

CHAKRA WISDOM TEACHINGS WORKBOOK:

WITH DOZENS OF WRITING PROMPTS
TO DEEPEN YOUR UNDERSTANDING



By Harrison Klein
& Olivia Whiteman

**Chakra Wisdom
Teachings Workbook:
with Dozens of Writing
Prompts to Deepen Your
Understanding**

By Harrison Klein and Olivia Whiteman

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Printed in the United States

First U.S. Edition: October 2022

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Introduction

Welcome to this book where you will be filled with information about the chakras. The biggest part of your learning will come from you participating. Therefore, make sure to record your responses to the writing prompts in the pages provided. Writing things down triggers hand to brain responses differently than just thinking about an answer. Also, it will be an opportunity for you to review and reflect. It is guaranteed if you do the work, it will enhance your life and result in wonderful, marvelous, amazing, awesome, spectacular transformation.

Keep in mind, knowing about the chakras is only one step. Harrison and Olivia want you to go deeper. This will in the long run reduce, even eliminate the number of times your chakras will need to get back into alignment.

This workbook will give you teachings, wisdom, insight, and new ways of thinking about your energy centers. We have broken up Harrison's teachings into small segments to remind you it is okay to digest information in small chunks and reflect on them. If you desire to connect with other people working on their chakras, please accept our invitation to join Harrison's private Facebook group for his students. Harrison's students enjoy the connection belonging to a tribe offers and love when it when he pops in with lives. We think you will too.

Ready to learn more about the Chakra's with Harrison? Then begin.

Why Learn About the Chakras?

The chakras are all about energy. Understanding the chakras will help you learn more about yourself.

There are more than seven chakras. This book will focus on the seven main energy centers, specifically, the first three chakras (root, sacral, and solar plexus) which deal with earthly issues such as family, power, and decision making. The fourth chakra (heart) which is a bridge between the first three chakras and the last three chakras (throat, third eye, and crown) which deal with divine factors such as truth and intellect and universal consciousness. . The seven colors of the chakras are red (root), orange (sacral), yellow (solar plexus), green (heart), blue (throat), indigo (third eye), and violet (crown).

ENERGY

The chakra system has everything to do with our entire life. If we want to go interdimensional and if we want to go into states of abundance, into grander states of how things happen, we have to understand how we are constructed. We are not constructed haphazardly. We are an energy system that is very intricately put together with purpose and exactness. We are not a random ball of energy. We are a column of energy with several centers. Each energy has a specific function and characteristics. Herein, lies the key to the manifestation of our successes and failures, our diseases, and our health, and really so much more.

In the west, the chakra system, or what we call energy centers, are called chakras in the east. Although there are many energy centers and points within us, the major ones that we are interested in right now are the seven main ones that form our earthly being and feed all of the thousands of minor ones. To put it simply, our spirit life force really gives life to our body, our experiences, and creations, through these seven centers. Their function basically is to bring continuous life energy from spirit into matter. As we will see, each has a specific function and characteristics mapping to various body parts and so on. Each can function well, be blocked, or be losing energy causing failure. Each can also really be enhanced, and increase our power and vibration, as we will see in this process as we go.

OUR ENERGY CENTERS

Our energy centers are located within our energy body, our etheric body, the one that animates our flesh body, and leaves when we die. We cannot find our energy centers by operating on the body with a knife. In short, our energy centers or **chakras are our soul interface, and connector, and adapter to our body and the world.** And they are the channels through which soul and spirit manifest as matter for the sake of experiencing itself.

MANIFESTATIONS

Chakras are the channels of spirit to matter manifestation. Thought, words, and actions are the tools of manifestations. To manifest, simply means to express as matter.

We are going to see how all this ties together and works.

NOTICE NATURE

As it relates to nature, I would like you to notice something about nature, it all has a foundation on seven energy bases.

Look at colors. They are really seven primary colors. The seven colors of the chakras (**red (root)**, **orange (sacral)**, **yellow (solar plexus)**, **green (heart)**, **blue (throat)**, **indigo (third eye)**, and **violet (crown)**) are the same as the seven colors of the rainbow. All other colors are made up by mixes these seven primary colors together.

Look at sounds. They are seven sounds (do, re, mi, fa, so, la, tea). All other sounds are made up of mixing these seven sounds and going up or down in pitch, which simply mean having the same sound at a higher frequency or wavelength multiple.

An interesting property of energy has to do with vibration and frequency. The higher we go in vibration frequency of these colors and sounds, the higher, stronger, yet less perceptible they become, which is an interesting point, and the lower we go with the frequency, the weaker, heavier, and more perceptible they become. An example of high frequency powerful sounds and light is ultrasound and x rays.

DUALITY

Another interesting property is duality. Each of these seven has dual states such as:

On – Off

Positive – Negative

Good – Bad

Light – Dark

Male – Female

It is the duality that allows what that very thing to be known. I mean, we know the positive because the negative exists. The positive can only be created and experienced within the field of the negative. Form and no form. You can't experience tall without having a concept of short. Both need to exist for the thing known as height to exist. We cannot experience cold without having a concept of hot. Both need to exist for the thing known as temperature to exist. Hence, negative is not to be avoided as such, but rather embraced, and as we will soon see, what we resist persists. What we embrace, empowers us, and releases us.

NEGATIVE PATTERNS

Although I (we) ask that you drop negative patterns, we do not seek to do so by asking ourselves to disown and cast away negatives. Instead, asking you to stop living in a negative imbalance in a predominantly negative pattern.

TRANSCENDENCE

I am asking you to know yourself positively as well and embrace both the positive and the negative patterns. In such a state the combination of acceptance and the duality as part of us, enables us to achieve the state of the whole, which is greater than the sum of its parts. It is a state, in fact, of transcendence. And it is somewhat like a bird. If a bird has only one of its wings, it cannot fly. It does not matter which wing it has. If it only has one. It will not fly. But given both wings, it takes off and the whole becomes greater than the sum of its parts.

We are going to see exactly how to find our specific disowned parts and how to embrace them and how to be freed from the negative. The object is to embrace all polarities and disown none, and then we transcend and become wholly powerful.

RESONANCE

Let me back track for a second, another interesting property is resonance. Energy resonates and attract with similar energy, and unlike energy repels. We all know that, and it even sounds appropriately harmonious or unharmonious. Were we to hear it, like in music, and were we to see unlike energy coming together for example as waves in a laboratory experiment, we would see that it has the appropriate interference or constructiveness. We always create and attract external conditions, including health that mirror our internal state. As we change that state, we notice the external conditions falling away and new ones coming in that reflect our new state.

HARRISON'S PERSONAL EXPERIENCES

Some of my experiences before my course on chakras or this book has shown me a great deal of how all this works, and sometimes this falling away can be sudden. If your change is big, and it might be scary and it might scare us, and make us feel as if we are losing things. But relax, knowing that it is natural, healthy, and normal, and it is giving way to something that is more like your new self, which is a much higher state of being your true self.

SOMETHING THAT WILL HELP

So, here is something that will help, and hopefully, tremendously in your understanding of life and transforming it, as you desire, as we desire. In this Universe, created by a perfectly powerful and capable Creator, absolutely nothing exists in chaos, disorder, and accident, and we are created in the image and likeness of that Creator. Remember, we are spirit with a body that responds exactly to mind instructions, and everything is always perfect. Being in the image, and likeness of the Creator, we are infinitely powerful, abundant, peaceful, and perfect in the exact same way. In the exact same way, it is and we may have forgotten this, but evolution and growth is all about remembering what we already are. So, step-by-step, we realize higher aspects of ourselves. We remember and as such, there is nothing new to learn. All we are doing really is unlearning the original error, step-by-step, at whatever rate we choose.

Socrates, in ancient Greece, said, "all learning is unlearning." I think if you ever explore that statement, you will find that it is true. All real learning is unlearning. Everything works perfectly with precision according to Universal Laws. It is impossible to create chaos as that would mean undoing the eternal design put forth by an infinitely intelligent life force, The Universe. However, it is really very possible and commonplace to judge things as chaotic. When we judge a thing as chaotic, what I mean by that is something that should not have happened, you throw your very self into chaos. Our judgement of our life situations as chaotic things happening to us is what strips away our power to see the things happening behind the situation to respond effectively and powerfully to it. Again, what our judgement of life situation as chaotic, is what strips away our power to see the reason behind this situation and to respond effectively, and positively to it. Judgment messes us up. Sorry.

ACKNOWLEDGE EVERYTHING IS IN ORDER

So, at this judgment point, we can create stress in our life. We also split our personality into one which we want to hide and run away from, and another that we feel has been victimized. This is the root cause of disease, suffering and pain. It is totally unnecessary and preventable. Our illusionary perception can be corrected by our decision to acknowledge that everything is in order. You get that? Let me say it again. Our illusionary perceptions can be corrected simply by a decision to acknowledge that everything is always in perfect order. Once we acknowledge that, we can now look behind the event to see the reason, **which then gives us higher and greater intelligence and energy**. Within that reason is the seed to our highest growth, our highest healing, our highest accomplishments. Indeed, healing is merely the revealing and the acknowledgement of the perfect truth underneath all the illusion.

ANCIENT CULTURE

Let's talk a look at the way that ancient culture has taught us. The bible basically says, "Let us create man in our own image and likeness." That was in Genesis. So far, we have seen scientific and spiritual evidence that we are a being of light. Right? An energy being. I think we will all agree that that is our construction. **A construction that literally means our power is limitless, our safety is guaranteed, our invincibility is indestructible, our thought power is unquestionable, and our worth is infinite**. Did you get that? It is really powerful. I suggest you write it down and absorb it. We have seen basically how the universe is one large ocean of energy. From a scientific standpoint, literally explaining the spiritual teaching that we are all one.

THE COURSE IN MIRACLES

Now let's see what this directly means in our life, our strengths, our limitations, and our growth. The Course in Miracles says, "There is no order of difficulty." Forget not that it has been our decision to make everything that is natural and easy for us impossible. If we believe something is difficult for us, it is because we become the arbiter of what is possible and remain unwilling to give place to the One who Knows, or to God, if you will. The whole belief in order of difficulty is centered on this whole process and this whole understanding. That's the way A Course in Miracles explains this. Jesus said, "Does it not say in your law, in religious texts that ye are gods?" I

personally love the word ye. "Ye are gods." Here is the basic principle and it's really very simple. This is what it is basically.

ENERGY IN MOTION

Each chakra, radiates timely energy, or streams emotions that correspond to its functions. These emotions are literally energy in motion, e-motion. They are specific to the time of the experience.

