

# *Our Chakra System*

*A Portal to Interdimensional Consciousness*



*Mary Mageau*

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## **A Portal to Interdimensional Consciousness**

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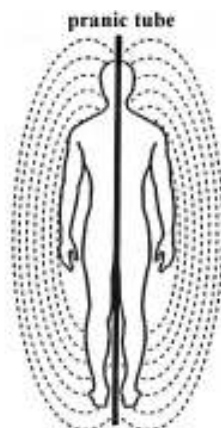
## Our Chakra System

We live in a universe propelled by electro magnetic energy and governed by its laws. All life forms within the universe reflect this. Our stars and planets (geo-magnetic life forms) all have a north pole and a south pole with magnetic lines of force flowing between them. Our human bodies (bio-magnetic life forms) also conform to this bi-polar magnetic field, with the top of our head reflecting our north pole and the soles of our feet acting as our south pole. In a third dimensional representation, these lines of force, moving between our head and feet completely encompass the body within an etheric structure known as a tube torus. Imagine this donut shaped energetic field extending all around your body. It is called your aura.



Have you noticed that when meeting another person for the first time you may be instinctively drawn to them? This could be evidence that both of your auras are vibrating in sympathetic resonance. The old saying, 'We're on the same wave length,' holds more truth than we have believed. The same would be true when the presence of another makes you feel uneasy or uncomfortable. Perhaps the magnetic energies in your auras are repelling each other.

At the center of each bi-polar magnetic field is a magnetic core running from north to south. In the case of a simple bar magnet it is a magnetized piece of metal. In the case of the bio-magnetic human body it is a channel, only observable in subtle matter, called the pranic tube. Within this core the life force is carried to sustain each individual creation during its existence.



Every spiritual tradition identifies and acknowledges the life force, that great field of potential that gives rise to and then sustains each and all in existence from moment to moment. In Chinese spiritual teachings the life force is called chi, (Tai Chi meaning increasing life force) while the Japanese and Koreans call it ki, (Reiki, healing life force). In the Indian and Tibetan traditions it is identified as prana. The Christian tradition may name the life force sanctifying grace or grace, practitioners of new age spirituality refer to this field as the light or the white light, and to the physicist, it's known as the sub-atomic or quantum field. As you move among numbers of people going about their business in any large city, you can notice and identify many of those who are suffering from a diminished access to the life force. It shows in their state of health, their sense of openness and self confidence and even the way they relate to others and carry themselves. We must all access the life force fully and completely to maximize its benefits to our daily existence and our chakra system is the vehicle that has been beautifully designed to fulfill this function.

Chakra, is a Sanskrit word that translates as 'a spinning disc' or 'a wheel.' It is one of many human names for what is perceived to be a bio-physical connection to our soul or spirit. These energy connections or chakras exist in that the soul or spirit is immersed in the physical body and mingles throughout. At present we each have seven of these energy connections that are woven into our body's meridian centers with some lying along the spine. These centres are similar in function to the junction box found in the electrical system of a home or office. Likewise our physical body is controlled through a vastly complicated neuro-electrical circuitry, with a number of special locations where these circuits converge. Each of these locations is monitored through a special mini neuro-computer connected through the central nervous system to the brain. It is these specific locations that are called chakras and each fulfills a number of functions. As well there are also several ductless glands associated with the functioning of each chakra point. And since the vibratory field of light also activates color and tone, each of the chakra centers produces its own specific color and sound.



## The Individual Chakras

**1. RED**, (ovaries/testes) the root chakra links you to the physical world and serves as the foundation to build and evolve your personality. Just as the electrician grounds the junction box with a copper grounding wire, so too this chakra grounds us here on earth. When this chakra is balanced and functioning properly you will have more vitality, courage and self-confidence. It will help you to release old survival and scarcity issues as you tap into your treasure chest of abundance.

**2. ORANGE**, (adrenals) the pro-creative sacral or navel chakra is the center for sexual energy and creativity, balancing the free giving and receiving of feelings and emotions in all your relationships. When this chakra is in balance you are no longer plagued by self-doubt, addictions or sexual issues. Gradually the old self-limiting thought patterns of the sub-conscious mind are replaced with self-confidence and emotional stability.

**3. YELLOW**, (liver/spleen) the solar plexus chakra is where your honor, integrity and power originates. It is the essence of who you are, the seat of your physical/mental self. When this chakra begins to spin in harmony, knowledge turns to wisdom and clarity of thought. You regain self-control and become the master of your desires. The activation of your Solar Power Centre (solar plexus, heart and thymus) begins at this point.

**4. GREEN**, (thymus) the heart chakra is the center of the system, the gateway to the higher chakras which connect you to the soul self and spirit self. As you balance the energies of the heart, mind and emotions (the love and life force energy centres of the body) you will tap into the unconditional love force of the God Mind. Known also as the great transformer, this chakra generates the ability to love freely without fear or self consciousness.

**5. BLUE**, (thyroid) the throat chakra is where feelings and emotions are transformed into expressions. This chakra centre helps you find the balance between silence and speech and assists you to say what you honestly feel. When you begin to use the language of Love/Light and soul talk, you will always speak your highest truth and become expressive and creative in your speech and writing. You will become proficient in manifesting your vision for the future.

**6. INDIGO**, (pituitary) the 'Third Eye' between the eyebrows above the nose, connects you to your spiritual being and invites intuition and awareness into your daily life. This chakra opens the door to your inner senses. You will move through the whispers of intuition into a 'knowing' that you are being inspired and guided by spirit.

