



The Essential Chakras

Divine Gate: The opening to pure Source.

Star: The seat of divine inspiration where our spiritual nature takes shape. Individuated spiritual purpose is born here.

Solar: Bringing spiritual purpose into use. Where purpose meets path and is defined as action. Where: "Why am I here?" begins to make sense.

Crown: The crown supports the material embodiment of spirit holding the HES steady as it strives to contain pure source-light in a congealed form.

Brow: The greater vision, seeing with your eyes, brain, mind and heart, the way that you hold the vision of your divine nature with your individuality.

Throat: In this moment to speak your piece conveying your verbal identity and truth, funneling the soul's path and vision with the frequency of your own voice.

Heart: To give and receive both love and hate. The function of the heart is not only about being filled with love. It holds space for the possibility of love and all that it represents, including its opposite.

Solar Plexus: To share and experience a wide emotional life, communicating and sharing emotions with others.

Dan Tien: It is the power bank and the seat of will, where individual personal power manifests into material reality.

Root: To survive, to continue living and to anchor the being within the structure.

Lunar: To clearly know a life path and to follow it in a surefooted manner.

Axis: To establish a connection with your species and the planet by communicating, establishing commonality and community.



Chi Pool: To disperse chi throughout the structure ensuring health and vitality and to provide reserve energy for recovery, survival and everyday use.