LOVE & THE FOURTH CHAKRA

For example, when somebody expresses their love for you, your fourth chakra increases its rotation and vibration. And this is experienced as the love emotion within the heart region.

EMOTIONS IN THE MOMENT

All emotions are in the moment. Now, you have several choices:

1. You can let the emotion flow fully to its full completion and accept and own it, watching it with detachment.
2. You can try to suppress it or disown it.
3. You can get all entangled in it and lose your presence.

The third option is the way most of the world operates. That is what the drama is all about.

LIVE FULLY IN THE MOMENT

When we go through it with choice #1 which is to "let it flow," we live fully in the moment, and it is complete. No blockages developed. If we just let it flow and the full lesson is learned or the full joy experienced, and that chakra remains healthy and in fact grows from that experience.

RELEASE OF EMOTIONS

We have to remember that an emotion can only be released or worked on within the moment it is happening, and not in memory. We cannot block it and go to deal with it later in our own privacy. That's just not the way it works, and the only way to work with past emotional blockages is to reenact the past moments so that those emotions are back and the moment of right now.

EMOTIONS AND SUPPRESSION

When we go through the emotion with choice of suppression, basically, we cause a blockage. We didn't express our emotions. For example, if as a child your father told you that you will never likely amount to anything, you experienced an emotion at that time. Most likely you wanted to tell him, "No way, that's crap." And you also wanted to tell him his attack was causing anger within you, and you wanted to find out whether there was something wrong with you or not, and why he was saying these things to you.

Most likely, you didn't say these things because you were afraid of a beating or punishment. And that is how a blockage develops. That's one way.

WE GET ENTANGLED IN OUR EMOTIONS

Another way a blockage develops is when we get entangled and our emotions. We literally lose ourselves and buy into those emotion, accepting them as truth. Which is a great deal of the people who I consult with in one-on-one. They get involved and entangled in their emotions. They don't want to let them go because they feel righteous.

FEAR IS AN ILLUSION

Let us assume that you are afraid of something. We all know that fear is an illusion, but that does not mean that we resist it. If we are afraid, accept it and say so. But watch your fear from a point of detachment, like an external observer who watches and allows whatever is passing on to his screen, and the observer can choose what is next through desire and intention. But the observer never attempts to block what is currently happening.

So, **watch the fear and accept it**. Embrace it, but with detachment. If instead we choose to get involved with our fear, we lose awareness, we get sucked in and we believe in our fear. The more we believe it, and give it attention, the bigger it grows, and this blocks the chakra.

Whenever our chakras are blocked, they superimposed the blockage on all our new experiences. If in the past for example, we were criticized for our dreams, and we developed a blockage believing that we were unworthy of expressions because people will criticize us for them, our chakra then will superimpose that on all of our new dreams.

EQUILIBRIUM

Even as an adult, and then we start to wonder, “Why don't I ever seem to make my dreams come true?” There's still this old negative energy stored in there and we need to bring it to the light so that we can release it. So, this is the process of what we're doing with EQUILIBRIUM. We need to bring what is hidden to the light so that we can release it. And when our chakras are clear, all our new expressions are pure and come out without any resistance at all. We as human beings, we do only one thing, and that is that we create experiences. That's all we ever do. Human beings only create experiences. And whatever it is we're doing in our life; we are creating an experience. This experience is of the energy in motion, the e-motion. Therefore, it is of extreme importance that we **always be aware of what we are feeling** right now.

I read an article in the World Health publication that said 76% to 86% of the world can't tell you what they're feeling at any given moment while they're feeling it. That's probably short of the truth. It's probably more like 86% or 96%. Try too always be aware of your feelings and be honest about them and be responsible for it.

UNRESTRICTED-RESPONSE ABILITY

When we realize what we are feeling, we have **unrestricted response-ability** to it. Now, what does that have to do with our money, our health, our manifesting, and our relationships? Absolutely everything. EVERYTHING.

MONEY COMES FROM PROSPERITY

Money comes from prosperity. Prosperity is a feeling of plenty. A feeling of having it all. Being in the flow. That feeling attracts corresponding situations and opportunities. That's how it works. This is eventually experienced physically as money and wealth. Prosperity is an inside job. Success is the person we become. Not a point with chase after. This is a very big point.

HEALTH IS A FEELING OF WELL-BEING

Health is a feeling of well-being. A feeling of being wholesome. The feeling is expressed and experienced externally as good health and vitality. Stress kills us because it is the oppose of that feeling.

RELATIONSHIPS ARE AN EXPRESSION OF UNITY

Relationships are an expression of unity. Unity comes from love. We cannot feel ultimate love unless we feel complete and love ourselves. Wholly. Only when we are complete and intact, when we feel perfectly worthy and self-loving, can we be a complete entity capable merging with others without issues of attack and victimization coming up.

KEEP IT REAL

Therefore, let us keep it real. What are you feeling right now? Be aware of it. Be honest about it. Responsible for it.

ACHES, PAINS, ISSUES & THE CHAKRAS

The lower three chakras (root, sacral, and solar plexus) are about power and family and tribe and earthly experiences.

Root Chakra – All about Survival, Safety, Family and Social Belonging.	
PHYSICAL REALM CONNECTION	Resides at the base of the spine, our immune systems, in our legs, our feet and bones, our rectum.
TOPICS ASSOCIATED WITH IT	Family, social belongings. Ability to ground and manifest ideas into the physical world. Providing and supporting ourselves. Acceptance by family, peers immediate and global community.

Sacral Chakra – Is basically about Giving Birth of Ideas and Babies.	
PHYSICAL REALM CONNECTION	Health problems with sexual organs’ lower spine, or pelvis.
TOPICS ASSOCIATED WITH IT	Creativity, relationships, money issues, unresolved past events, the inner child, sexuality, and any shame, guilt, resentment, fear, conflict, & negativity towards sex.

Solar Plexus Chakra – Is about Personality, Individuality, Decision making, Self-responsibility and Self-esteem.	
PHYSICAL REALM CONNECTION	Adrenal glands, liver, pancreas, small intestines mid-range of the spine, stomach, spleen, kidney gallbladder, and abdomen.
TOPICS ASSOCIATED WITH IT	Self-images, personal survival, trust, instincts, respect for oneself and others, internal power, fear of failure, decisions making, criticism, and relationships that mirror a low self-worth.

The heart is the bridge between the lower chakras and the upper chakras (throat, third eye, and crown).

Heart Chakra – Is the Bridge between Heaven and Earth	
PHYSICAL REALM CONNECTION	Circulatory system, respiratory system, lungs, thymus gland, our ribs, arms, breasts, diaphragm, shoulders, upper spine, and heart.
TOPICS ASSOCIATED WITH IT	Love, compassion, forgiveness, unworthiness, possessiveness, competition for attention, anger, resentment, hatred, bitterness, insensitivity to others, abusive relationships, neglect, cruelty, fear of abandonment, lacking love, grief, sadness, and broken heart.

The upper three chakras (throat, third eye, and crown) are about celestial experiences, they are about heaven.

Throat Chakra – Is about Communication and Self-expression.	
PHYSICAL REALM CONNECTION	Esophagus, parathyroid, mouth, jaws, gums, teeth, hypothalamus, neck vertebrates, thyroids, throat larynx, and trachea.
TOPICS ASSOCIATED WITH IT	Self-expression, faith, trusting life, following our dreams, willpower, and divine will.

Third Eye Chakra – Is about Intuition, Spiritual Insight, Dealing with Truth and Intellect, Seeing the Big Picture, and Self-evaluation.	
PHYSICAL REALM CONNECTION	Pituitary gland, pineal gland, brain, spine, nervous system, nose, eyes, and ears.
TOPICS ASSOCIATED WITH IT	Intuition, self-examination, introspection, truth, divine reasoning, our intelligence, seeing the big picture, spiritual insight, philosophical insight, and reason.

Crown Chakra – Is about Getting in Touch with Your Spirit and Connecting Consciously with Your True Self.	
PHYSICAL REALM CONNECTION	Skeletal system, muscular system, and the skin.
TOPICS ASSOCIATED WITH IT	Knowing who we really are, spirituality, inspiration, transcendence, oneness, being in the now, present moment living, experiencing enlightenment, letting go, surrendering to an acceptance of the higher self's will, awareness of every point of the life force, self-knowledge, life purpose, finding meaning in life, universal being, and universal consciousness.

Date: _____

ROOT CHAKRA

Have you ever had any aches, pains, or issues associated with this chakra?

Continued on page _____

Do you now have any aches, pains, or issues associated with this chakra?

Continued on page _____

Date: _____

SACRAL CHAKRA

Have you ever had any aches, pains, or issues associated with this chakra?

Continued on page _____

Do you now have any aches, pains, or issues associated with this chakra?

Continued on page _____

Date: _____

SOLAR PLEXUS CHAKRA

Have you ever had any aches, pains, or issues associated with this chakra?

Continued on page _____

Do you now have any aches, pains, or issues associated with this chakra?

Continued on page _____

Date: _____

HEART CHAKRA

Have you ever had any aches, pains, or issues associated with this chakra?

Continued on page _____

Do you now have any aches, pains, or issues associated with this chakra?

Continued on page _____

Date: _____

THROAT CHAKRA

Have you ever had any aches, pains, or issues associated with this chakra?

Continued on page _____

Do you now have any aches, pains, or issues associated with this chakra?

Continued on page _____

Date: _____

THIRD EYE CHAKRA

Have you ever had any aches, pains, or issues associated with this chakra?

Continued on page _____

Do you now have any aches, pains, or issues associated with this chakra?

Continued on page _____

Date: _____

CROWN CHAKRA

Have you ever had any aches, pains, or issues associated with this chakra?

Continued on page _____

Do you now have any aches, pains, or issues associated with this chakra?

Continued on page _____

UNDERSTANDING CHAKRA BLOCKAGES

To start off, when a chakra is blocked or an energy center is blocked, it is not functioning well. It loses or bleeds energy or life force, and we can literally feel ourselves shrink if it happens rapidly, like, when we are under terror, or when we feel small and recoil. This is experienced outwardly as failures and corresponding aspects of our life, or as disease in our body and corresponding body parts.

How does a chakra get blocked? It happens due to incorrect perceptions of key events in our lives, especially during our first seven years in this incarnation, but it can also be blocked by previous events in another incarnation.