**7. VIOLET**, (pineal) the crown chakra connects you to your total being with the awareness that you, the universe and the Great Creator are all one. When the crown chakra is activated, the pathway opens to your spiritual self where the wisdom, gifts and treasures, stored within your Divine I AM Presence, will be available to you. You will live and radiate the Love/Light/Truth of Creation and will be showered with an ever-increasing flow of God Consciousness.

## **The Seven Seals of God Consciousness**

As each chakra is studied in greater detail, several steps have been included to strengthen your personal intention to open each chakra more fully. These are designed to draw forth the highest benefit for your spiritual growth and will include the following:

1. Addressing and evaluating deep personal issues
2. Replacing negative core issue feelings and beliefs with empowering mind/heart expanding thoughts.
3. Writing your thoughts down for clarity by journaling. Putting pen to paper opens your channels to inner knowing. Set aside a notebook and pen, for your eyes alone, in which to enter your thoughts. The awareness that results from your effort at scripting your destiny will become a formidable agent for transformation.
4. Spending time in reflection and meditation

When you decide to actively take control of your life by assuming responsibility for each of your thoughts, words and actions you will begin the process of reclaiming your self-empowerment and mastery. We have all been given the talents, virtues and abilities to create a life of joy, peace, abundance and love. It is our Divine Birthright just waiting for us to claim.

## **A Simple Unified Chakra Meditation**

First relax deeply, then connect with the heart chakra through your breath. Next anchor your life force or light into the center of the earth through a brief thought intention. Slowly focus on your breath and establish quiet, rhythmic breathing.

Become aware of your heart chakra and allow it to expand with each breath you take, until it is large enough to overlap the chakras in the throat and solar plexus. Then see these three chakras expanding as one with every rhythmical breath. Extend them to embrace the third eye and the sacral chakras. Gradually expand again to merge with your crown and root chakras and feel your aura swelling outwards. Continue expanding your breathing until you experience yourself as one huge chakra. Enjoy your breath and your new sense of an expanded self. Then say aloud or to yourself, 'Chakras, balance and spin.'

When your chakra system is unified and balanced through meditation, you will be able to access more and more of the life force (prana). You will sense its beneficial effects by enjoying better health and more positive life experiences. When your meditation is finished, close down the chakras to seal or protect your aura. Do this by visualizing or intending that each chakra closes like a flower.

## Lesson 1

### The First (Root) Chakra - First Ray

#### Red Energy



*'Hippiastrums'*

**1. RED**, (ovaries/testes) the root chakra links you to the physical world and serves as the foundation to build and evolve your personality. Just as the electrician grounds the junction box with a copper grounding wire, so too this chakra grounds us here on earth. When this chakra is balanced and functioning properly you will have more vitality, courage and self-confidence. It will help you to release old survival and scarcity issues as you tap into your treasure chest of abundance.

Red energy can be used to create strength and truthfulness and a strong sense of self discipline. Through the energy of this chakra you can claim and manifest abundance while calling forth will power to speak your truth.

There are negative aspects of this chakra which include:

A lack of vitality and purpose

Sense of depression and helplessness

Lacking a sense of security by holding survival or scarcity issues

Not being grounded to Mother Earth

In opening this chakra you first begin to experience a desire to turn inward in order to seek out the origins of emotional responses and pain. There is a growing willingness to look at aspects of the ego-self, to examine your emotional beliefs and better understand how your emotions control and direct you.

#### Questions and Reflections for Your Journal

Before you incarnated in this lifetime, with the assistance of your guides and guardian angels you selected the lessons and life experiences you would focus on. You chose each person in your life to mirror to you what you had to learn.

1. What negative traits did your Father mirror to you for your learning?
2. What positive traits did your Father mirror to you?

3. What negative traits did your Mother mirror?
4. What positive traits did she present to you?
5. What negative traits have your mate/spouse/ partner mirrored?
6. What positive traits has this person mirrored?
7. Is there a theme or drama in your life playing out over and over again – something that appears through different situations, old fears or negative thoughts?
8. What makes you angry?
9. Have there been power struggles in your relationships?
10. Have there been people in your life who tried to control you and/or take away your power?
11. Have you experienced a win – win situation whereby you presented your viewpoint while allowing the other person to express their own? Write these down. Did the experience give you a good feeling?
12. Are there any beliefs or thoughts that are keeping you from becoming your best and living up to your greatest potential?

In conclusion write a statement or two in which you will use red energy to make a positive change in your life.

## Lesson 2

### The Second (Sacral) Chakra - Fifth Ray Orange Energy



*'Gazania'*

**2. ORANGE**, (adrenals) the pro-creative sacral or navel chakra is the center for sexual energy and creativity, balancing the free giving and receiving of feelings and emotions in all your relationships. When this chakra is in balance you are no longer plagued by self-doubt, addictions or sexual issues. Gradually the old self-limiting thought patterns of the sub-conscious mind are replaced with self-confidence and emotional stability.

Use orange energy, (tinged with pink love energy) to overcome your negative ego. Visualize this energy to gain self-confidence, to heal and revitalize yourself and to align yourself to your highest good and purpose, to balance your giving and receiving nature.

On the negative side, the energy from this chakra centre can create self-doubt, envy, addictions, ego desire body and sexual issues. It could also influence agendas of meddling, judgement, criticism and the control/manipulation of others and events.

