

Your Seven Energy Centers – Prophet, Elizabeth

ABC's of Energy Center Development: A. Activating; B. Balancing; C. Cleansing. (13)

Seven Chakras:

1. Crown; 2. Third Eye; 3. Throat; 4. Heart; 5. Solar-Plexus; 6. Seat-of-the-Soul; 7. Base-of-the-Spine.

Our body determines in part how much energy we are able to hold on to. Our care for the physical includes not only our body but our physical base. (25)

Idolatry is placing one's trust in the vessel that houses the Spirit instead of placing one's trust in the spiritual flame that abides in the vessel. (28)

BASE: Base of spine column; White; Balance = purity, hope, joy; Imbalance = chaos, discouragement; Adrenals. (18)

The energy at the base chakra is also referred to as the "Mother Light." In a spiritually symbolic sense, the physical universe, which is associated with the base chakra, represents the feminine (or Mother) principle of God. The spiritual universe represents the masculine (of Father) principle. (35)

When we conserve the energy (Kundalini) that resides at the base-of-the-spine chakra, it naturally rises to nourish our other centers. If we dissipate or block it: 1. We reduce the amount of energy available to rise through our other chakras; 2. Energy can build at the base chakra, resulting in anger, physical abuse, or misuse of sexual energy. (40)

It is best to meditate on the upper chakras, from the head to the crown. When we intensify the light of the upper chakras, they become magnets of light that naturally and safely draw up the energy from the base chakra. (43)

Reflections: 1. Am I diverting my energy into activities or relationships that are not helping me grow? 2. Are there ways I can better conserve my energy? (42)

Visualization: I AM the resurrection and the life of every cell and atom of my being now made manifest. (45)

SEAT-OF-THE SOUL: Midway to navel and base of spine; Violet; Balance = Freedom, Justice, Intuition; Imbalance – Intolerance, cruelty; Organs/Systems of elimination & reproduction. (46)

Reflections: 1. Am I able to express my creativity or am I stifled? 2. What helps me set aside my intellect and logical mind to tap into my inner creative self through my soul senses? (58)

Visualization: I AM forgiveness acting here, Casting out all doubt and fear, Setting men forever free With wings of cosmic victory. (65)

SOLAR PLEXUS: At the navel; Purple & gold w/ ruby flecks; Balance = Peace, service, right desire; Imbalance = Anxiety, overindulgence; Digestive system, liver, pancreas. (66)

Mastering the emotions does not mean that we have no emotion. Emotion (e-motion) is simply energy in motion. We can use our energy in motion to reflect and amplify the feelings of our soul or we can use it to subject the soul. (69)

In the case of the solar plexus, our exams give us the opportunity to express our self-control. They give us the opportunity to show that our love for God – and our gratitude for the precious energy of life he showers upon us daily – is greater than our need to let off steam. (72)

We can't have inner peace if we don't master our distress. This doesn't mean we have no desires. Mastering desire means we tether our desires to the true desire of our soul and God's desire for us. (76)

Reflections: 1. What concrete steps can I take to master my energy in motion (emotions)? 2. How can I be a greater instrument of peace? (74)

Visualization: I AM the hand of God in action, gaining victory each day; My pure soul's great satisfaction is to walk the Middle Way. (85)

HEART: Chest center; Rose; Balanced = Compassion, sensitivity, love; Imbalanced = Selfishness, self-misery; Heart, thalamus, circulatory system. (96)

The heart center is the most important energy center in the body. It is the hub of life, physically and spiritually. (97)

Compassion comes from the level of our Higher Self and gives to another what he or she really needs in that moment. Sympathy comes from the level of the lower self and stands in the way of what the soul really needs. Sympathy allows us to feel sorry for ourselves to indulge our weaknesses. Sympathy validates that sense of victimization rather than helping us to see our challenges as opportunities. Compassion, on the other hand, dips into the pure fires of the heart to uplift others so they can realize their full potential. Compassion supports the process of soul refinement. (100)

If we have an instant dislike for someone, we've probably bumped into our karma. When we dislike someone, we tie ourselves to them. (104) Hatred brings us to the feet of the object we hate. (105)

Setting healthy boundaries also means that we can stand up for our principles in the face of peer pressure or social pressure. It means we can say no to those things that will not propel us toward our ultimate goals in life. (111)

The greatest power in the universe is softness. Softness is a receptive mode where unnatural, forceful human actions and reactions give way to the natural movement of the heart. Brittle things can break, but softness is flexible and can bend. (114)

Your love is really God's love. (120)

Reflections: 1. Do I look for ways to appreciate others and myself? 2. If given the opportunity to lead, do I use to encourage the creativity of others or fulfill my own agenda? (110)

Visualization: I AM the light of the heart shining in the darkness of being and changing all into the golden treasury of the mind of Christ. (121)

THROAT: Throat; Blue; Balanced = Power, courage, direction; Unbalanced = Control, gossip; doubt; Thyroid, Lungs, Respiratory system. (122)