EMOTIONS IN THE MOMENT

All emotions are in the moment. Now, you have several choices:

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Most likely, you didn't say these things because you were afraid of a beating or punishment. And that is how a blockage develops. That's one way. Another way a blockage develops is when we get entangled and our emotions. So we literally lose

ourselves and buy into the emotion, and accept it as truth. Which is a great deal of the people who I consult with in one on one, they get involved and entangled in their emotions. They don't want to let them go because they feel righteous. Therefore, let's assume that you're afraid of something, right? We all know that fear is an illusion, but that doesn't mean that we resist it. So, if we're afraid, accept that and say so. But what's your fear from a point of detachment, like an external observer who watches and allows whatever is passing on to his screen. And the observer can choose what's next true desire and intention. But the observer never attempts to block what is currently happening. Watch the fear and accept it, embrace it, but with detachment. And if we instead choose to get involved with our fear, we lose awareness, we get sucked in and we believe in our fear.

And the more we believe it, and give it attention, the bigger it grows, and this blocks the chakra. Whenever our chakras are blocked, day superimposed to blockage on all our new experiences. So, if in the past for example, we were criticized for our dreams, and we developed a blockage believing that we were unworthy of expressions because people will criticize us for them, our chakra then will superimpose that on all of our new dreams. Even as an adult. Even now as an adult. And then we start to wonder, why don't i ever seem to make my dreams come true? There's still this old negative energy stored in there and we need to bring it to the light so that we can release it. So, this is the process of what we're doing with EQUILIBRIUM. We need to bring what is hidden to the light so that we can release it. And when our chakras are clear, all our new expressions are pure and come out without any resistance at all.

Once a chakra is healed and unblocked, and we can do that all by ourselves, the ill effects start to reverse, sometimes instantly, and health returns, and external situations move to a state of an empowered functioning rather than by becoming healed themselves, the Universal Law of Cause and Effect, or dropping off to allow higher situations to move in, which is the Universal Law of Attraction, which states that similar vibrations harmonize and attract each other without fail. As we can now really begin to see clearly, the mind and energy has everything to do with our life and health.

WHAT STARTS DISEASE?

A question we may have now is, then how come we see medical evidence that particular germs, food, genetics, and chemicals cause certain diseases? That's a fair question, and yes, certain things do appear to cause disease. In fact, they do lead to the disease, but they don't start it. Hence, they are not the true root cause. They are just a path to it. For example, to become obese and have unhealthy cholesterol means that we must have certain unhealthy eating habits, and perhaps smoke and drink alcohol. We all know that. But really what is it that propels a person towards these food and substances, and these addictions? What propels the society to invent and market such substances? I mean, it is not coincidental or accidental that some people are just born with insane tendency to rush towards things they know will harm them. No way. If we look carefully, our energy and thought processes are the root cause, the one that resonate and magnetically are

attracted to such behaviors and outcomes. Another simple explanation is that of a common cold for example. We always carry the virus within us every day of the year, but we only succumb to it when our immunity drops, and it drops because of very specific energy pattern reasons. It is not random. Every genetic disease and dis-ease are easily explained, in the light of the fact that soul incarnates with a specific energy pattern and lessons to be explored as part of the purposes here.

HARRISON'S TEACHING on THE ROOT CHAKRA

Let's take a look at the first energy center, the root chakra, which is all about family and social belonging, it is powered by those concepts. Those concepts remain healthy or develop disease based on the wholeness of the chakra, which is family and social belonging.

Root Chakra Teaching

If we can't provide and support ourselves it is because our first chakra is damaged and blocked. The understanding of safety is powered by our root chakra. Our relationships to the material world and the grounding of that, in the physical world, is powered by the first chakra. Family and social safety and security are part of the first chakra. Our acceptance by our peers, our family, or the immediate or global community has completely a lot to do with our first chakra.

The ability for us standup for ourselves as an individual or as part of a community has a lot to do with our family and social belonging experience, which is of the first chakra. Our social bonds. Our equality. Our belonging in our order has everything to do with that first energy center, the first chakra at the root of who we are and what causes and effects the dysfunction in that chakra or any violation of the principle, of the fact, that we are all ONE. This is one of the ways we heal diseases where we come back to giving the love to the ONE-ness of who we all are.

Root Chakra Teaching

What causes a blockage is rejection by our peers, our family, or the immediate or global community. When we are criticized. When we are put down. When we are unloved, or perceive ourselves as unloved, we block the root chakra and we come into an inability to provide and support ourselves.

Root Chakra Teaching

One of the things that block that experience also is a feeling that we are alone in this world, and we cannot find help and support. The feeling that we're helpless and abandoned, which is so much of what goes on these days especially in kids who have only one parent and things like that. A feeling of helplessness and abandonment. I've had many students who are dealing with this situation.

Root Chakra Teaching

Prejudice blocks this chakra. Filling and secure and threatened blocks this chakra. Understanding or perceiving things as inequality blocks this chakra.

Root Chakra Teaching

Prejudice blocks this chakra. Filling and secure and threatened blocks this chakra. Understanding or perceiving things as inequality blocks this chakra.

Root Chakra Teaching

Another thing that blocks the root chakra is the inability to manifest our dreams and our desires, our ideas. When we have that inability, it's because we've blocked that chakra. So, any type of lack, or dishonor or family society as a whole, that chakra. Feeling that we don't belong is what blocks that chakra. And that is very painful for everybody. So being the energy center that is connected with family and social belonging, this chakra is involved with emotional grounding and stability, a sense of belonging.

Root Chakra Teaching

The root chakra really thrives on the universal laws that we are all ONE. And anytime we accept the belief contrary to the truth, or think, speak, and act contrary to the truth, we block its proper functioning. Anytime we embrace this truth and belief, thought, words and actions, we boost its power to ever higher levels. This is the first center to develop in our lives.

Root Chakra Teaching

Our first seven years of life have this center as the major cycle chakra. And the first year of our life has it as the theme chakra. Therefore, we find that our view of the world is generally formed by what we choose to accept as true from the relationships we have with our family, society, and environment and our first seven years of life on earth.

Root Chakra Teaching

More often than not, people are taught, both through experience and teaching, that the world is not safe, and it requires struggle to survive. And those who buy into that view of the world always experience this as the truth. And this is obviously totally contrary to the universal truth that we are all ONE. We must, therefore, really connect this base belief and heal this chakra and our experiences will change accordingly. Remember also that this chakra is the center that empowers us to stand up for ourselves. We cannot escape the ill effects of the first seven years of our life by just saying, "It wasn't my fault. My parents and society made me fall into this false, limiting belief." That was the only thing your parents and society knew at the time, with all of their own fears that they harbored. Feeling victimized is only going to make it worse for you, for your kids, and for where you came from, and we want to heal that in the right way.

Basically, the way to do that is to accept responsibility, two face the dark side and embrace it. Why? Because we have an inner child that we disowned a long time ago. And this inner child must now be put in its rightful position of splendor. This this inner child is what was victimized in the first seven years. In my case, my healing came through the healing of my inner child. The ability to allow myself to play, to be playful in all situations. So, for example, we come into this world full of innocence, faith, inner power, and love. And slowly we're told we're not good enough, from there, that we're doing this or that all wrong, or we're in danger, and so on, until we buy into these false truths.

We begin seeing ourselves and all this is a cause of the harm that we experience and the cause of the rejection we were experiencing. Then from there, our ego developed an inner critic that took the job of criticizing us so that we never again experience those first rejections. So hence, we ended up disowning and hiding that inner child. And to this day, we criticize and disowned our original inner child, which is really the key to our peace and our power. Let me go into this for a second. Our inner child needs to come to the forefront and know that it was perfect all along. Nothing was wrong with it. Yes, will always still be there and it still perfect, created in the image and likeness of the First Force, The Creator. But it's forgotten all that, and it has been rejected by our ego. You know identify your ego with your inner critic and hide away your inner child. So, we're split. And this has made us weak. It makes us weak. There's no way of getting back to our inner child, our original, perfect self, unless we forgive ourselves, and all those who we think harmed us, and embrace all our sides, dark and light.

Root Chakra Teaching

If we don't forgive, we merely enhance the idea and our mind that the transgression that we experience who's real and justified. And so, it continues to harm us. And that scary beast that we hold in our mind and our past only looks big because we believe it is. Face it, and we see it as thin as a veil, as smoke and light and mirrors, and as harmless as a rubber duck. And as we may have heard from many famous and heroic people in the past, the dark side always holds a very powerful gift once you face and embrace it. In a strange way, this chakra is about belonging, but it is also about standing up for ourselves. And this raises some confusion among some people. Do they remain loyal to their social group, or family, at the expense of their own personal will, individuation, and truth? Should loyalty be expected? The answer is simple. Love does not bind. It basically frees. Fear is the only thing that binds us to social experiences, so they are the exact opposites. As cruel as it may sound, we are all ONE. But each answers to our inner selves and only our inner selves.

Guilt is a thing made up by the ego to trap us and limit us. Nothing harms a person more than feeling guilty or imposing built on another. Guilt robs us of our God given perfect worth and power. Its only purpose is that it calls for punishment.

Punishment is never ever a good teacher on how we teach and how we evolve. How can we teach violence is bad when we use violence to correct the violence? Consequence teaches, love heals, and punishment and guilt imprison our mind. Besides, we are one, really. So, guilt can only happen as a reality if we have separate wills. But in a system of ONE, there is no separate will. So, when we fully understand the law of cause and effect, we see that it's impossible for something to happen to someone unless that victim has accepted the energy pattern of the crime and his or her mind, and now needs to experience, or lead to its experience and eventual healing. And this mental error could have been but in this life or previous one. It doesn't make any difference. And this is where the big picture comes in and inter dimensionality comes in.

Root Chakra Teaching

Guilt and forces the idea of victimization and that never leads to true healing. My mother used to, as I'm sure a lot of mothers do, impose and try to control me through guilt. It may dodge the issue temporarily, but it will never permanently wipe it out. And as long as we feel guilty, we can never feel deserving, and hence we will never get ahead. The only way out is embracing it, facing it, finding the lessons in both the positive and negative side of the issue, embracing both sides and forgiving ourselves and all the parties involved. And this is a huge lesson. Huge lesson. So, we can talk about different ways of healing. Honoponopono is a good one. -"Thank you. I love you. Forgive me, I'm sorry." Saying those words over and over again heals a lot of wonderful things, heals a lot of our pain and difficulties. Also now, ultimately, we need to separate ourselves from the group thought that is held by our society if we want to grow faster.

Root Chakra Teaching

As we can now see, everyone has their own belief patterns that determine how their life turns out. And each group has its own group consciousness. And when we are plugged into a particular group thought, we experience its effects and limitations. To go further, we have to unplug ourselves from it and have our own. Sometimes, I think John Demartini put it like, " anything that you don't personally empower gets overpowered by the collective." and sometimes this may scare us, especially when it means that we have to physically separate from our group in order to disconnect. And that chakra is what grounds us to Earth and gives us a sense of belonging. This is the upside. The downside is that we grow, and especially when we start developing are 6th and 7th chakras, we may need to unplug our loyalty to our group.