The ego has been in control of our emotional and mental bodies since the fall of consciousness into our third-dimensional experience. Ego has never been designed to function as our director, but rather to work under the guidance of the soul. When the ego is in command, we look outside of ourselves for someone or some event to validate us. When the soul-self is directing us, we cease caring what others think about us as we monitor our actions and feelings through inner awareness, coming to us from Spirit.

#### Questions and Reflections for Your Journal

1. How strong are the soul fragments you have created that feed on guilt regarding others?
2. On guilt regarding your past actions?
3. On guilt regarding your performance (or having to be perfect?)

4. Do you frequently judge and criticize yourself?
5. Do you judge others?
6. How do you feel about your body?
7. How do you feel about the opposite sex?
8. How do you feel about sex?
9. Do you have sexual issues that need to be resolved or healed?
10. What are your addictions?
11. Have you acknowledged and begun the process of embracing your addictions so these can be healed and transmuted into a more positive form?
12. Have you cultivated any over indulgent traits?
13. Have you acknowledged and embraced your over indulgent traits so these can be healed and transmuted into a more positive form?
14. Are you able to give and receive freely?

Now is the time to let go and transmute all the old negative patterns that have kept you stuck in a spiral of pain, fear, feelings of unworthiness or lack. It may be easier than you think with the help of your angelic guardians and your Divine Self. You only need to ask!

In conclusion write a statement or two in which you will use orange energy to make a positive change in your life.

### Lesson 3

## The Third (Solar Plexus) Chakra - Third Ray

### Yellow Energy



*'Carrington rose'*

**3. YELLOW**, (liver/spleen) the solar plexus chakra is where your honor, integrity and power originates. It is the essence of who you are, the seat of your physical/mental self. When this chakra begins to spin in harmony, knowledge turns to wisdom and clarity of thought. You regain self-control and become the master of your desires. The activation of your Solar Power Centre (solar plexus, heart and thymus) begins at this point.

There are many positive attributes that flow from this energy centre. They include: reclaiming yellow energy to take back your personal power while attaining self-control of your enotional-desire body. One can become more tolerant and patient of others while treating others tactfully and with respect.

Negative side effects of the third chakra can include: a lack of self control and holding fear based emotions while allowing psychic energy intrusions from others. One can also show intolerance of others and fail to claim and validate your own truth by blindly following others.

The goal is to align your ego-will with the will of your higher self as well as turning within to discover your sense of self-worth and validation, instead of finding this in an outside source. Using yellow energy can assist you to become emotionally detached from outward events, while allowing Spirit to guide you toward the highest good of yourself and all others. You will slowly begin to understand there is a higher purpose behind everything that happens, as you learn that you are not judged but only allowed to find balance within your choices. Unity consciousness (not me but we) is sought and integrated.

Questions and Reflections for Your Journal

1. Are you becoming more aware when you are being bombarded by emotional energy being dumped into your auric field by another?
2. Are you learning to set firm boundaries and conditions in a respectful and compassionate way?
3. Can you handle power situations by not reacting in an ego-centric way?
4. Do you examine your closest relationships to determine who is siphoning off your emotional energy? Name several.
5. Are you dependent on the energy of another?
6. Do you set guidelines for your children appropriate for their ages?
7. Do you teach by example rather than by setting rules to be blindly followed?
8. Do you treat your children the same way your parents treated you by saying the same things and using the same methods? Name several instances. How did each of these make you feel?
9. Am I ready to end relationships with people that I have 'outgrown' or try to move them to a higher level?
10. Can I love and bless others while allowing them to follow their own path, as I choose to follow mine
11. Have you reacted to the emotional needs of others rather than by fulfilling your own needs in an assertive, yet loving way?
12. Can you calmly state your truth when challenged by someone?

In conclusion write a statement or two in which you will use yellow energy to make a positive change in your life.

## Lesson 4

### The Fourth (Heart) Chakra - Fourth Ray

#### Green Energy



*'Dracaena, Happy Plant'*

**4. GREEN**, (thymus) the heart chakra is the center of the system, the gateway to the higher chakras which connect you to the soul self and spirit self. As you balance the energies of the heart, mind and emotions (the love and life force energy centres of the body) you will tap into the unconditional love force of the God Mind. Known also as the great transformer, this chakra generates the ability to love freely without fear or self consciousness.

Green energy allows the heart centre to open and be receptive to the life force from our \*Higher Self and 'I AM' presence. This feeds the three-fold flame of divine will, wisdom and love. This energy heals impacted energy in the heart which then brings balance, peace and harmonious feelings into our awareness. It also allows us to draw more love from our higher source and radiate this out to others. It helps us to accept the truth that we are a divine spark of the Creator and are worthy of love.

Feeling unloved, carrying a sense of unworthiness and not being able to forgive yourself or others, are some of the negative feelings that emanate from this chakra. It can also harbour selfishness and guilt together with envy and jealousy.

Through the help of the higher mental self, you begin to examine old beliefs, superstitions or dogmas that are limiting, inflexible or controlling. As you evaluate what you previously accepted as truth, you become willing to study new expanded and self-empowering concepts. You speak your truth and live in your integrity while allowing others to do the same.

