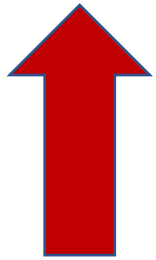
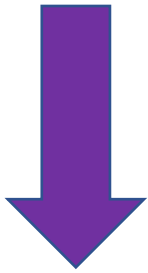


HOW ENERGY FLOWS BETWEEN CHAKRAS



Energy flows UPWARD. The physical experiences of the lower chakras give you a sense of who you are in the world. With this sense of self, you can reach out to others and experience loving relationship. Filled with love, you express yourself creatively. Your creations reflect back more of who you are, and you gain self-knowledge and insight. You begin to glimpse higher truths, and seek deeper understanding.



Energy flows DOWNWARD. The higher awareness of the upper chakras continually informs who you are. You experience divine inspiration, create with purpose and embrace the humanity of self and others. With wisdom, you embrace change and the opportunity to grow using your capacity of choice. As consciousness descends deeper into the lower chakras, you deeply connect with the pleasure of life from a place of higher understanding. With purpose and joy, you manifest something real in the physical world.

This upward and downward movement of energy continues throughout life. Matter is constantly being raised to higher vibrational states, and consciousness is constantly descending into matter to gain understanding.