Root Chakra Teaching

I am not saying that we should reject our group, but we may need to lovingly release it. We definitely have to let it go whenever its beliefs contradict our own

inner truth and call upon us to be loyal to that, to what we are hold as falls at the expense of what we hold us true. And at this point, if you don't release it, we're bound to face some health issues our life situation problems related to this chakra.

I think i'm going to stop here for today. I'll take questions and stuff, but this is really relevant to every single person on this call. I want you to understand that your inner child is the key to your healing. It is the single most key to your healing and that's in your root chakra, which is at the base of a spine. And when i had my experience of white light, the very first thing that happened was that i noticed, i was so aware when i had healed of the way that my thought process worked. That it originated at the base of my spine, traveled up the spinal cord and wrapped around by the nervous system and came into the back of my amygdala travel through my frontal cortex and then frontal lobe and then exploded like a soap bubble, as a thought in front of my forehead that gave me a vision of something or a feeling of something. And this is what happens from the root chakra. And if you block the ability for your thoughts to move up from the root into your frontal lobe and proceed as a thought, we lose the connection to the All Being.

Root Chakra Teaching

All of our childlike experiences are the experiences of acceptance. Regardless of what is going on, if you are a child, you love everything right? Give me a puddle. Boom, aleph to jump and the puddle. Give me some dirt. I love to roll into the dirt. Give me something here. I love to do that. I have no feeling of danger, i'll stop into the street, et cetera, et cetera.

As we become older, we place these limitations on what we can do and what we cannot do. I'm not saying that the child situation is right, but that feeling of awe and aliveness and wonder at everything that is, is the key to our total and complete healing.

Before going onto the sacral chakra, please do the writing prompts.

ROOT CHAKRA WRITING PROMPTS

How well would you rate yourself when it comes to standing up for yourself?

Continued on page _____

How well would you rate yourself when it comes to standing up for a friend or an issue in your community or at work? Give an example.

Continued on page _____

ROOT CHAKRA WRITING PROMPTS

Do (did) you feel love from your family?

Continued on page _____

How often do you feel criticized by people? Whose criticism impacts you most?

Continued on page _____

ROOT CHAKRA WRITING PROMPTS

Do you experience inequality in any way? Explain

Continued on page _____

Do you have friends or family that are dealing with inequality? Explain

Continued on page _____

HARRISON'S TEACHING on THE SACRAL CHAKRA

The sacral chakra, the second chakra is the next step after the primal nature of the very first chakra, the root chakra. It is the next stage in our development that calls for us to define our individual power within the context of the world that we live in and the world around us. Healthy development in this center enables us to find our own built-in unlimited power. And it enables us really to build our own security and abundance and feel safe and confident. It also leaves us feeling comfortable and accepting of our sex and sexuality and capable of having healthy and balanced relationships.

Sacral chakra blockages may manifest themselves as financial problems and controlling relationships. It also may manifest itself as health problems with our sexual organs or lower spine, pelvis, and other areas powered by the second energy center.

Sacral Chakra Teaching

We can only fix ourselves. We can't fix anything else, and as long as we do not accept our own power and feel powerless, we will be unable to empower our own healing.

Sacral Chakra Teaching

All of us have infinite worth and insight. It is found within us in vast quantities, and the more we recognize that infinite worth, the greater becomes our capacity to perform at anything that we want in any way we want. We are all infinitely worthy of all that we desire.

Sacral Chakra Teaching

It's no wonder that people with negative attitudes, judgments, criticism, and fears often have self-worth issues. Self-worth issues surface as power struggles, money struggles, individuality problems, control issues, and sexual issues.

Sacral Chakra Teaching

Another way in which the sacral chakra is blocked is when people sell themselves in various ways, and that includes things such as doing a task that they don't really want to do, but they do it for the money, the recognition, for the sole reason of getting paid in some way or having some form of security and ignore the desires of their heart and soul.

Sacral Chakra Teaching

Whenever we accept the belief that our self-worth is dependent on external factors, such as what people think about us, how much money we have, or anything like that, we literally give away our own power to external forces. We bleed power and hence we are left powerless. There's nothing wrong with money, but when we put our worth in it, our self-worth tends to fluctuate with our bank account. This is really no good for Spirit, which knows our self-worth to always be infinite. Spirit eventually tries to get it back by placing us in a situation where we are forced to face our false beliefs and see the errors of our thinking. One way it could do that is by attracting a situation where money can't save us, and we have to find, within ourselves, the power we thought we never had. Once we find it, usually after some grief, we realize a whole new higher level of living and being. Of course, we can learn all this consciously without having to learn it through the crisis.

Sacral Chakra Teaching

We literally bleed energy when our mind is worrying about our financial future. And if we've given away our power and our self-worth to how much money we have, one day when our money takes a dip, we may find ourselves in a disempowered situation that can be coupled with both illness, with lots of illnesses.

A person can't possibly get wealthy if he or she believes that money is evil and bad or fearful to him or her and yet wants and needs it.

Sacral Chakra Teaching

When we tell that money is an almighty force that we must struggle for, it becomes so. When we know ourselves to be the creator of wealth, it becomes so as well.

Sacral Chakra Teaching

If our sense of self-worth is healthy, contained within our infinite inner self, we'll always be wholesome, regardless of our financial affairs. And this will go a long way towards bringing us wealth, and if need be, getting us out of our financial dips in a calm and rapid manner.

Sacral Chakra Teaching

Control is another aspect of the sacral chakra. Control issues are simply a power struggle, and we need not struggle with power. There's no need for the battle in the first place. Power is irrevocably placed within all of us, placed there for eternity in vast quantities by our creator. We actually lose power the more we try to control external factors. All of life is given freedom. So, what happens when we place our sense of power on something outside of us, we really get into control battles and because everything changes externally, we are really bound to lose that battle one day.

Sacral Chakra Teaching

We need to learn detachment from what is happening in the moment of now. How futile is it to try to change what is? Letting go is one of the most paradoxical, powerful capabilities we have. It's our attack and defense thoughts that increase our vulnerability and make us literally lose ourselves. Nothing can be without life feeding it. The less we try to control people and things, the more power we actually find ourselves having. And funny enough, when we're fully centered on our internal power, the external follows automatically. So, the moment of now really is full, divine, and the divinity of life.

Sacral Chakra Teaching

When we give up the need to control, we start creating. The universe always gives us what we seek, answers us what we ask, but it causes infinite intelligence to deliver at the perfect time and through the perfect means. Which are both often unpredictable to us unless we really attain a very high state of full awareness.

Sacral Chakra Teaching

Often the thing that we hate most about another person is the hidden self that we have disowned about ourselves from our past. For example, let's say somebody hates people who he judges as weak. If he were to look at his own past or childhood, he'd find one situation whereby he was criticized for his compassion and kindness by somebody he wanted approval from. And let's assume that this was a father who wanted him to be strong. His father wanted to make him strong by criticizing his compassion and kindness, calling it weakness. Over time he hated himself for this weakness and built a strong outer shell to avoid further criticism and get approval from his father. He buried the original, **inner child** deep with him and the inner, disowned self is a complete personality that wishes to be accepted again and brought to the surface. So, it just keeps coming and bringing along people who will trigger a remake of that past situation so that he can embrace and accept this quality in others and therefore in himself. Or he keeps

finding himself increasingly surrounded by weak people, and even his own son may have the very qualities he detests. He, thereby, repeats his father's teachings on his own son, even when he doesn't really want to. And eventually if he doesn't listen to his inner child and embrace all aspects of himself, he one day finds himself in a situation where he is almost forced to admit that he has the very qualities that he hates. Once he does, he finds that these qualities are very welcome and useful in certain situations. He was going through life half-baked because of disowning his compassion and kind self.

Sacral Chakra Teaching

Once a person says, "Okay, I'm a victim, I have been victimized," they give away their power to the event and the sacral chakra is blocked. And the only way to reclaim their power back is through both embracing what they want to disown and forgiveness. Forgiveness is a real way to help dissolve negative issues.

In our example of a son feeling criticized by his father for his compassion and kindness, by forgiving his father, he finds a gift in the actions of his father. The gift is in that his father's actions made him develop a strong drive to go after what he desired with courage and persistence. Finally, his dark and light side meet, and together they find a greater than the sum of its parts experience

Sacral Chakra Teaching

When the dark and light meet you have a synergy that is greater than the sum of its parts.

Sacral Chakra Teaching

The sacral chakra is also about creativity. It is the chakra that does the actual giving birth of ideas. When we stop short of manifesting our creative ideas, it is due to some form of fear. The only healthy way to choose not to express our creativity is through a voluntary that is untainted with fear of any sort.

A healthy second chakra means that we are a powerful and creative being. And the amazing intelligence about life is that a creative idea, a desire has been built within it really an intelligence that will bring about that manifestation. We need not worry about how it'll come to fruition, simply take the first available opportunity and the next one shows up.

Sacral Chakra Teaching

A desire attracts all the events and people necessary for it to come into being. Just as a seed when it hits the ground, tracks everything it needs to become nurtured and turn into something, a plant, whatever that happens to be. And the only thing

that slows its blockages is not having a clean slate, so to speak of, and letting past false ideas of littleness get in the way.

Sacral Chakra Teaching

The second chakra is also the chakra that deals with relationships. The state of our relationships always reflects our inner state. Relationships really are a mirror. We attract people who show us what our obvious and hidden qualities are. When we start to see that, we can rapidly advance our growth simply by asking, “Why is this person in my life? What reflection of myself am I seeing in others?”

Sacral Chakra Teaching

Love never binds, only fear does. A healthy relationship is founded on honor and equality and no partner leans into the other or binds them. Freedom lies in love's realm. A healthy relationship recognizes that each person has a path and that does not try to interfere with another's path, especially because we don't really know what that path is.

Sacral Chakra Teaching

Love requires that we sacrifice nothing that we don't want to without reservation. And a true relationship is wholly accepting without judgment, and at that point a relationship serves its true purpose to enable mutual growth.

Sacral Chakra Teaching

The second chakra energy center can be blocked by a variety of past events that were unresolved. A common cause of blockage is any event that convinces a person that he or she isn't able to have or use their own independent power and choices. Anything we don't empower within ourselves gets overpowered by the collective. Therefore, events such as physical or psychological rape, criticism of capabilities and ambitions, such as a parent who always tells their child that they'll never make it in life or that their career choices are wrong and denies creative avenues all block the chakra, but they only block it if the recipient of such actions accepts these actions within and agrees to become a victim mentally. No matter what happens externally, a person always has the unalienable right to choose how he handles the situation mentally in their own mind.