#### Questions and Reflections for Your Journal

1. Are you growing more aware of the heart centered emotions you feel?

2. Can you truthfully say that you are beginning to listen to your 'angel heart' which radiates love and acceptance to you and those around you?
3. Do you prevent others from learning their lessons when encountering their difficulties by giving too much kindness – by doing it for them?
4. Can you allow others to return kindness to you by accepting both giving and receiving in a gracious and balanced way?
5. Have you experienced feelings of unworthiness or of not being loved?
6. Have you tried following the patterns of these feelings back to a source point?
7. What did you discover?
8. Are there people in your life you need to forgive? Name them.
9. Are there things or events that occasionally bother you and that you feel you should be forgiven for? List these.

The heart chakra is the doorway to the higher states of consciousness. Energy from the Earth and the material plane flows up to the heart, while energy from your Higher/Divine Self flows down through the crown chakra to merge in the heart and solar plexis. This creates the solar heart or our Solar Power Centre and it is from here that we radiate love outward to others and the Earth.

In conclusion write a statement or two in which you will use green energy to make a positive change in your life.

*\* The terms Higher Self and I AM Presence are more fully explained on pp 20 – 24.*

## Lesson 5

### The Fifth (Throat) Chakra - Second Ray

#### Blue Energy



*'Blue Cape, Plumbago'*

**5. BLUE**, (thyroid) the throat chakra is where feelings and emotions are transformed into expressions. This chakra centre helps you find the balance between silence and speech and assists you to say what you honestly feel. When you begin to use the language of Love/Light and soul talk, you will always speak your highest truth and become expressive and creative in your speech, and writing. You will become proficient in manifesting your vision for the future.

Among the positive attributes of this chakra are: the use of blue energy to speak your truth with discernment, discretion and compassion. Empowered creative language is a frequency which allows us to tap into the universal energy of creation, as thoughts- emotions and actions are all forms of energy. 'I AM' are the most empowering words you will ever speak

Negative aspects can arise from the fact that the throat chakra has been constricted by energy cords from past lives so that it is difficult to communicate or speak our truth. We experience a lack of self-expression or creative thought when using the spoken word. By indulging in negative language of low vibrational frequencies, we create discord in our auric/energy fields.

You begin to understand and use the Universal Laws of Manifestation, as you meticulously and in detail, formulate how you envision your future to be, then relinquish control of the outcome to your Higher Self. You cease trying to change or control other's lives and focus on their positive traits, as you recognize the Divine Spark in each person.

Your new Solar Power Centre (incorporating the throat, thymus and heart) comes online and the ability to speak powerfully, truthfully and eloquently is one of the first steps toward self mastery. Affirmations, visualizations and changing the language we use is the fastest way to de-program and re-program our subconscious mind. Words of empowerment such as: I am, I love, I will, I create, etc. will replace negative thoughts with brief and concise affirmations. As an example:

- I am loving, wise and productive
- I will manifest a healthy, beautiful and vibrant body
- I can trust others, for when I project trust I draw trustworthy people to myself
- I enjoy nature's abundant beauty

By saying, 'cancel/clear' or 'in the past'- this practice also allows the subconscious mind to neutralize negative thought forms or expressions.

### Questions and Reflections for Your Journal

1. Do you speak softly, in a quiet tone?
2. Have there been occasions in the past when you were told to 'shut up' or 'keep still?' Write one down. How did this make you feel?
3. Do you use negative language to express yourself or 'fill in the blanks.' Listen to how often you or others say, 'you know,' or 'umm.' This is a habit. Become aware of it and make a concerted effort to break this habit.
4. Do believe you can communicate with angels, your higher self or with people who have died?
5. Have you ever had these experiences?
6. Have you ever had inspired, unusual thoughts come into your mind?
7. Do you pray?
8. Do you meditate?
9. Have you been judgemental or critical of others?
10. In what situations?
11. How could you have handled these situations for a better outcome?
12. Do you use profanity or other low vibrational words or exclamations?
13. If so, what do intend to do about this?
14. Are you learning that there are times when it is better to be silent and not to express an opinion?

In conclusion write a statement or two in which you will use blue energy to make a positive change in your life.

**Lesson 6**  
**The Sixth (Third Eye) Chakra - Sixth Ray**  
**Indigo Energy**



*'Agapanthus'*

5. **INDIGO**, (pituitary) the 'Third Eye' between the eyebrows above the nose, connects you to your spiritual being and invites intuition and awareness into your daily life. This chakra opens the door to your inner senses. You will move through the whispers of intuition into a 'knowing' that you are being inspired and guided by spirit.

When you open to the positive benefits of the indigo chakra centre, you will live in greater peace and tranquility. Your emotional nature integrates with Spirit. Contact is achieved with the Higher Self and the I AM Presence. You also begin to understand that you are an angelic or spiritual being, having a human experience here on this earth.

The negative aspects of the sixth chakra may include: headaches, bad dreams, feelings of fear and being closed down to intuition and inspirational thoughts.

When we are ready to clear all the static and open the third eye, we cross the threshold to clairvoyance or inner sight and to clairaudient inner hearing. Our pituitary gland is being reactivated as it slowly unfolds into a beautiful lotus blossom. This allows us to access the light packets, or information and encoded wisdom, stored within our brain structure.

Questions and Reflections for Your Journal

1. Have you experienced any bad dreams or good dreams that you remember?
2. Did you attempt to learn the meaning of them or what your subconscious/superconscious mind was trying to convey to you? Write down some insights.

