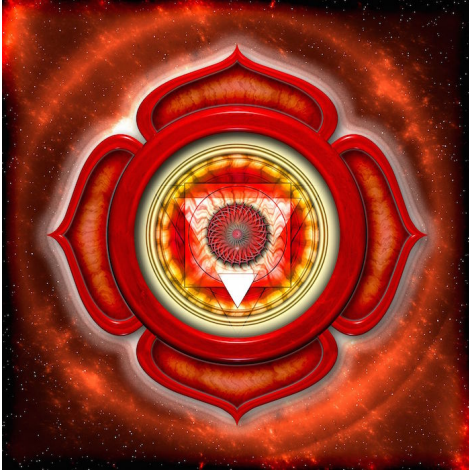


The Chakras

The Chakras are centers of consciousness and energy vortices within the human energy field that operate as intake organs for energy.



Sacral Chakra - I AM

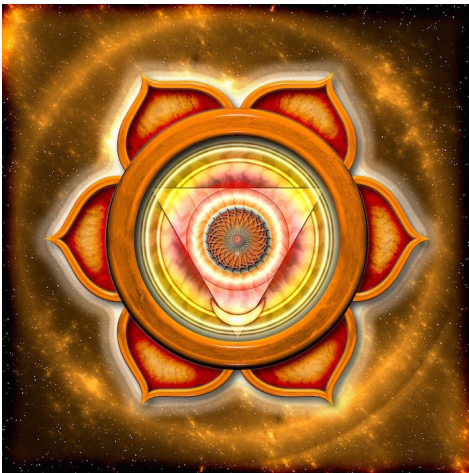
Release Fear

It is related to our will to live and our physical and sexual vitality, and it stimulates the creativity of the soul and grounds it in the present embodiment.

Maintains the life force energy that flows through us from birth to death. It supplies energy to the spinal column, adrenals & the kidneys

In former times, this Chakra was associated strictly with sexual activity. As a result, it received considerably attention as a necessary Chakra for survival.

Color: Red - Earth



Sacral Chakra - I FEEL

Release Guilt

This second Chakra is seeing in both the front and the back of the body, as the third through the sixth Chakras. It is related to sensuality, physical rejuvenation & the immune system.

The Sacral governs our past life and present life experiences relating to constructive and destructive relationships we have had with others. It has the capability of affecting our RNA and DNA coding we carry within. This half of the Chakra also provides for our spiritual inheritance, in that painful lessons from the past can be turned into positive experiences through this energy vortex, thus guaranteeing spiritual growth and rewards in this lifetime.

Color: Orange - Water



Solar Plexus - I DO

Release Shame

The third Chakra is found in the Solar Plexus area and it is known to be the opening to the soul. It has the power to transform anything with its spiritual energy. It is called the creative Chakra and directs all the creative endeavors one wishes to experience.

In centuries past, many wise Adepts thought that this Chakra contained the source of all our power. Today as humanity has evolved higher in the intellectual arena, that power center has moved to the fourth Chakra. This Chakra has the power to consume and transform all that is discordant in the lower two Chakras, once an individual begins a Chakra alignment on a spiritual path.

The Solar Plexus also supplies the internal organs with energy and is associated with intuition. Its color is yellow and it is connected to the glandular system within the body.

Color: Yellow - Fire



Heart Chakra - I LOVE

Release Grief

The 4th Chakra is the center of one's higher emotions and has the ability to synthesize past and present unfavorable situations that are stamped in the Soul, harmonize them, and actually accelerate consciousness. This function serves to assist us to manifest our spiritual blue prints which determines our mission in life.

The Heart Chakra is also called the balancing Chakra between the lower three (Yang) and the upper three (Yin) Chakra centers. It is related to giving and receiving LOVE, both for the self and for others, and governs emotions such as Kindness, Joy, Compassion, affection and Benevolence.

Color: Green - Air



Throat Chakra - I SPEAK

It's also called "The Gateway to the Soul". Its function is related to communication, understanding and living in the universal laws, giving and receiving in the physical world, and speaking your truth.

This Chakra facilitates the downloading of the blue print from the Higher-Self when an individual is ready to find balance and harmony and to live God's will instead of the ego's.

The Throat Chakra is also called the "Regulator," for it determines an individual's ability to change and evolve.

Color: Blue - Sound



Third Eye - I SEE

The sixth Chakra, or Third-Eye Chakra is located both on the low forehead and on the back of the head, and it is referred to as the window to the Soul.

This Chakra provides energy to the lower brain, pituitary, left eye, ears, nose and nervous system. The front part is related to conceptual understanding, and the back part to our ability to carry out ideas in a systematic fashion leading to realization.

The sixth Chakra, once developed, gives us prophetic vision and psychic powers.

Color: Indigo or Lavender - Light



Crown Chakra - I UNDERSTAND

The Crown or Seventh Chakra is located at the top of the head. It is the portal opening to higher spiritual consciousness and is considered to be the Heart opening to higher dimensions. When one's seventh chakra is fully developed, the individual experiences state of Oneness with Higher-Dimensional beings.

A fully operational crown chakra receives higher spiritual energies and distributes them throughout the body, providing energy and Light within and cleansing from negative energies.

The Crown Chakra is related to the integration of personality with spirituality. Individuals who have fully developed Crown Chakras, have control over their mental and emotional bodies.

Color: Violet - Thought

“For Humanity to experience Heaven on Earth and to become LOVE and LIGHT, individuals must remember how to accelerate the Light within through the alignment of the Chakra system. This is a simple task, but one that takes concentration and discipline and it must also be done on a regular basis”

For more information and Chakra Alignments
starseedtwins.com