Sacral Chakra Teaching

The sacral chakra is also the sex center and sex is something that the divine left us here on earth to get in touch with our spirit. Yay!

Sacral Chakra Teaching

Sex is also the highest possible physical expression of love, and the health benefits of sex are vastly documented from age reversal to stress release, to complex good hormone releases. Such a powerful thing can't be disowned without some heavy powerful consequences. Any shame, guilt, resentment, fear, conflict, and negativity towards sex basically shows up as various aspects of impotence.

Sacral Chakra Teaching

Studies show that in cultures where there are no stigmas and shame attached to sexuality, those cultures have almost no cases of sexual crimes or sexual dysfunctions and sexual diseases. So, let's watch our labels and judgments because they tend to affect us exactly as we call them. Therefore, we need to bring to the light and erase all negativity, judgment, and inner conflict that we have towards sex in our sexuality. And do so as soon as possible because the inner conflict over sex in our societies where it's seen simultaneously as good and bad is correspondingly breaking people's lives up.

Sacral Chakra Teaching

So now let's revisit what was discussed for a second here. Personal power is already within our infinite qualities, and the fear of looking within to know ourselves is a major blockage to power. The lack of self-love and love for others is yet another blockage. So, the more true love we have, the more power we uncover. And we're talking here of true love, which is unconditional and accepting of all life without question. This is also called divine love. And the reason why this limitation is put into place is that without true love, which is unconditional and wholly accepting, we will destroy ourselves and others in an instant.

The same goes for knowledge and wisdom here. This means knowing our true selves as part of the creator. This is the kind of wisdom that is denied to no one, for it's within every single person. So, we can effectively say that power, love, and knowledge form a triangle, and increasing any one of the triangle sides will increase the others to a certain extent. So, in summary, as long as we honor ourselves, humanity, our relations in all life, we will be moving toward increasing the sacral chakra's energies.

All right, so let's go to the third chakra, the solar plexus chakra. This is important because it's about personality, individuality, decision making, self-responsibility, and self-esteem. Yet, before we do, please do the writing prompts that follow on the topics of the second chakra.

SACRAL CHAKRA WRITING PROMPTS

Does your current relationship status give you pleasure?

Continued on page _____

What would you want to change, if anything, in your relationship to feel more joy, love or pleasure from being in one?

Continued on page _____

SACRAL CHAKRA WRITING PROMPTS

What are your attitudes about sex?

Continued on page _____

What message does your body get when you have these beliefs?

Continued on page _____

SACRAL CHAKRA WRITING PROMPTS

When you have an idea for a project, do you feel the creative juices flowing on how you will execute it (the project does not have to be a creative one)?

Continued on page _____

What inspires you and speaks to the core of your heart and soul?

Continued on page _____

SACRAL CHAKRA WRITING PROMPTS

What can you do daily to open up more opportunities to play?

Continued on page _____

What are some of your favorite creative activities?

Continued on page _____

SACRAL CHAKRA WRITING PROMPTS

What does it mean to you to be wealthy?

Continued on page _____

In what ways is your life prosperous?

Continued on page _____

SACRAL CHAKRA WRITING PROMPTS

Are you a forgiving person? Why do you think this is your answer?

Continued on page _____

What do you feel passionate about in your life?

Continued on page _____

HARRISON'S TEACHING on THE SOLAR PLEXUS CHAKRA

So now we're in the third chakra. The things that are most empowered by the third chakra, also known as the solar plexus chakra, are personal survival and trust. Self-confidence, self-esteem, personality and individuality, self-image stuff, self-respect, respect in general, gut instinct, decision making ability and self-responsibility and are what this chakra has a lot to do with.

Solar Plexus Chakra Teaching

If we have trouble trusting your instincts, knowing how to create our reality using the laws of cause and effect, this chakra powers that. Our lack of experience with the laws of cause and effect are that we can't see the consequences of our actions. We lack honor for ourselves. We lack experience and self-confidence. We are in fear of intimidation or intimidation of others, and of failure. We avoid making decisions and do not trust our gut instincts. We expect or experience rejection and reject others, and we have low self-esteem.

Solar Plexus Chakra Teaching

The solar plexus energy center deals with the development of personality and of individuality and decision making, and self-responsibility and self-esteem. A lot of that has to do with self-image. I teach self-image very, very deeply. And healthy development in this center enables us to trust our decisions and feel safe making them. It also enables us to lead a life that feels fulfilling to us. And the more developed the center is in us, the less blocked it is, the higher our self-esteem will be. A person with self-esteem shortages tends to attract relationships and conditions that mirror this back to them.

Solar Plexus Chakra Teaching

This center is also the source of instinct, intuition, or gut feeling. And instinct is a natural feeling that comes from within, from our souls, regarding what is happening in our lives at the moment. It's a communication that's always right and timely, and it's always there, but few hear it because of all the mental and emotional interference they carry around with them.

Solar Plexus Chakra Teaching

Low self-esteem and poor decision-making development are especially blocking to our instinctive feelings. A person with low self-esteem and decision-making capability is unable to trust and follow their instincts because they've given away their power to external entities, always wondering whether they will fail in the eyes of others.

Solar Plexus Chakra Teaching

The instinct from the soul will always guide us toward the right path. It cannot be wrong because it's from a source that defies space and time, and it's part of us that is closest to source, the creator.

Solar Plexus Chakra Teaching

Instinct is sort of like the seventh sense. Instinct always guides us to make the next greater step, and sometimes this step may be the unknown, and therefore only those without fear of external factors can follow it consistently.

Solar Plexus Chakra Teaching

The solar plexus chakra, this higher self-calls for a move away from group thought. It is a step towards individuating without breaking away from group thought. Our self-esteem can't mature fully because self-esteem literally means moving our power base from external factors and authority to internal guidance and security. External factors always change. So, the only true security that can last is really a lifetime to be found deep within us. And without internal power, we would never be able to affect our life situations to our satisfaction and comfort in the long term.

Solar Plexus Chakra Teaching

Moving away from group thought is not a selfish, arrogant thing to do, as long as we don't do it by attacking that group thought. Just as much as we have a right to have our own system, so does everybody else.

Solar Plexus Chakra Teaching

People do not have to agree with us. And in fact, fighting to prove we are right to others is really a power eroding battle to ourselves and others. It's absolutely pointless and damaging to the way we are involved. All we're asking to do here is to put our foot down to the universe and claim our own say on things. No more, no less, just claim what's inside of us to be able to be expressed.

Solar Plexus Chakra Teaching

Remember, the world will always reflect our internal composition back to us. It's the law of cause and effect. So if as a child and throughout life we avoid, or we were avoided, or we're not given the chances to make decisions and experience our own power, we would not have had the chance to see that we really do have power and to experience our choices that have outcomes, and their outcomes, y. We wouldn't have had the chance to experience the laws of cause and effect.

Hence, we would find it hard to believe that we have power, and our choices always give corresponding outcomes.

Solar Plexus Chakra Teaching

The world may look like a random place to us, a place where luck and misfortune plays a role. But if we reexamine our childhood and use it and learn to heal ourselves and how cause and effect works, we reclaim our advancement in our advance directions and momentum. Unfortunately, most of our society today strips us of the necessary experience of decision making when the solar plexus chakra is most active in growth, as a theme year is for children and kids between the third and 10th years.

And much more important is the major cycle chakra, which is from their 14th birthday, their 15th year, to their 22nd birthday, the end of the 21st year. And this leaves us quite dependent and capable of making decisions that we can believe in and experience the effects of. These are the teen years during which we naturally feel the urgency to learn this skill. It doesn't help that the parent criticizes us, criticizes our decision, and tells us we are incapable of making decisions because we're too young to know. Parents and society in general have tended to criticize the teenage years and put as much control over them as possible, which is very counterproductive in many ways.

So yeah, sure, teens need guidance, but exerting no choice control and telling a teen that they are incapable of making good decisions so decisions must be made for them, as our societies now proved by result, is not the way forward. Teens must have a chance at making their own decisions, with guidance but not interference. Even if they may be mistaken, they will not learn the nature of cause-and-effect choices, the power of choices, or even the existence of choice making ability. The law of cause and effect, of reaping and sowing, is what runs this entire universe.

And even quantum physics and other branches of science attest to this. And the years to naturally learn this law by firsthand experience without interference is from the 15th to the 21st year of life. And failure to do this basically vastly disempowers a person because they don't believe that their decisions have any effect, and they don't believe they're capable of creating their own lives. And this ends up victimizing them for years to come, until we learn the hard way cause-and-effect is the way of the world.

Solar Plexus Chakra Teaching

Another common blockage that develops in this sense occurs when we frequently make decisions based on fears. When a person's fears dictate their choices, they

completely strip a person of vast amount of personal power and self-determination ability.

Solar Plexus Chakra Teaching

With responsibility comes responsibility. Self- responsibility is simply the realization that we are the cause of our world. With self-esteem and decision-making abilities intact, a person starts to see the ever-present link between their choices and their world. And they see that they really do have the power to shape their lives. And the more we see this, the more we're happily able to see our responsibility over our own selves, and the more we're able to fashion our financial health and relationship affairs as we wish them to be. When this happens, we stop attracting situations that mirror our low self-esteem and power and start attracting those that mirror our internal wholeness and security.

That's it for the solar plexus chakra. Please make sure to first do the writing prompts before moving on to the next chakra which is on the heart chakra.

SOLAR PLEXUS CHAKRA WRITING PROMPTS

Do you trust your gut instincts? Do you rely on your gut instincts?

Continued on page _____

Did you ever not listen to your instincts and later comment, “I had a feeling about this. Why didn’t I listen to it?”

Continued on page _____

SOLAR PLEXUS CHAKRA WRITING PROMPTS

When growing up, what decisions were you able (allowed) to make?

Continued on page _____

When you were a child what decisions did you have no say in that you wish you had?

Continued on page _____

SOLAR PLEXUS CHAKRA WRITING PROMPTS

Do you ever feel you lack confidence? If yes, in what ways or circumstances?

Continued on page _____

In what circumstances do you shine (beam) with confidence?

Continued on page _____

SOLAR PLEXUS CHAKRA WRITING PROMPTS

How do you express yourself or identify your that is unique to you?

Continued on page _____

The last time you were critical or judgmental about someone (does not have to be someone you personally know), what was the circumstance or issue?