The throat chakra is our power center. The spoken word holds the key to creating change. Our words come from our power center and therefore have an incredible impact. Right speech is a major concept of Buddhism. Right speech means we guard the flow of energy through our throat chakra. Use speech to create harmony and unity. (125)

The lessons of the throat chakra are closely related to our ego and to our solar plexus. If we have a chip on our shoulder, it is all too easy to allow hurt feelings at the level of the solar plexus to percolate up arc to the throat chakra. (127)

Two things that ought to be adhered to: either conversation about the Truth of holy silence. (129)

“Strong silent type”: the one who has mastered right speech ‘speaks at the right time, speaks in accordance with facts, speaks to the point. If what you are going to say doesn’t add something of value to a conversation, why say it? (130)

Exaggeration is little more than a lie because it is a misrepresentation of the facts. (133)

We reflect the inner workings of our hearts and souls to those around us through our speech patterns – by what we don’t say, what we do say, and how we say it. (134)

What does “I AM THAT I AM” mean? Profoundly: “As above, so below.” God is affirming, “I am here below that which I AM above.” When you say, “I AM THAT I AM,” you are affirming that God is where you are. In effect, you are saying, “As God is in heaven, so God is on earth with me. Right where I stand, God is. I am that ‘I AM.’” In an I AM affirmation; you are summoning the inner power of your throat chakra and God’s power within you to bring about constructive change. Every time we say, “I AM _____,” we are really saying, “God in me is _____.” And whatever we affirm following the words, “I AM” will become a reality in our world. The light of God flowing through us will obey our direction. Simply put, spoken words command energy. The creation of our powerful throat chakra are self-fulfilling prophecies. (139)

Reflections: 1. Do I think about the impact of my words on others before I speak? 2. Do I use my speech to create harmony and unity? (129)

Visualization: I AM life of God-direction, Blaze they light of truth in me. Focus here all God’s perfection, from all discord set me free. (141)

THIRD-EYE: Between eyebrows; Emerald green; Balanced = Truth, vision, focus/clarity; Unbalanced = visionless, inconstancy; Pituitary/Pineal. (142)

Through the third-eye chakra we access the power of the inner vision to perceive the reality of a situation. (143) It is also associated with intuition. (144)

Just as God continually holds the perfect image for us, so we can hold that image for others. (157)

Reflections: 1. What mindsets or stereotypes am I holding onto about myself and others? 2. Do I try to see others as God sees them? (156)

Visualization: I AM the eye that God does use to see the plan divine; Right here on earth his way I choose, His concept I make mine. (162)

CROWN: Crown; Yellow/Gold; Balanced = Self-knowledge, understanding, open-mindedness; Unbalanced = Pride, ignorance; Pineal/Pituitary, cerebral cortex, nervous system. (163)

Crown chakra is where we receive and experience wisdom and enlightenment. (165)

Does your mind gallop even when you're sitting? (171) Do you seek to find the common bond that can bring togetherness, or do you dwell on differences? (180)

Reflections: 1. Do I spend enough time in solitude? 2. Do I consciously try to slow down, still my mind, and attune to my higher mind during my day? (175)

Visualization: I AM light, thou Christ in me, set my mind forever free; Violet fire, forever shine deep within this mind of mine. (182)

Movement for sealing chakras: Place left hand over heart then right hand on top of head. Move right hand an inch in front of third-eye then an inch in front of throat. Move right hand over left hand on heart. Move right hand an inch over solar-plexus (navel) then move right hand an inch over seat-of-the-soul (midway between navel and base of spine). Move right hand an inch in front of base-of-spine. Slowly raise your right hand up the line of chakras, feeling balance at each level, until the crown is reached. Conclude with your right hand over your left hand on the heart. Visualize pure light, balanced energy, and nourishment throughout. (196)

Healing is not something that happens to us. It's something that happens within us. (197)

The law of similars states that like cures like. Applied to homeopathy, it means that a substance that will cause certain symptoms in a healthy person can cure those same symptoms in an unhealthy person. (201)

Seven fundamentals: 1. Cleansed systems; 2. Purified water; 3. Powerful proteins; 4. Beautifying oils; 5. Energizing/Immunizing fruits & vegetables; 6. Balanced hormones; 7. Vital minerals and vitamins. (203)

A sluggish liver can take its toll. "Unresolved or prolonged anger and depression – the emotional markers of a compromised liver – prevent the body's energy from flowing as it should." Secondary liver symptoms: breaking fingernails, mood swings, hormonal imbalances, anxiety, mental fog, early menopausal symptoms, hot flashes, and digestive problems. (204)

Essential oils have a high vibrational frequency, varying from approximately 50 MHz to 320Mhz. They work at a cellular level. (214)

Massage stimulates the nervous system and increases circulation, greatly increasing the flow of lymph, which removes bacteria from the tissues. (217)