3. Were there times when you felt more connected to your higher self or the 'small, clear' inner voice?
4. What were the circumstances?
5. Were there times when you felt cut-off from your inner guidance?
6. What were the circumstances and what did you do about the situation?
7. Are you receiving more inspired thoughts? Is your insight via intuition growing stronger?
8. Are you able to maintain a 'light meditative' state, functioning fully in the physical world, while being a neutral observer of the process?
9. Are you beginning to feel the loving presence of your guides, teachers and angelic helpers, knowing that they are always near to guide and protect you?
10. Are you ready to accept the truth that your thoughts, words and actions create your picture of reality and that all you have to do to change your world is to shift your perception and thought patterns to a higher frequency?
11. Have you felt more connected to your 'soul family' and those with compatible vibrations? Give an example.
12. Are you better able to see the good in those around you, while allowing them to follow their own path, but not allowing them to deter you from following yours? Give an example.

In conclusion write a statement or two in which you will use indigo energy to make a positive change in your life.

## Lesson 7

### The Seventh (Crown) Chakra - Seventh Ray

#### Violet Energy



*'Australian field lily'*

**7. VIOLET**, (pineal) the crown chakra connects you to your total being with the awareness that you, the universe and the Great Creator are all one. When the crown chakra is activated, the pathway opens to your spiritual self where the wisdom, gifts and treasures, stored within your Divine I AM Presence, will be available to you. You will live and radiate the Love/Light/Truth of Creation and will be showered with an ever-increasing flow of God Consciousness.

Violet energy will assist you to merge your personality ego with your I AM Presence. Gifts of enlightenment, wisdom and inspiration will support you as you build a bridge between the 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> dimensions, so as to integrate and anchor expanded states of consciousness. You will begin to transmute and transform lower vibrational energy back into its highest form, thus becoming a co-creator of love/light.

The negative aspects of violet energy result in a sense of disconnection from your higher self and God. One can become confused, depressed and lacking in inspiration thus insecurity and dissatisfaction will follow.

In violet energy you begin to move quickly along the ascension path, as your ego has now merged with your Higher Self. When the pathway has been cleared to your I AM Presence, you will receive light and wisdom directly from Source. You will radiate the love/light of the Creator through your heart centre as you cease 'becoming' and move into the state of 'being.'

#### Questions and Reflections for Your Journal

1. Who has come into my life today (or recently) and what lesson/s did they present to me for my higher learning?
2. Write down any coincidences or miracles that happened to you today or very recently?

3. Write down any significant dreams, insights or meditative experiences?
4. Have you experienced a greater connection to your higher self and to God?
5. have you practiced any meditation techniques?
6. What were they and how did they make you feel?
7. Have you practiced any sacred breathing techniques?
8. What were they and how did they make you feel?
9. Have any new insights come to you that you were not sure about?
10. Are you willing to place them aside until Spirit validates them for you (if they are not your truth?)
11. In which areas of your body do you resonate with your truth?
12. In which areas of your body do you feel something that may not be your truth?
13. Do you practice living in the now moment, while not getting caught up in past regrets or in future fears?

In conclusion write a statement or two in which you will use violet energy to make a positive change in your life.

### **The Higher Self and the I AM Presence**

As these two designations (the Higher Self and the I AM Presence) appear throughout this e-book, it seems appropriate to take a few moments to clarify them further.

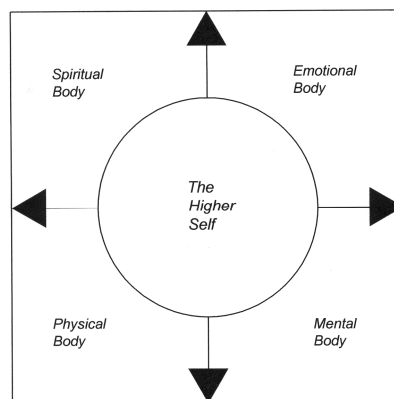
In reality we are so much more than just a physical body. We are in fact a combination of four different bodies. One is physical and three are energetic. The latter three are identified as the mental, emotional and spiritual bodies. All these bodies are four sheaths composed of four distinct vibrations of matter that surround each life stream and provide the vehicles for the personal entity's journey through time and space. The mental, emotional and spiritual bodies are located only in subtle matter – that is matter that has a vibratory frequency that lies beyond our physical sensory perceptions. They are composed of fields of energy moving around and through our physical bodies. The sum of these various energetic layers is also known collectively as our aura.

Our mental body is the energy field in which we store all of our core beliefs about ourselves, about others and the universe. It assists us to process information, solve problems and generate higher abstract thought. This is where mundane thoughts, analytical reason, logic and everyday memories are produced. Whereas positive feelings like love tend to make ourselves accept and connect with other things and people, the mind always keeps us separate. This happens because it compares and contrasts the current situation with memories from previous experiences, trying to find a pattern or label with which to classify the situation. This means that the thoughts of our lower mind lie always in the past and always create separation. When we clear our negative thoughts and limiting understandings we shift our external perceptions, allowing for greater clarity and love to infuse our being. And when the mental body is fully cleared, we can link to our heart centre (or chakra) and begin to follow our Higher Self rather than our ego.

Our emotional body is the centre of our feelings and emotions - love and hate, attraction and repulsion. With the mind it gives us desire and imagination. It is the location for sensual enjoyment and aesthetic appreciation. When we sleep we interpret astral perceptions received by our astral senses as dreams. The emotional body holds all the memories and experiences we have ever encountered. We often refer to its sum total as our 'emotional baggage.' In Jungian typology the emotional body corresponds to our feeling faculty. In popular speech the emotional body is referred to as the 'heart' and the mental body as the 'head.' These labels correspond to the location of the different energy centres predominant in each of these two bodies.