Continued on page _____

HARRISON'S TEACHING on THE HEART CHAKRA

The heart chakra is the fourth chakra and is known as the bridge between heaven and earth.

Heart Chakra Teaching

We are now going to step into discovering more about heart chakra. The fourth energy center is really an extremely important one. It is the actual powerhouse of our human beingness. Not only is it the center, the driving emotion of really all human beings, but it is also the one that connects us, (the earthly aspects of us) with the divine aspects of us.

The things that power it are the divine power of love. There is a difference between human love and divine love. The idea and the understanding of forgiveness, compassion is what powers the fourth chakra and full unconditional love.

Heart Chakra Teaching

When this chakra is in dysfunction, it associates love with pain and abuse. It associates love with fear. It associates love with having a broken heart or resentment, hatred, fear of affection, competition for attention and love always creating relationships that are abusive and lacking love. This chakra is dysfunctional when we are in neglect or fear or anger or cruelty, feeling unworthy of love.

When we are excessively possessive of things. When we fear not being loved, when we're insensitive to others, when we lack forgiveness of others, when we feel lonely, when we abuse ourselves or others in life in general, or if we're in grief or selfishness or bitterness, we fear abandonment. And that is also the lack of love.

Heart Chakra Teaching

The fourth energy center is really an extremely important one. Not only is it the center, the driving emotion of really all human beings. It is also the one that connects us, (the earthly aspects of us) with the divine aspects of us.

And the first three chakras again deal with earthly issues such as family, power and decision making. And the last three deal with divine factors such as will and truth and intellect and universal consciousness.

So, this fourth chakra center, the heart chakra, connects the top three with the bottom three and marrying heaven and earth.

Heart Chakra Teaching

The heart chakra is the actual powerhouse of our human beingness. And love is the true state of spirit. That is why nothing can survive without love for long.

Heart Chakra Teaching

Without love a person develops a lot of fear. Fear is really false evidence appearing real or whatever else acronyms you want to give it, basically. But we are always actually safe. Therefore, fear is a nonexistent thing except as we decide to accept it. We are always safe because love is the only true reality of the universe. And when we place a belief in fear, we experience the illusion of danger, and that can seem very real.

Heart Chakra Teaching

Faith can move mountains. It doesn't matter what we put our faith in. Faith always works. When we put our faith in fear, our belief will recreate that experience. But it is just an error in thought basically. And as such, it can be corrected simply by seeing past the fear, dropping that fear, and facing it straight on. So, when we face our fear, we realize that the big monster that we were so afraid of is actually like a little rubber duck. Fear is a very thin veil. It is a cloud of mist beyond which is our guaranteed safety.

Heart Chakra Teaching

We are always safe. The only thing that exists in the universe is the source of all that is, and nothing else. And we are part of that one Creator, which is Love, which is the conscious love of all things. And so is everything else. So, if we can see how we are naturally safe and that it is only our faith and our fears that attack us and create experience that is fearful, we now have the ability to just get past our fears.

Heart Chakra Teaching

Whatever we put our faith in, basically manifests. It always works. So put your faith into what you want. Put your faith into achieving money. Put your faith into getting past the lack of your debt or your rent or whatever the case may be, of your employment or your financial circumstances or your relationship difficulties. Put your faith into what really matters.

Heart Chakra Teaching

One of the powerful energies that comes from this chakra is that it involves forgiveness, and forgiveness is a part of love. Forgiveness is merely recognizing an error as being unreal.

Heart Chakra Teaching

There are only two existences. Those two existences are, Truth and Error. The truth is reality, and it never changes. It never changes its existence. The only reason an error can be corrected is because it is not real. Were it to be real, it would be eternal. Just like truth is eternal.

Heart Chakra Teaching

Forgiveness is merely looking past the error and seeing the truth about ourselves and all of life. And the truth is, that we and all of life are created perfectly in the image and likeness of creator.

Heart Chakra Teaching

It is forgetting who we are, really, that is when we get into painful events in the first place, and in continuing to forget this, we remain in pain and damage. So, all we have to do is recognize the error and we are free. That is all we have to do. This is a really big point everyone, that when you recognize the error of fear, you are free. It no longer affects you. And what you once believed, when you once believed yourself to be a victim, damaged beyond repair, you see that that was never the case. I know it sounds harsh and ridiculous, but if you spend time learning more about the true nature of your being and the laws of the universe, you see how beyond attack we truly and naturally are. Except when we say we aren't.

Heart Chakra Teaching

Forgiveness of ourselves and all others is what opens our eyes and experiences to a greater self. And when we forgive, we release ourselves from the wound that we were holding on to, that we placed ourselves into. Plus, we see deeper spiritual truths and lessons that were hidden within the painful event, empowering us to what was previously hidden and not visible to us, as long as we held onto the wound and refused to look for the inner good, the larger picture of it.

Heart Chakra Teaching

No matter how serious a transgression is, it always has a spiritual insight and a cause-and-effect reason behind it. Therefore, let us define 'love' one more time here. The love that our hearts represent, that the fourth chakra, also known as the heart chakra, represents is Divine Love. The love that is unconditional and wholly accepting.

There is a difference in Divine Love and human love. Human love is really often very conditional, and as such, it is not real. What I mean is it is a love based on avoidance of fear. We can have Divine Love, of course, because we are Divine

Love, by nature. But we can easily confuse human Love and Divine Love, in which is the case for most of humanity right now, in which we would not really be standing in love, but in a hidden fear.

Heart Chakra Teaching

The test for divine love is that it is unconditional and wholly accepting. It understands that all occurrence arises in perfect order and does not seek to change anything. It certainly does not seek to change anything that already is. Therefore, it only seeks to find the gifts, growth and insights creativity has really presented us with. There is growth, gifts and the insights contained within fear.

Heart Chakra Teaching

There is always growth and insights contained within an event, no matter what it is. The first place, to start with real love, is ourselves and love and accepting ourselves as we really are right now. And doing this, if we can do it right now, it certainly eliminates if you are suffering in any way, it eliminates all guilt, it eliminates your victimhood, it eliminates your shame, your insecurity and so many other things. And

Heart Chakra Teaching

Once we embrace all our light and dark sides and accept them as wholly as well as holy, we love ourselves wholly and we become empowered. We become empowered! That is an amazing thing. We recognize that we have the power to meet all life's challenges and be better than them, conquer them. And it is only from this point that we can really make lasting changes where we wish to make them.

Heart Chakra Teaching

We cannot change parts of ourselves that we resist because what we resist persists. Whenever you press against something, that's what gets the energy. Therefore, you have to embrace what you love most about yourself. And once we do that, we will find that it releases us. And here is a piece of advice regarding this chakra, **don't fear to know yourself.**

Heart Chakra Teaching

Many people fear to examine themselves. They fear meditation. They fear to find out who they are because they believe that they are less than what they truly are. But embracing this is the only way to finding our infinite power within.

Please do the writing prompts before moving on to the fifth chakra.

HEART CHAKRA WRITING PROMPT

How capable are you of forgiving someone? Does it matter what the situation or who you need to forgive? Explain and share a story if you can.

Continued on page _____

How would you rate your ability to be compassionate? Why did you give it this rating? How satisfied are you with your rate?

Continued on page _____

HEART CHAKRA WRITING PROMPT

Who have you been able to give full unconditional love? How easy would it be for you to increase the names on this list?

Continued on page _____

Why do you think people have a fear of affection, or have a need to be in competition for a person's attention? How would you advise them to move on or to release the need to win the competition?

Continued on page _____

HEART CHAKRA WRITING PROMPT

How healthy are your relationships? Consider family, personal, and those with people you work with or are in your neighborhood. Which ones make you feel happy, celebrated, marvelous? What boundaries have you put in place for the ones that do not leave you feeling loved or worthy of love, or of your time?

Continued on page _____

If a friend or family member lost all their possessions in a fire or storm and felt devastated and hopeless, what would you say to them or do for them and why?

Continued on page _____

HARRISON'S TEACHING on THE THROAT CHAKRA

So now we come to the fifth chakra, the throat chakra. That's the throat chakra, which is about willpower, self-expression, following our dreams and trusting life.

Throat Chakra Teaching

The issues that this chakra deals with are self-expression, faith, trusting life, willpower, following our dreams, and personal and divine will. The areas of dysfunction when it comes to the fifth chakra are about criticizing other people's choices, about being in, criticism in itself, not expressing ourselves fully, or not crying when we feel a need to, or denying or covering up our emotions and feelings. And when this chakra is in dysfunction, it's about judgment of self or others, lack of faith, difficulty, in believing that we have an ability to create on our own reality as we desire it to be.

Throat Chakra Teaching

It's about not letting go, about not trusting the loving nature of life. It's about guilt of self and holding others guilty. It's about inability to express ideas and choices that are truly our own. It's about blocking our natural desire to express our emotions, thoughts and feelings and fear of expressing ourselves at all.

Throat Chakra Teaching

It's dysfunctional and results in lies and gossip and deceitful expression and having others make choices for us or support us in some other way, having our choices criticized.

Throat Chakra Teaching

It's dysfunctional when it interferes with or criticizes our creative impulses, or it is in difficulty believing that we have power of choice or regretting having not expressed ourselves or addictions.

Throat Chakra Teaching

An important point to consider here is that of will and trusting in life, as it brings out a lot of confusion. So, we have free will. We have a right that cannot be taken away from us. This free will needs clarification though.

Throat Chakra Teaching

We've all heard of divine will, no doubt. But divine will is not some command handed down to us by some God. Not at all. I mean, in giving us free will, God meant that we do not have free will that cannot be punished for nor revoked.

We are not some robot that has to follow orders. But we are much bigger than we think we are. We're not a body, we're Spirit. And now, as Spirit, we choose this journey on Earth for a specific reason, a purpose to experience and fulfill certain missions.

And this purpose was arranged for and agreed upon way before birth. And all of the properties in the appropriate situations and locations that we experienced were arranged, most of them in fulfilling this mission. So, we had a choice in the whole matter.

Throat Chakra Teaching

In fact, our decision and agreement with life was something we chose pre-birth, and we can call this a sacred contract if you want, or a path. But now in coming here, we forget much of that. Just like we forget much of our dreams when we sleep at night. But our spirit doesn't forget and it's still in contact with us through our higher mind which prompts us with intuition, instinct, coincidences, synchronicities, and a lot of help if we just care to listen.

But does this all sound too crazy? I mean, think about it why do we buy a car? We buy it in order to drive it, of course, right? Why do we cook dinner? Obviously to eat it, right?

Why would spirit embody itself and come to Earth? To fulfill its reasons. And we are spirit.

