

Ask to Receive

- In a quiet moment of acceptance happiness awakens.
- In a conscious act of believing it seems possible to obtain your goals
- In the knowing you deserve as much as you desire, it embodies.
- In the stilling of a mind in doubt, you will feel your heart beat in joy.
- In the request comes the answer and the way, always in divine timing
- And all answers become known when you are ready to receive
- Your connection to your greater source reveals the wonders of mastery and life.

How to use the Chakra Collection: First thing in the Morning.

- First: Let your body guide you, just reach out and pick one
- Second: Pick one chakra each day that relates to how you are thinking and feeling about yourself at that moment.
- The blend or chakra you picked will set the vibrational focus of your inner guide for the day.
- Take the corresponding chakra blend under the tongue, and then place 2 drops in a water bottle for the day.
- The number sequence on each bottle relates to specific years of age the blend helps to activate into consciousness.
- Allow insights of experiences that happened at any of the ages to come to consciousness so understandings can be had, healings can occur, and a redirection of energy can take place with graceful efficiency and empowerment.
- You set the pace and commitment.
- Any previous knowledge and understanding of the chakra system will affect the function of this collection. It is suggested to merge concepts and include possibility in your thoughts.
- Journaling may be useful to you.
- After 7 days of picking, begin to use them #1-#7 in ascending order.
- Repeat.
- Those aware of higher chakras functioning and integrated into your physical form will find benefit in using the collection in descending order #7-#1.
- Repeat.

This collection is offered for use in a way that flows with well-being instead of an ego forcing change.

This chart offers a simple description of current western thought on what each chakra energizes. It is a starting point to the expansion of what each chakra offers in perception for your conscious awareness on all levels of your being.

<u>Name</u>	<u>Chakra#</u>	<u>Color</u>	<u>Associated with qualities of experience</u>
Root	one	Red	Survival or thrival; grounded & present
Sacral	two	Orange	Emotions, sexuality and creative control
Solar Plexis	three	Yellow	Self-will, personal power, directed action
Heart	four	Green	Love, harmony, choice and commitment
Throat	five	Blue	Self-expression & truth, communication
Brow (3 rd eye)	six	Indigo	Perception, intuition and imagination
Crown	seven	Violet	Knowledge, understanding, responsibility

For a more focused use of the Gaia's Own Chakra Collection, I share some of the understanding and love I gained in remembering this gift. Enjoy!

A GREATER AWARENESS

In 1995, I was guided by a spiritual being named Seth to understand a use of the chakra system I had not known consciously before; that it is the super highway of communication to your source creator and soul.

In this day and age, one can look to the operating systems of computers as a basic outer example.

1) Your chakra system is an organized yet flexible energy system.

- It can be open or closed to a greater or lesser extent by the electric/magnetic charge of thoughts and beliefs that are dominant in your conscious waking state.
- One can use it to transcend and transmute and change choices of polarity made in time and space and in human form.
- One can awaken, align, and excite the physical form to re-member one's soul, divine presence, and greater being.
- As a system for communication, one can create, set into action, and receive specific alignment with spiritual masters, other life forms on this planet, and other creative fields of consciousness.
- Small increments/changes/steps taken by following an inner knowing, guiding you by your feeling sensory nature, are the most spontaneous. Life will be filled with aha moments, love, immediate empowerment, illumination, and manifestation.

2) When we are born, our spiritual self is focused on perceiving our outer world through the 1st energy center or Root chakra.

- Our senses pour all that we are aware of and assimilate with each experience we live, through the lens of the root chakra and gains more awareness, knowledge, understanding and wisdom.

- Upon our solar return, the focus shifts to our 2nd energy center or Sacral Chakra, and so on each year, until we reach the 7th energy center or Crown chakra.
- This cycle repeats it's self until an inner choice or initiation occurs (sometimes called a "wake up" call), and the 8th energy center or transpersonal chakra is *opened to conscious awareness* of your "higher self" , "I AM Presence, the Source energy of you, (as you decide)
- The full chakra system is operating at all times from our non-physical perspective, it is the awakening of the human aspect of self that takes place.
- Even if you are well on your way to integrating and functioning more of the higher chakras, the use of this collection will assist in the illumination of stored soul records and skills stored until your body obtained a consistent vibrational harmony with them.

3) Identity roles, patterns and habituated patterns of being and doing are empowered by the information or perceptual memories stored by the chakra system.

- How conscious the memory is, how often it comes up in your thoughts, conversations, actions increases the priority of energy usage, no matter what age you are, and influences the chakra currently focused through. (you can imagine how complex the energy matrix can be.)
- For healing: start with in the present moment to bring into harmony any triggers, judgments about self, judgments/opinions about others, and so on that currently create the most discord.
- Make a list of those you are willing to complete into a greater more peaceful understanding and allow the perfect order of focus to emerge.
- It will feel synchronized to your current interest, and most likely aligned to the chakra of your chronological age even as you advance into higher chakras.
- The bigger goal is to raise your body into lighter qualities, higher vibrations of feeling. (Abraham-Hicks currently calls this "staying in your vortex"
- Piggy back memories will ride the transformation and redirection of your conscious choices when you have found the original moment of perception.

A quality of grace is given always when you realize you are the change you seek in the world, this collection and article offer a system of natural support where ever you are along your journey.

I will finish for now, stating that I used this awareness to assist in my rapid awakening and emotional evolution through significant victim conscious experiences. I am grateful, for it.