flowing energy.

The fifth chakra is associated with the ears as well as the throat. In this chakra we are able to hear our own inner voice; the voice of wisdom, of compassion, of knowledge.

We also can hear our higher self voice here, the higher source of wisdom and truth that the upper chakras connect us to. When we combine our higher self voice with our own inner voice, and follow the path it leads us down, then we are truly living our Truth. We can attain an independence and freedom – freedom from fear, from judgment, from dysfunction. We can hear, follow and speak our inner and whole self Truth.

When imbalanced or dysfunctional, we can manifest a wide variety of disease states. So many colds, sore throats and vocal problems stem from our fear of speaking up for ourselves, for claiming and living our true authentic selves. Stuttering, speech impediments and laryngitis can be associated to a blocked throat chakra. TMJ dysfunction, teeth grinding, bleeding gums and tooth problems can also be affected when we have to bite back our words and swallow our beliefs.

We find it difficult to express emotion, so we shut down inside, clamping our mouths shut, clamping our feelings shut, keeping out love and tenderness. Self-confidence, self-belief, self-love are all squashed down, held back and unable to be expressed when the fifth chakra is blocked.

We lose sight of our Truth and begin to live by someone else's version of it, causing us imbalance and pain. We are no longer able to say "no" to other's voices because we are no longer able to hear our own inner voice.

element: Sound/Aether

goals of working with this area will achieve: Clear communication, creativity, resonance

How to diagnose your chakras states/flow by observing how you are feeling, being;

5th Throat energy center in excess flow: excessive talking without real connection, anger in speech towards self and or others, inability to listen attentively

5th Throat energy center in deficient/blocked flow: fear of speaking, inability to communicate, poor rhythm, quiet voice, lack of creativity, never feeling heard or validated.

Bleeding gums and aching teeth can be a symptom of an inability to speak up for oneself. Oils that assist in the care and healing of teeth and gums are clove, myrrh, lemon, sage, tea tree, peppermint and sage. These oils can be applied directly to a Q-Tip and swabbed around the mouth and gums for effective healing. Myrrh especially is non-toxic and incredibly soothing for any gum complaints.

Pain and disease is usually a wake up call to encourage us to pay attention to a situation or a problem that we are ignoring. When the Universe is trying to get our attention and we aren't listening to our inner selves, then we can manifest earaches, tinnitis (ringing in the ears), or even partial deafness.

Some oils that could help change the frequency of an ear condition are tea tree, rosemary, sandalwood, frankincense, lavender, neroli, petitgrain and hyssop. These oils can be added to a base oil and rubbed around the exterior of the ear and applied to a Q-tip and swabbed in the ear. Compresses are also a wonderful way of soothing earaches. Any of the

above oils can be used with a compress and placed over the ear to pull out infection and pain.

5th Throat energy center in balance: free creative expression of truth in writing, speaking and or the arts, feelings and validated and understood and have positive self talk.

Other Essential oils that support the 5th Chakra:
tea tree, eucalyptus, frankincense, rose, jasmine, rosewood, elemi, sandalwood, neroli and ylang ylang

6th energy center, the 3rd eye, called “to perceive” in Sanskrit, located in the centre of the forehead between but slightly above the eyebrows.

The third eye energy not only pulsates at the brow, but also opens to the back of the head at the base of the occiput where the spine meets the skull, which is the location of the 8th energy center. It is believed that the pituitary organizes the flow of energy through the front chakra and the pineal gland influences the posterior energy flow. These two glands are considered the control centers for the entire endocrine system, harmonizing and balancing hormones, monitoring fight/flight responses, controlling body temperature and regulating growth.

*These bodily substances are what has been harvested physically and energetically by the loosh farms- thus the third eye and its partner energy centre at the occiput, back of our head has been very wounded and drained in most by virtue of the lifetimes of exaggerating our production of the various endocrine, hormonal and neuro-chemical substances that comprised the Loosh ‘tea’ derived from our emotional bio-chemical responses to the traumas we have personally and collectively experienced as souls in this Solar system. The deepest collective soul trauma being the near destruction of Tiamat and Earth. Tiamat was the planet associated with the 8th chakra, which really makes what the controllers did her to our life-force energy from the planetary destruction onwards make a lot more sense. Trauma damages an energy centre, and the act of it resulting in a lack of soul growth, what the

pituitary does physically in our bodies really speaks to the extensive efforts the Draco and other allies went to avoid our breaking free.