Just because we forgot our choices doesn't mean we didn't make them, right? There's a good reason for forgetting, and the reason is the experience depends on it. The motivation depends on it and the limited consciousness of the current human level calls for it because it can't handle such an amount of content at one go.

So, it has to be drip fed on a moment-by-moment basis as required.

Throat Chakra Teaching

Our free will really is really that we have the choice to follow our self-chosen path or not. And this is what it boils down to. Do you know basically that prosperity is a word that is derived from the phrase "to be in flow." And although we have free will, we can choose to follow personal will which often ends up being our ego's will and leads us into all kinds of troubles, because ego doesn't really know or we can follow divine will which is really our own spirit's will and in coming here and not some sort of will imposed upon us by God, it's our will. And the throat chakra seeks to develop our willpower.

Throat Chakra Teaching

The first step in having our own willpower, our own authority and expression, instead of depending upon others' will and expression is that it's okay to ask for help and help others. We all need occasional help. At its ultimate development, the throat chakra enables us to choose or embrace our true will, and the one people refer to as divine will, if you will.

Throat Chakra Teaching

We are Spirit. It's the thought of Spirit that is higher, more powerful, and all-knowing and not that of ego which is our lower mind. In our past, we feared losing control, being denied our will by society or our parents or the government or religion, our boyfriend, or our girlfriend and so on. And in that same fear we probably have learned losing our will to God, is similar to abduction where we are commanded to become like a Mother Teresa or sacrifice our son against our will. So divine will is not another entity's will. It's our own Spirit's will, and it's very much in line with what makes us happy. And it is to put it in another way, that prompting to follow our heart's true desires.

So, if we love nature, we'll find that it's in line with that. If we love abundance, we'll find that it's in line with that. If we love construction, we'll find that it's in line with that as well. It's not all about going to some poor country to help refugees and preach. Divine will is not about us losing material comforts and wealth. That's the domain of ego.

Divine will is wholly empowering. And in fact, material comforts are a part of its provision so that we can focus on other things of life other than worrying about bills all the time.

Throat Chakra Teaching

Ask and you receive, seek and you shall find, right? And when I say these things, I want you to understand these are actual guarantees. They are not just rhetoric. Only our false beliefs block us from realizing them all the time. The trick with shifting to divine will is to surrender to it and trust that life will provide the next step needed at the right moment.

Ego fears and wants are all steps planned and laid out in advance, and it can't do that. The best ego can do is really scare us from making a change. Because change gets us into the unknown.

Throat Chakra Teaching

We cannot discover new lands unless we lose sight of the shore, right? I like that analogy. Life is always safe, but ego makes it out not to be. And to the extent that we trust our fears, they become a reality to us.

Throat Chakra Teaching

Divine will is from our spirit and our spirit will never hurt us. We hurt ourselves with our own errors in thought. And sure, some lessons that spirit may need to learn or put us through may appear painful, but they're only there to unblock blocks that we may have built up over time within ourselves. Whether it be this lifetime or another lifetime.

But without blocks and reluctance to learn consciously and trust, there would be no need to release us from our fears and illusions.

Throat Chakra Teaching

Surrender means surrender. I mean, it doesn't mean to stop caring or to pretend surrender for a short while so that we can be rewarded in a way that our ego says we should. It's purely surrender and acceptance without judgment or it ain't something that we should possibly need to know how.

Throat Chakra Teaching

Another way of following our Spirit's guidance along our chosen path is to be aware and to always ask within for spirit's guidance, about everything we want to know. Always ask, ask, ask.

The quality of our lives is dependent upon the quality of our questions. We have more help than we realize out there. And we have to ask first for spirit and or our helpers can't help us, and they can't usually interfere with our free will except in very critical junctions. So, we have to ask, and there's no formula for asking, just simply direct your question within, ask for answers and then watch and let go.

Throat Chakra Teaching

We have to first let go of the problem completely, for our involvement and attention to it actually interferes with it being solved. If we pay too much attention to something, the problem expands rather than the solution. And the answer and solution will be brought to us at the right time. Perhaps in a book we see a person we talk to or any other kind of way, and it may very well be something very different than what we expected it to be. But it will be the right answer at the right time. It always is.

Don't insist on a particular answer and a particular timing. We don't have vision over the whole picture and the possible outcomes of all possible solutions. In fact, we don't even know of all the possible solutions and that's why we're focused on only one, and, of course, we have to follow it immediately.

At the end of the journey, we're going to see how it was really a fantastic solution. So, remember the same spirit that created the universe and all of its galaxies and

planets and people and things, and this amazing plethora of everything is the exact same spirit that we're part of.

There's only One expressing itself seemingly in very many separate forms. Therefore, poor development in the throat chakra really allows fear to enter our will and self-expression, and this totally kills faith and erodes our power to follow our desires. And with this comes guilt and denial and deceit, blocked emotions and suppressed expression. I mean, poor development really also causes an overreliance in our ego's choices, and these are bound to have weaknesses because ego is, literally speaking, a collection of thought forms based on fearful reactions in the past.

Throat Chakra Teaching

Our true self, on the other hand, is spirit and its will is extremely powerful with literally nothing that can oppose it, because it's one with the all that is. So equally as disempowering in the throat chakra, is poor development that leads to us becoming judgmental and critical of ourselves and others. We become what we judge.

Throat Chakra Teaching

We become what we judge. For example, we can't judge something as disgusting and unworthy unless we hold that concept to be true in our mind. What we hold as true ends up appearing in our lives. This is how judgment comes back and bites us when we're not watching. Especially, when we're not watching. Therefore, "do unto others what you would like to have been done onto your," is a very practical piece of advice. It's not only what we do, but what we think and say as well.

Throat Chakra Teaching

The throat chakra is the chakra of faith which is needed in trusting that spirit will provide the next step on a step-by-step basis, as we follow our chosen path.

Throat Chakra Teaching

The throat chakra is also the one that empowers us to follow our dreams. I'm sure all of us have dreams that we want to follow, otherwise we wouldn't be seeking growth. Do you see how these small things are related?

The objective is not to settle for littleness or to settle for less than what we desire, because without desire and intent, nothing really happens. So, we don't be embarrassed by any of our desires. Embrace and accept them all and see where they lead. Each has a purpose and each leads us to uncover some new experience and enjoyment or a lesson, one or the other, one of those three. And these are the steppingstones in our journey, in whatever area we may lie in. Accept and honor all of our desires.

Throat Chakra Teaching

Remember that this universe is just a single system, one system. There's no conflict of will. From a spiritual perspective, our desire to have something is basically reciprocated by a desire in someone else, somewhere to produce that very thing. Therefore, from a spiritual perspective, from the big picture, free will is never violated and thought always leads to a corresponding effect.

This may not be so apparent from a physical viewpoint, especially because some things may have been chosen in previous lifetimes by our Higher Self, but it is the law that never breaks down. I mean, as such, guilt is a construction of our own, and it limits people more than anything else other than fear. It's a totally pointless emotion. And that's why we're asked to forgive ourselves and others all the time so that we don't experience this guilt. And guilt's only purpose is to invoke punishment on ourselves. And we don't want to do that because it doesn't help anything. So, the objective here in the throat chakra, I'm telling you, is just reach for the stars, don't settle for littleness. Desire, desire, desire.

Express yourself. Desire, intend, be detached from expectations of what should be in the current moment and trust always that the current moment is a perfect outcome of our choices, those that we're conscious of and those that we're not conscious of. The ones that are being made by our higher self, which is a very interesting thing. I love this chakra.

Okay, I'm going to move on to the next chakra, the third eye. Please do the writing prompts for the throat chakra before proceeding with the teachings.

HARRISON'S TEACHING on THE THIRD EYE CHAKRA

So now we come to the sixth chakra, which is the inner eye chakra.

The sixth energy center deals with truth and intellect and self-evaluation and intuition, spiritual insight and seeing the big picture.

I remember when I had my chakras photographed. There's a special camera that photographs your chakras, and my inner eye

My sixth chakra was so developed that it was so white and light that it blinded like all the other stuff in the entire column of stuff.

So, this is a place where I'm very strong. But let's talk about what it is.

Third Eye Chakra Teaching

The sixth chakra powers our ability to learn from experience and guidance. It powers our intellect, it keeps us open minded. It has to do with our self-examination, our truth, our divine reasoning or introspection, our intelligence and learning by looking at the reason behind things and experiences, by applying universal laws to the issue, seeing the big picture, and having spiritual insight.

It's about intuition, philosophical insight, and reason.

The causes and effects of dysfunction in the third eye chakra are untrue perception, like anything having to do with suffering is an untrue perception.

Third Eye Chakra Teaching

Most people fear self-examination and find it the hardest thing to do. Although it's the hardest work, it's the most satisfying work a human being can do. The function of the third eye is also about inability or unwillingness to look at the lesson and reason behind our experiences.

When we're in dysfunction we have a fear of intuition and natural built in psychic ability. We are unloving in the use of our intellectual power. We have an inability to see the big picture and not knowing who we really are. We blame others for our experiences. The third-eye chakra, when it's in dysfunction, creates false beliefs and we block our inner truths, and we believe in intellectual inferiority, superiority, or inadequacy instead of being at equilibrium. Basically, we close our mind up

Third Eye Chakra Teaching

There are two things to keep in mind when learning about the third eye chakra. One is that the mind is not contained only in the brain. It's all over our body and

beyond it. In truth of fact, it's actually infinite. Just like spirit. Our minds and our brain are two separate things. I want you to understand that.

The second thing to remember is that as reality there's only truth. Fear is tied to and is the same thing as illusion. Truth and reality and awareness are tied to love which are the big picture, and these are the root polarities of everything that exists.

The third eye chakra really involves itself with the discovery of truth about ourself and our world. And it seeks to go within to our inner self and see what it can find there. It seeks to listen to the unseen power of our being. It recognizes that we may be in this world, but we are not of this world.

As Jesus used to say, "I'm in this world, but not of this world." This is where the third eye chakra is most active. It seeks to place our experiences in the context of the bigger picture, the bigger picture of life, and not just look at them from the fear-based point of view, the ego.

Poor development in third eye chakra basically results in false beliefs about ourselves, fear of who we really are and the untrue and untrue perception, whatever that happens to be.

Once we start dealing with the third eye chakra, we enter a space that's incredibly harder to define using the symbols of language such as words. Inner wisdom is not linear and analytical. We can't cut it up and analyze it.

