

## Your 12 Chakras

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Many eons ago when we fell down to a third dimensional planet, five out of our 12 main chakras were closed as we were no longer able to access and use these frequencies. In order to re-ascend to the higher dimensions, one of the things that is currently happening is that we are re-activating the five de-activated chakras. We need to have the energy flowing through all 12 open chakras in order to re-activate our 12 strands of DNA.

Many of you have already opened and are using some of the five de-activated chakras, and others are working towards it. The fifth dimensional colours given for each of the chakras are as they are currently appearing, but be aware that this is a continuing process as the earth's vibrations rise; therefore, you may feel, see or know them as a different colour. Accept whatever appears or feels right for you.

### **1. Earth Star Chakra**

Your Earth Star Chakra is your personal link to the Earth's life force, to the crystalline grid, and to the divine light contained within Mother Earth. It is the chakra of earthly existence and of rebirth and renewal and deals with nature awareness. It is located about 15cm (six foot) below your feet. Colour: turquoise. Fifth dimensional colour: sapphire blue.

### **2. Root Chakra**

Represents your foundation and feeling of being grounded. It is located at the base of your spine. It deals with survival issues such as financial independence, money, and food. Colour: red. Fifth dimensional colour: yellow-gold.

### **3. Sacral Chakra**

Your connection and ability to accept others and new experiences. Location: lower abdomen, about two inches below the navel. Deals with your sense of abundance, well-being, pleasure, and sexuality. Colour: orange. Fifth dimensional colour: crystalline pink.

### **4. Navel Chakra**

Your Navel chakra can concretise spiritual energy into a 'golden ball of chi energy'. This looks like a golden sun surrounded by rainbow-coloured light. It is the centre of the instincts for knowing and helps you to instinctively know what to do and when to do it. Fifth dimensional colour: white.

### **5. Solar Plexus Chakra**

Your ability to be confident and in control of your life. Location: upper abdomen in the stomach area. Deals with your self-worth, self-confidence, and self-esteem. Colour: yellow. Fifth dimensional colour: emerald green.

### **6. Heart Chakra**

Your ability to love. Location: centre of chest just above the heart. Deals with love, joy, and inner peace. Colour: green or pink. Fifth dimensional colour: ruby-gold.

### **7. Throat Chakra**

Your ability to communicate. Location: throat. Deals with communication, self-expression of feelings, and speaking your truth. Colour: blue. Fifth dimensional colour: violet.

### **8. Third Eye Chakra**

Your ability to focus on and see the big picture. Your connection with your energy body and the spirit realm. Location: forehead between the eyes. Deals with intuition, imagination, wisdom, and the ability to think and make decisions. Colour: indigo. Fifth dimensional colour: aquamarine.

### **9. Crown Chakra**

This chakra represents your ability to be fully connected spiritually. Location: the very top of the head. Deals with inner and outer beauty, your connection to spirituality, and pure bliss. Colour: purple. Fifth dimensional colour: magenta.

### **10. Causal Chakra**

The individual's ability to use the advanced spiritual skills as listed under Soul Star. Divine creativity, synchronicity of life, and the merging of the masculine and feminine within. Location: three or so inches above the Crown at the back of the head. Colour: silver. Fifth dimensional colour: gold.

### **11. Soul Star**

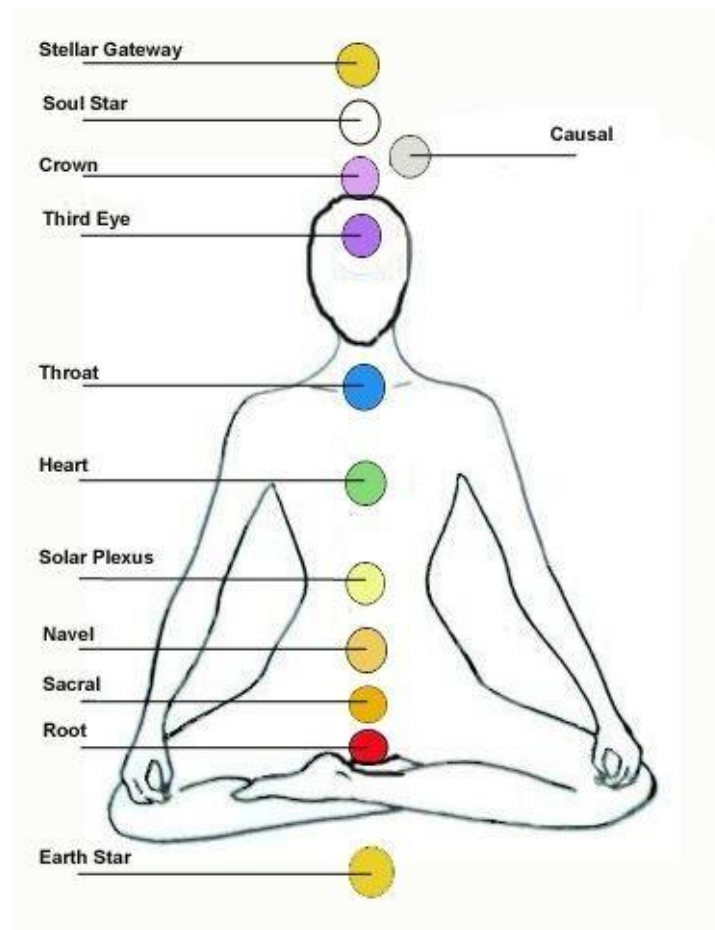
Connection to the soul's divine blueprint. Contains the energetic connections necessary to manifest advanced spiritual skills such as: travel beyond the limits of time and space, teleportation, bi-location, telekinesis, and instantaneous precipitation of thoughts into matter - manifestation. Carries all past life information. Location: six inches above the Crown. Colour: white. Fifth dimensional colour: peach.

### **12. Stellar Gateway**

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Allows you direct access to the cosmos, to Source, allowing divine spiritual insight to enter you. This is filtered down by the soul star chakra but can only be activated in conjunction with the earth star chakra, in order to ground and connect you to Mother Earth. Connection to the Monadic level of divinity, advanced spiritual skills, ascension, connection to the cosmos and beyond. Location: 12 inches above the Crown. Colour: Gold. Fifth dimensional colour: opal.

The diagram below will help you to focus on where your chakras are. The colours are not necessarily the ones that you will see.



To help with the opening and balancing of these chakras you may like to use the following meditation:



12 Chakra  
Meditation.MP3

Barbara Hand, Spirit Wings