Often our three non-physical (or etheric bodies) are described by clairvoyants as being of a blueish or violet colour, consisting of a matrix or network of lines of energetic force. The emotional body is known to be composed of ever-changing swirls of colour. Because of the vibratory nature of light, from which all creation is expressed, certain colours and shapes represent the predominant emotional characteristics of each particular person. An angry or aggressive person will have a great deal of dirty red in his or her aura, an intellectual person will project a large quantity of yellow, a spiritual person blue or violet, and so on.

Our spiritual body is our soul link to the universe. When this body is purified from limiting beliefs and perceptions we can more fully connect to the Divine Will and to unity consciousness. This body organizes and vitalizes the physical body and acts as a bridge between the physical, mental and emotional energies, by way of the chakra centres and the median connections. This is the body that acupuncture, healing, homoeopathy, yoga and meditation directly acts upon. Often identified as our 'body double or etheric double' the spiritual body holds the blueprint for our ascended or glorified body – the one we will inhabit when we have evolved into full consciousness or enlightenment.



### **The Higher Self**

The term 'Higher Self' is used and understood by many different schools of spiritual teaching. The lower self, or ego personality, is not our true self, because the ego is trapped by a plethora of its own desires, wants, needs, likes and dislikes. As soon as an ego based person achieves its desire or acquires an object, a new one springs forth in a never ending sequence. Ultimately however the ego personality must be

understood to be the illusion that it actually is. Then by engaging in spiritual practices such as meditation, study and prayer, a person is enabled to transcend his/her ego personality and begin to realize their Higher Self. Through this process one can truly discover his/her soul and begin their approach to the Divine.

When your personality (the unification of your spiritual, emotional and mental bodies) has fully developed, integrated and evolved, it then becomes your Higher Self - the perfect instrument through which your soul can fulfil its goals and express itself on the earth plane. As your Higher Self, you then carry out the purposes of your soul instead of following the desires of your ego personality. Your Higher Self is the intimate and integral aspect of yourself that remains aware of and interacts positively with the whole of your being. Your Higher Self is the most perfect form of 'you' that exists in the universe and it actively guides you on your journey through life. This will manifest itself in your life in many subtle ways: as the still, small voice within (conscience), or it may communicate directly as vivid images or pictures, through flashes of insight and feelings and as intuition or knowingness.

Our lower personality self is not always aware of our Higher Self if our lives are cluttered with busyness, actions or attitudes that cut us off from our Higher Self. Our Higher Self always signals to us when we are out of alignment with it through pain, tension and disease. People always know and feel deep down inside if they are not aligned with the laws of life or are not living out their true purpose. When the personality self uses its will against the Higher Self, signs of conflict begin to appear in the conscious mind. These manifest as feelings of anxiety, stress, warning dreams, discontent and uneasiness. If ignored these feelings accumulate and manifest as illnesses in the body, mind, emotions and relationships. This leads to conflict between the lower and higher selves that could ultimately result in a split or cleavage within the psyche. Contact with our Higher Self is demonstrated by:

- A growing sense of responsibility and purpose for living
- A willingness to accept responsibility for all of one's thoughts, word and actions
- A desire to openly practice forgiveness
- Making choices that lead to a growth in wisdom, inner peace and gratitude
- Practicing spiritual will and genuine service
- Reflecting joy, harmony and unconditional love