Third Eye Chakra Teaching

You can't be taught inner wisdom, you can only be pointed in the right direction. So, only you alone can take the journey within. You can receive help, but the steps and discovery are yours to make. In fact, you have tremendous amounts of help available to you. All you have to do is ask within for what you next wish to learn, and it is guaranteed you're going to bump into just the right person or resource that gives you what you need to know.

Third Eye Chakra Teaching

The journey into our inner self is an infinite journey because we're infinite beings and we can never reach the end because there is no end. We can only grow stronger, wiser, and more powerful. And at each point we find a new, intriguing mystery to explore.

Third Eye Chakra Teaching

The universe retreats when we try to find things out from it. That's why we thought that the atom was the smallest indivisible part of anything that existed. And then we found all kinds of different things within the atom. So don't bother trying to find out everything. We have a whole eternity to do that. But remember that we're also in this world. Therefore, remember to remain grounded and

balanced. So, feet on the ground, head in the skies. We want to keep it light, take it easy and enjoy ourselves. It's called enlightenment. So, the way to access inner wisdom is to stay present in the moment of now.

Third Eye Chakra Teaching

Inner wisdom is always speaking to us at all times, and we simply don't hear it. The more we shut down our mental noise, which is always going on about yesterday and tomorrow, the more we can access inner wisdom.

Third Eye Chakra Teaching

When we let our mind analyze everything, we worry all day about what the past has been and what is next. The objective is to be present, to be aware, to wake up and definitely open your mind to receiving insights from places you normally are not used to, such as dreams and intuitions and other kinds of symbols.

Third Eye Chakra Teaching

Inner wisdom doesn't go with proof. If we are like one of these scientists who always want evidence before they move, you're not going to get too far with the third eye chakra.

Inner wisdom brings us the new, the next in the past and not the past. Basically, it brings us to wisdom of a dimension beyond this one, one which is really not measurable with our normal scientific tools, not perceivable and not perceivable by our physical senses.

Third Eye Chakra Teaching

It is in the third eye chakra where we move into much greater truth. As we change our sense of truth, our life changes.

Things created by our old truth will either transform or drop off, and brand-new ones will arise. So, this may be a confusing period, but don't worry. The only thing we have to do is just let go and keep our course, that is, hold our vision.

It's a very natural and normal thing to happen. It may also feel as if we've left an old way of living which we no longer wish to live by. But we haven't found a new way yet. We may feel as if we're in limbo for a while, but this is perfectly normal.

Third Eye Chakra Teaching

As it relates to the third chakra people progress from thinking they know which is being the old path; to not knowing, which is limbo; and into knowing that we know which is the new path. It is very profound.

Third Eye Chakra Teaching

As we begin stepping into the unknown, profundity after profundity reaches us in terms of insight, intuition, and information, that we seemed to stumble right on.

And that's that on the sixth chakra, the inner eye. Please do the writing prompts before going to our last chakras, the crown chakra.

HARRISON'S TEACHING on THE THIRD EYE CHAKRA

Now we come to the seventh chakra. This is the crown chakra, which is the vehicle that is about getting in touch with your spirit and connecting consciously with your true self.

This is the chakra of transcendence and enlightenment and it's also about finding our life purpose and the reason why our spirit came to Earth embodied as us

Crown Chakra Teaching

The issues that are powered by the crown chakra are knowing who we really are, spirituality, being in the now, letting go, experiencing enlightenment, surrendering to an acceptance of the higher self's will, stepping into universal being, awareness of every point of the life force, self-knowledge, finding meaning in life, present moment living and universal consciousness.

The crown chakra also deals with the position of the detached observer which is the witness by which enlightenment lives. We need to observe our emotions and let them play out fully, but not get entangled with them. This is so important.

Crown Chakra Teaching

This crown chakra is responsible for inspiration and transcendence, and oneness. When this chakra is in dysfunction, basically you have very low life force without very much vitality.

Crown Chakra Teaching

People who are feeling sluggish, lack of faith in oneself. This is a big one because about 80% of the earth, human beings on the earth have little faith in themselves.

Inability to see themselves and their lives in the perspective of the universal picture and divine plan. So, when we're in dysfunction, we don't know who we really are. We are in a spiritual crisis, we feel empty, our minds are not quiet, we're full of clutter and noise and we have fear of our inner development, of our self-knowledge and our inner development, and we lack any kind of authenticity or self-knowledge.

We have an inability to trust the natural, loving, and supportive process of life that exists out there for us. We feel as if life has no purpose and meaning. I've been through all these many times. We are preoccupied with the past and or the future and we have a fear of spiritual abandonment, fear of loss of our identity and physical connection.

Crown Chakra Teaching

Now is an eternal moment and everything in our life happens now. We do things in the now, we speak in the now we think and now we plan for tomorrow in the now, and

when tomorrow gets here, it will get here in the now. We can't do anything tomorrow. We have to wait until tomorrow comes to the moment of now, so to speak.

Crown Chakra Teaching

Yesterday is gone, and yesterday and tomorrow are not real, to begin with, they are phantom worlds that exist only in the mind. Worlds that are personal only to us. They're worlds that we make up.

Albert Einstein once said that no matter how persistent, time is an illusion. And all life happens right now. Right here. Now is God's kitchen, really, and where everything is alive and vibrant. And when we are preoccupied mentally with thoughts about the past or the future, we miss the now. We fall out of touch with spirit and life, and we lose tremendous amounts of power and inspiration. So, understand, spirit is eternal and does not live in the world of time.

Time is a mental construct we have basically created because our lives or our minds are always thinking of yesterday and tomorrow. Remember, we become what we think about. I can't stress that enough.

Crown Chakra Teaching

Spirit can only be accessed in the now. So for us to do that, we have to quiet the mind. Why? Because the mind that most of us use is the lower mind. That's the ego, and it's totally incapable of thinking in the now. It is always thinking of the next thing or the previous thing.

Crown Chakra Teaching

To connect with our higher mind and its capabilities we have to quiet down our ego-mind or our world-self, whatever you want to call it. We have to stop our constant rehashing of memories of the past and worries and plans of the future.

90% of our thoughts are repetitive, and they don't need to be so.

Crown Chakra Teaching

Most of us can do much better with far less thinking than we do now. And all the greatest inventions and inventors, philosophers, scientists, and artists, they all had their greatest inspiration when they went into quiet moments and allowed contact with spirit and higher mind.

Einstein used to do it. Thomas Edison used to do it. Mozart used to do it, Michelangelo, and many more, even Al Gore and Weird Al Yankovic.

One way to quiet our mind is through meditation. We can practice everyday awareness even as we go about our tasks. So simply by deciding to be aware of ourselves, our thoughts in the world around us, we decide to be an observer.

We can go a long way towards stepping out of the chaos of our mind and becoming a peaceful observer, or the witness, if you will. We finally see that we are not our mind. And we go beyond it. We are beyond it. We go beyond it, and it's our tool, and not our master. And then we start experiencing a higher aspect of ourselves that was always there but hidden behind the mental noise of the past and the future.

Crown Chakra Teaching

Our minds are extremely powerful, and we collectively create time. But even individually, we personally experience different time from others, which is easily explained by Einstein's theory of relativity. And the time it takes us to grow and go through life is wholly dependent on our mind. This is because the mind is the one creating time. It's the one thing that creates time. And we can literally collapse millions of years' worth of growth by simply accessing an instant of our inner self. So as this understanding matures, as the crown chakra matures, we get closer and closer to spirit.

Crown Chakra Teaching

The closer we get to spirit, the more we have to let go of our ego and its fears, because spirit needs a clean vessel free of fears for it to come down and be embodied in us. This is what enlightenment is. It is sometimes called the mystical marriage, but it happens when our spirit finally takes full control, when we allow it to take full control after letting go of our ego.

Crown Chakra Teaching

Sometimes when an ego is very entrenched and we're full of fears that we're not aware of, we may have to find ourselves in a crisis that forces us to see these fears and connect with them. Once we're ready to release, Spirit arranges for such an event, but only if it's necessary.

For example, let's assume that our self-esteem is highly wrapped around our physical possessions. Spirit cannot inhabit us as long as we have such a low sense of personal power and self-esteem, especially run by ego and its fears.

Spirit first has to put us in a situation whereby we are forced to fetch back our self-esteem from the material things and find it within ourselves. And this might involve a financial crisis that lasts until we have every option to correct it, but fail, and finally realized that there is nothing more our ego can do to get us out of the mess.

Approximately 30% to 40% of the people on this planet have to go through these types of crisis, often called the dark nights of the soul.

At that point, we look within, and we see that we're still intact. And then we develop our own inner self-esteem and stop relying on material possessions for our sense of self-esteem. It is then that spirit returns our material possessions, since we now know that we are perfect with or without them.

Crown Chakra Teaching

There's nothing wrong with material wealth, don't get me wrong. But when it forms a false God that we believe defines our existence, then that error and thought has to be corrected before our higher self can move in permanently.

Our higher energy, the crown chakra is the center of a very powerful being. Such an enlightened person is fully present and literally spirit on earth. We no longer know the idea that we are one part of the source or all that is, as an intellectual statement. We know it with every cell of our being and we are in full harmony with the entire cosmos.

That's it for now. Please do your final writing prompts for the crown chakra and be sure to stay in touch.

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About the Authors

Harrison Klein

Harrison is an award winning personal growth transformationalist, wealth, and business growth consultant whose mission is to personally change 1,000,000 lives across the globe and help entrepreneurs, salespeople, executives, coaches, marketers, and healers build multi-million-dollar companies, and achieve the very best versions of themselves and reach personal and/or business fulfillment

He does this through a combination of implementing...

- 1) Metaphysical laws
- 2) Advanced psychological genius blueprinting
- 3) Applied best practices
- 4) Leadership skills and abilities
- 5) Practical business leverage and
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He likes to work with people to create conscious elevation through unique successful companies, products and create legacies.

Olivia Whiteman

Olivia is a two-time international best-selling author. She writes collaborations books on a variety of topics and has several on the chakras. She and Harrison Klein have collaborated on several books and projects together. With years of study on the chakras, she, without hesitation, believes Harrison offers one of the best deep dive courses into the chakra energy system. She teaches journaling as well as developed the Turbocharge Method, which has given her the moniker, "The Procrastination Buster Queen." She guarantees if you give her ten minutes a day for five days, she will give you five hours of your week back. For fun she loves to color and do brain activity games. She can be reached at oliviawhiteman111@gmail.com.

More Ways to Learn from Harrison

Harrison Klein offers classes, workshops, master classes, and one-on-one coaching. To learn more from Harrison, join his Facebook group, or reach out to him by email: proabundance@gmail.com. Book a call here: https://calendly.com/harrison_klein

