

# Lunar Chakra: the Navigator

## Directing the Journey of Life

*Lights, camera and action:* the director is in charge of how we move forward in life, how we make it happen; really how we unfold the magic of our own experience. The major lunar chakra is suspended in the foundational emotion strata of the emotional layer just between the ankles. It is the focal point for the life path. In the same way that the solar brings the spiritual path into clarity, the lunar brings the work of a life into focus and functional implementation.

Crystalizing the pathway beneath our feet the lunar influences everyday life dramatically. All the power the solar chakra brings to bear to translate in a positive and enthusiastic way the life path into a potential is realized in the lunar chakra. We either realize we are walking a path that is our own or we think we need to find it somewhere. It never went away. The life path has been clear forever and it is where you find your feet right now. There is never a wrong turn because ultimately and somehow, you brought yourself here to this moment. The life path is not a straight line, it twists and turns and is covered with rocks and potential tripping hazards.

You can fall or lose your way just as easily as you can find your way back to the only path you know, the only one you can choose. We make a big deal out of finding our path when in point of fact we have never lost it. We lose the ability to listen to the inner voice and the wisdom that guides us. We forget the language of spirit and think life is about things, accomplishment and being accepted. We miss the boat pretty consistently.

Because the pathway is clear, it's always been right beneath your feet, smooth and clear, your life stretches out as an expression of your mind, heart, body and spirit. How simple can it get? Put one foot in front of the other and the journey will show you the power of knowing your way is in the walking.

**Affirmation:** *I honor my path in life.*

**Location:**

The main lunar chakra is suspended in the foundational emotion stratum of the emotional layer just between the ankles in the lower octave of the spine.

**Connectors:**

The chakra connectors are into points in the bio layer at the inside of the ankles, half way between bottom of the foot and the anklebone and slightly toward the heel. There is usually a slight indentation in the skin.

**What It Does:**

The job of the lunar is to clearly know a life path and to follow it in a surefooted manner. This is the way that we move on the planet, the path that we choose to follow in life. Career and spiritual pathways align here in the place where information from the past is stored as practical wisdom in the most profound sense. The health of the lunar is the health of our ability to fulfill our purpose here in the present, to be in sync with the past.

**Function Current:**

The function current deals with being able to bring your life purpose into fruition. The throat will support talking your talk but it is the lunar where walking your walk and making your own way is exalted.

If blocked, the individual will have difficulty figuring out why they are here and what they are supposed to do about it. This could cause a person to be so asleep they might not even get to the place of wondering about their purpose.

**Purpose Current:**

The purpose of the main lunar chakra is to keep our feet to the path, to hold our course and stay engaged with our life journey. In most lives this looks like the career path or a calling- that is, if you are lucky. More commonly the path and the career are not the same. Purposeful action toward the path might involve paying bills, so that's

where your job is relevant. But really following the path requires letting go of money and how that influences the direction taken in a life. Instead, following your path is more about the spiritual yearning and seeking out the passion of your truest self. The lunar is the generating center for implementation of the life plan and direction that is soul-need based. This is the personal work we all do to evolve the species.

If the purpose current is blocked, there is a stop to the flow of the personal work and the personal evolution. If you have ever worked with people who behaved as though they were some earlier life form without the cognitive awareness to grasp subtle innuendo and the communication signals of others, you may have been engaged with someone who has a block in this current. If they are constantly insisting that you tell them the way to do things, how to do them, which direction to take, or if they are trying valiantly to translate your words into their language these are indicators this might be a person with a blockage in this current.

It is possible to learn to compensate for a blockage here sufficiently to operate in the world and- to figure out the way things work. But if the personal evolutionary process has stopped or slowed because of a blockage of purpose current, eventually there will be a breakdown. Still people with a blocked purpose current have great difficulty understanding how to translate purpose into life. Their efforts spin and spin, and they miss the point that to follow their path is reliant on implementation of purposeful and guided internal action.

No matter how many classes they take or books they read, they would be flustered by the difficulty of no path or the wrong path or not knowing the path. They will repeatedly slam to a stop in the purpose current, continuing to experience great difficulty successfully implementing what they might even understand internally as their life's purpose.

### **Wisdom Current:**

This current touches into the ancient soul's wisdom of the lunar. You know who you are; you know why you need to be here, what you are here to do. In this current of the lunar chakra we remember who we are, what we've done. But when the memory bank is missing, people have to start over from scratch.

A blockage here means the individual is always trying to start from the beginning to work hard at understanding what to do, reinventing the wheel without the remembered wisdom of lifetimes of experience. This locational blockage will make for a slow start and sometimes a less productive life.

## Reconnecting Lunar Connectors Ankles on the Path

- 1) Permission and using Coreganics determine need.
- 2) Locate the connector point on the physical body half way between the inside anklebone and the heel in an indentation.
- 3) Locate the lunar chakra suspended between the ankles in the emotional layer - feel into it.
- 4) Reach in with light fingers and pop the lid to the connector spot on the ankle - preparing it to receive the connector.
- 5) With light fingers grasp the connector of either side of the chakra (suspended in between the ankles) with index fingers.
- 6) Pull the connectors out of the chakra and insert into the end of the indentations on the inside of the ankle.
- 7) Close the lids at the ankles. The connector fits into the lid in such a way that the tube section inserts smoothly into a notch in the lid.