## The Source of the Monad - I AM Presence

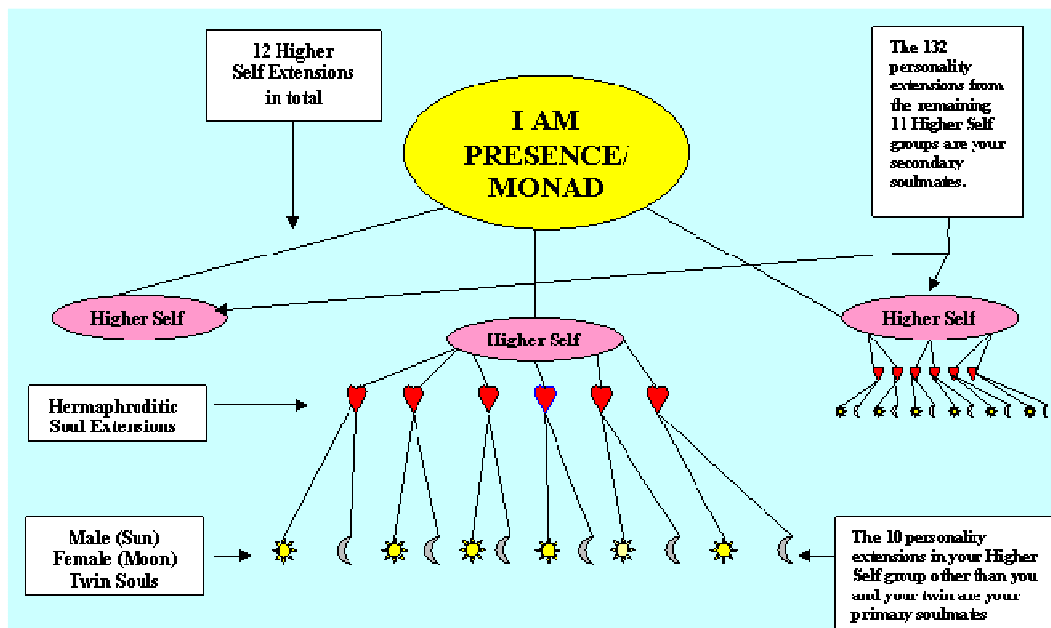


Diagram courtesy of Jade Marcus Kenny

<http://www.angelfire.com/ct3/ascension>

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In the beginning the Great Creator wished to experience ‘all and everything’ and thus gave birth to an infinite number of individual sparks of Itself, called monads. It is the mighty monad that is also known by us as the I AM presence. This aspect of creation expressed our initial core intelligence and our first individual identity. But in order to experience further existence in denser realities each monad then created twelve souls, and each soul then created twelve soul extensions or soul personalities. Thus each I AM presence or Divine Spark, contains a total of 144 individual personalities.

Among the twelve soul extensions, known as soul personalities there are six pairs, with each pair sharing an identical and unique frequency intonation. These pairs also differentiated in a final and very painful separation in order to experience the greatest density in the lower physical dimensions. One member of these pairs holds the masculine or yang attributes of the Creator and the other, the feminine or yin qualities. Together they comprise a twin soul or twin flame unit. And so it is that you and your twin flame together are one of these pairs in your primary soul group of ten others. And since each I AM presence or monad also includes 144 individuals in total, the other 132 in your soul group are known as your monadic group, or secondary soul mates. Thus it is that there are many other aspects of yourself existing in physical bodies on many other planets of differing vibrations. Still others may be discarnate at this time working with and guiding us from the higher realms. We are all deeply and lovingly connected and after our veils are lifted we will openly communicate telepathically with one another.

The late Dr Joshua David Stone, <http://www.iamuniversity.org> tells us that Master Djwhal Khul, (as channeled by Alice Bailey) states that there are presently sixty thousand million monads working through our planetary system at this time. So if you multiply this number times 144, you will arrive at the total number of persons working through this school. And at the end of one Cosmic Day, known as the 'out-breath of Brahma,' all of the lowest density of creation is consumed and called back again into the Great Creator's being. Then the 'in-breath of Brahma' follows, resting in a Cosmic Night before the impetus of the creation of another Cosmic Day begins once again. We are now at the beginning of the in-breath or the mid-point of this cosmic cycle. Its exact still point or period of no-time will arrive on the 21<sup>st</sup> December, 2012.

At that point in space/time many of us who are prepared and ready, will make our ascension and begin the long journey of moving upward through the hierarchies, to return to the Great Creator. Our joyful reunion with our twin soul begins this process. And as we reunite again with the 10 members of our primary soul group and then the 132 members of our monadic group, we will all be carried upward through the higher dimensions until all are at one with the great Source of everything.

## **The Soul Star Chakra** **Diamond Crystalline White Energy**



The soul star chakra or eighth chakra lies outside the body, about 8 – 12 inches above the crown of the head. It vibrates with high crystalline diamond white energy. Known also as the rainbow bridge, it integrates and links all the colours of the chakras with the mighty I AM Presence. Its attributes lead us to attain unity consciousness, to transmute all mis-qualified energies and to move beyond the law of karma into a state of Divine Grace.

### **A Soul Star Meditation**

Sit in a chair with your spine straight and your feet on the floor. Place your hands palms down on your thighs to enclose your energy field. After you feel relaxed and comfortable direct your focus to a place about a hand' s breadth above the centre top of your head. This space is always calm and radiant. Envisage a point of crystal white light within this space. Whether you visualize it or not doesn't matter. Just know that it is there. Next focus on the point of light which slowly expands into a small star.

Direct the star to open releasing a downpour of cleansing, purifying life energy - like crystal clear spring water. Let this energy flow down through your entire body. Envisage the soles of your feet opening, releasing this energy into the Earth beneath your feet. Wash your entire body with this energy.

Now think of the soles of your feet closing so that the energy begins to backfill, up through the areas you have cleared out. Experience it permeating every part of your body then let it overflow out through the top of your head. Sense it completely surrounding your body and filling your aura with crystal clear white light. Take a few quiet moments to assimilate the radiant essence of this healing, revivifying light.

Whenever you think of the star and its down pouring of white light it continues on for about 30 minutes. Use this meditation during the day if you need a stress break, when you take a shower or before you go to sleep at night.

## Sacred Breathing Techniques

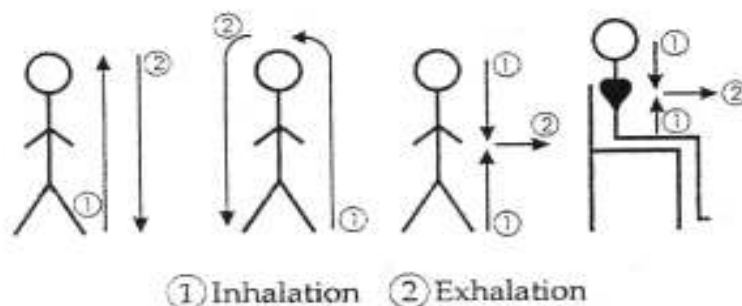
As was noted earlier, prana is but one name used to describe the life force that interpenetrates all existence, everywhere. To more fully access the life force, prana – breathing, a powerful form of energetic breath work will be widely practiced by most persons during the coming new age.