6th energy center, the 3rd eye translucent color: indigo *

It is also said to interlace shades of yellow and violet, depending on which aspect of knowledge is being accessed. If a more rational, mental thought is radiating, a yellow hue will ensue within the indigo, whereas if the thought harkens from a more intuitive, spiritual cognizance (ESP), then violet will run through the indigo.

6th energy center, the 3rd eye's central area of life it governs: Intuition, imagination

the body systems governed 6th energy center, the 3rd eye: the pituitary, pineal, left eye, ears, nose, the face in general.

element: Light

goals of working with the 6th energy center, the 3rd eye area will achieve: Perception, perspective, symbolism, clarity

The energy of the third eye leads us to wisdom and the realization that we create our own reality. It is through the reasoning mind that we understand what motivates us to do things, but it is our deep awareness of our inner truth that drives us to create what the Higher self desires us to actualize.

The brain runs our physical body but the mind controls the energy body, and because of that, our thoughts create energy, which then become manifestation.

Any thought that we have can lead to fruition of that thought, be it negative or positive, so it is up to the sixth chakra to encourage the mind to only produce conscious thought. Through conscious thought we can create a positive, harmonious life, led by our intuitive self, guided by our whole self/higher self.

Many unconscious thoughts and actions are motivated by fears and

beliefs imprinted on us by external sources (like parents, friends etc.) These people may have our best interests in mind, but often it is their lessons and experiences that they thrust on us, expecting us to follow. Their fears and mores become our paths and we no longer are guided by our inner spirits and voices, but instead find ourselves dancing to their tunes. This unconscious behavior causes imbalance and self-deception.

*The 3rd eye is where the majority of powerful subliminal programming is inserted into us almost unknowingly until we become aware of the beliefs and fears we form to rationalize the Draco programming we have taken on almost without being aware of it. are confronted enough times by the uncomfortable repeating negative situations, arguments and cognitive dissonance flare up

The sixth chakra conscious mind is usurped by brain function and all connection to our inner self is subjugated. We begin to operate on other people's old belief patterns rather than establish instinctual perceptions and observational qualities of our own. The ability to detach from miasmatic patternings and see what is being done from a fear space rather than from an open connection is the third eye's forte. It allows us to understand the truth and not the illusion, the faith and not the fear, the wisdom and not the delusion.

How to diagnose your 6th energy center, the 3rd eye states/flow by observing how you are feeling, being;

6th energy center, the 3rd eye in excess flow: Headaches, nightmares, delusions, feeling stuck, trouble focusing, lack concentration

6th energy center, the 3rd eye in deficient/blocked flow: Poor memory, unimaginative, black and white thinking, cynicism, denial, detached (from life, from self)

When the third eye chakra is imbalanced, various disease processes are capable to manifesting. Remember that thought creates energy, creates manifestation. If you don't like what you see, or you don't want to see something, the possible manifestation of that thought process could be sties, poor eyesight or blindness.

Likewise, if you desire not to hear, you may manifest deafness or ringing in the ears. Not wanting to know something may create learning difficulties, not wanting to stand up for yourself may cause spinal dysfunctioning, etc. Brain tumors, stroke, neurological challenges, headaches and migraines can all be from imbalances in the third eye chakra.

Essential oils can play a big role for physical manifestations of third eye dysfunctionings. Oils that help eye problems like sties or conjunctivitis are tea tree, lavender, clary sage, geranium, lemon, chamomile and rose. Adding essential oils to a bowl of steaming water and deeply inhaling the steam can help sinus infections and sinusitis. Oils recommended for steam inhalations are eucalyptus, tea tree, cajuput, lavender, peppermint, rosemary, pine, and sandalwood. These oils can also be added to water in a neti pot and poured through the nasal cavity, but a very dilute solution must be used, as the oils are very concentrated and could burn the tender mucosal tissue. Headaches and migraines can be related to a stressed and tense third eye chakra. Common essential oils for headaches are lavender, tea tree, eucalyptus, jasmine, peppermint, hyssop, melissa, chamomile, marjoram and rosemary. A cool compress with essential oils added can be laid on the forehead and over the eyes to reduce the heat and tension of tight inter-cranial membranes. Lavender can also be rubbed directly on the temples to soothe and de-stress the restrictive membranes.