While either sitting or standing begin to relax fully. Take several quiet breaths while slowly closing your eyes and then imagine or visualize your pranic tube. It begins above your crown chakra in the higher dimensions, flows down through your body along the spine, then grounds itself into the planet beneath your feet. Touch the tip of your thumb and second finger together and make a circle. Your pranic tube is approximately the size of this space.

As you breathe in, visualize the celestial pranic energy coming down into your tube and through your body into the earth. Hold it briefly then exhale. On the next inbreath draw earthly prana up from the planet through your body and exhale this out through the tube at your crown. Practice this several times until you clearly sense the flow of pranic energy or life force.

Next, on the inbreath draw prana simultaneously both up and down your pranic tube, holding the prana in your heart, then exhale it gently. Finally draw prana into your body, holding it in your heart chakra then sensing it move throughout the body completely as you exhale. The life force will truly flow into your entire body, energizing and revivifying you. This will be achieved through the law of attention as, ‘Energy always follows a focused thought intention.’

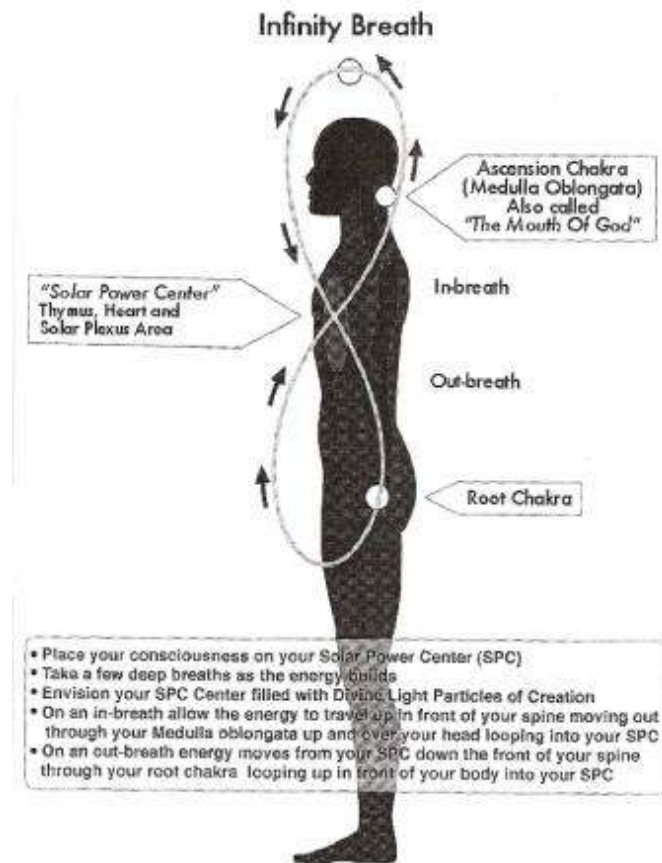
If you experience a sudden stress or a deeply disturbing event withdraw, focus yourself and enjoy a short period of prana breathing. A few deep quiet breaths will totally rebalance and restabilize you.

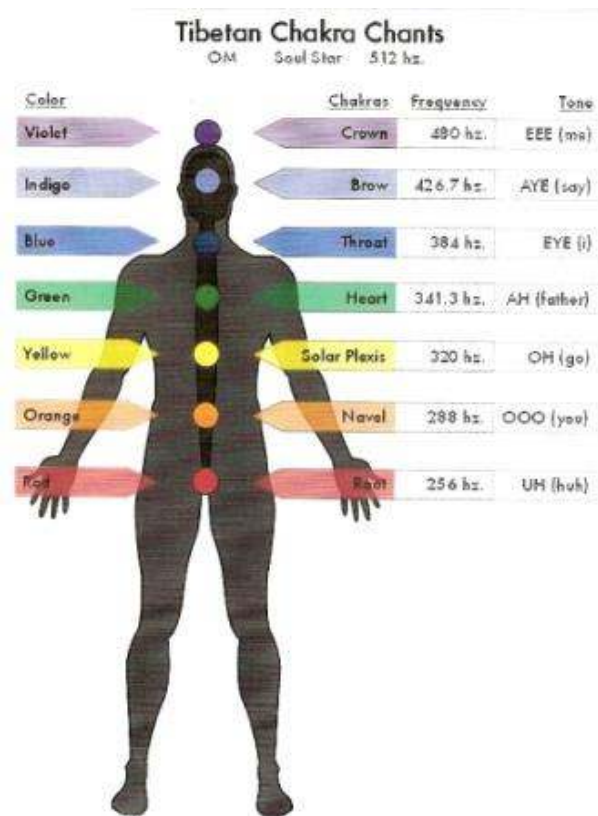


## The Infinity Breath Meditation

The infinity breath meditation allows us to stay in our sacred hearts while our radiance grows into greater concentric circles of light, expanding our spiritual work and influence. Practice this form of sacred breathing as follows.

- Visualize your inbreath as it begins within the sacred heart centre, sweeping up and over the back of your head to reenter the body at the same place in front of the body.
- The outbreath will continue down the pranic tube in front of the spinal column then exits through the root chakra. The breath continues its path in front of the body and reenters once more at the sacred heart centre.





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The floral photographs illustrating each chakra are by Mary Mageau.

For nearly two decades she has worked as a spiritual teacher and writer and can be contacted at: [km3highnote@bigpond.com](mailto:km3highnote@bigpond.com)

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