6th energy center, the 3rd eye in balance: open flowing state of this chakra we are in a state of soul realization, have strong intuition, insight, devotion, clairvoyance, peace of mind

Essential oils to use to aid meditation/ to open the 6th chakra are: frankincense, rose, neroli, elemi, rose, jasmine, melissa, lavender and sandalwood. Each oil, on its own, will radiate a specific vibration, but when two or more are mixed, a new higher frequency will ensue, as if each oil raises the resonance of the other oil, lifting the blend to a whole new realm. It's fun to play with blending oils for meditation, because each different blend will stimulate the limbic system and the pituitary gland in a different way, creating a very unique meditation each time.

In this time of our quickening, opening to our whole selves abilities, we are all developing greater third eye awareness. Our intuitive skills are heightening, our perceptual understanding is deepening and our state of consciousness is expanding.

We are releasing the old belief systems and developing new, original mind expansions that will help us hold the new energy frequencies that are currently encircling the planet.

By trusting and following our third eye guidance we will create a reality of peace and harmony with our inner selves and those around us. Our conscious state of expanded awareness will hold a high frequency of wisdom and love and we will truly know our truth.

7th energy center, crown chakra called the “thousandfold” in sanskrit, located at the top of the head

In the other lower chakras, we work to balance the energies there, to clear them, and unblock them. But the crown chakra has no blockages or imbalances. Once it is open, there are only levels of higher development, of raising to a more vibrant frequency and attuning more clearly.

When the crown is open to Source, the energy flows in and fills the Being, feeds the chakras and increases the vibration until the crown begins to radiate its own energy, in unity with the higher self/Source.

In the lower chakras, we activate the energies to utilize their power, but in the crown chakra, we have to surrender to the inflowing energy, without control (EGO) or influence over it.

The connection to the Universal energy is one with ours and in that, we allow manifestation to happen. This is ‘where’ we are One, and the flow of the Universe and reach a state of “being”, no longer needing to be in a state of “doing”.

The lower chakras run the energy, organize the intellect, intuit what is

best, ground us and help us create. But once we bring that energy to the crown, we arrive in bliss and are present to everything without being attached to anything. We are truly in the present moment, living the “Be Here Now” concept.

The crown chakra takes us beyond intellect, beyond intuition, beyond belief and third eye awareness. It brings us to complete comprehension and connection. And as it is the point of entry into the body, it is also the point of departure when we leave the body behind.

7th energy center translucent color: purple/ violet

central area of life 7th energy center governs: Awareness

the body systems 7th energy center governs, vitalizes are the upper brain, (cerebrum) which is linked to the pineal as well.

In a newborn, the top of the head, the fontanel, is open for the first year or so of its life. The infant remains in connection to Source in its early months, unindividuated from its Divine Self and from the Divine. Wow! What an incredible start we have when we come in! And on a cellular level, we remember how that connection felt – and strive all through our lives to return to that feeling. That could be one reason we do our spiritual work- to re-experience that openness to our Creator and feel the uninhibited flow of cosmic energy revitalize and rejuvenate our bodies and souls.

element: thought

goals of working with this 7th energy center area will achieve: Wisdom, consciousness, spiritual connection

How to diagnose your 7th energy center states/flow by observing how you are feeling, being;

7th energy center in excess flow: Intellectualizing, spiritual addiction, confusion, dissociation, alienation, disconnected from our higher whole selves.

7th energy center in deficient/blocked flow: learning difficulties, limited beliefs, lack inspiration, materialism, apathy, disconnected from our higher whole selves.

Oils that assist in the release of negative thoughts and emotions are clary sage, cypress, juniper, cedarwood, bergamot, chamomile, geranium, pine and melissa. Often before meditation it is customary to cleanse oneself and the area. Oils that help purify and cleanse are all the oranges (sweet and bitter orange, petitgrain, neroli), lavender, clary sage, frankincense, geranium, pine, rose, tea tree, cedarwood and lemon.

7th energy center in balance: in a state of oneness with our body, spirit and “god” are inspired, connected to our divine wisdom in alignment with our higher self.

It is in the seventh chakra that we sit in prayer and meditation. The sound of the seventh chakra is silence and in this silence we can hear the voice of God. The consciousness is quiet, the Being is still and calm and we are open to receive. With the thousand petalled lotus fully open we are in unity with the Divine. Essential oils that aid in meditation and that quiet the mind are always the high frequency oils such as frankincense, sandalwood, jasmine, rose, elemi, rosewood, neroli, patchouli, myrrh, ylang ylang, galbanum and vetiver.

Credit given to this website:<http://www.suzannebovenizer.com/aromatherapy-essential-oils/aromatherapy-and-the-energetic-bodies>