

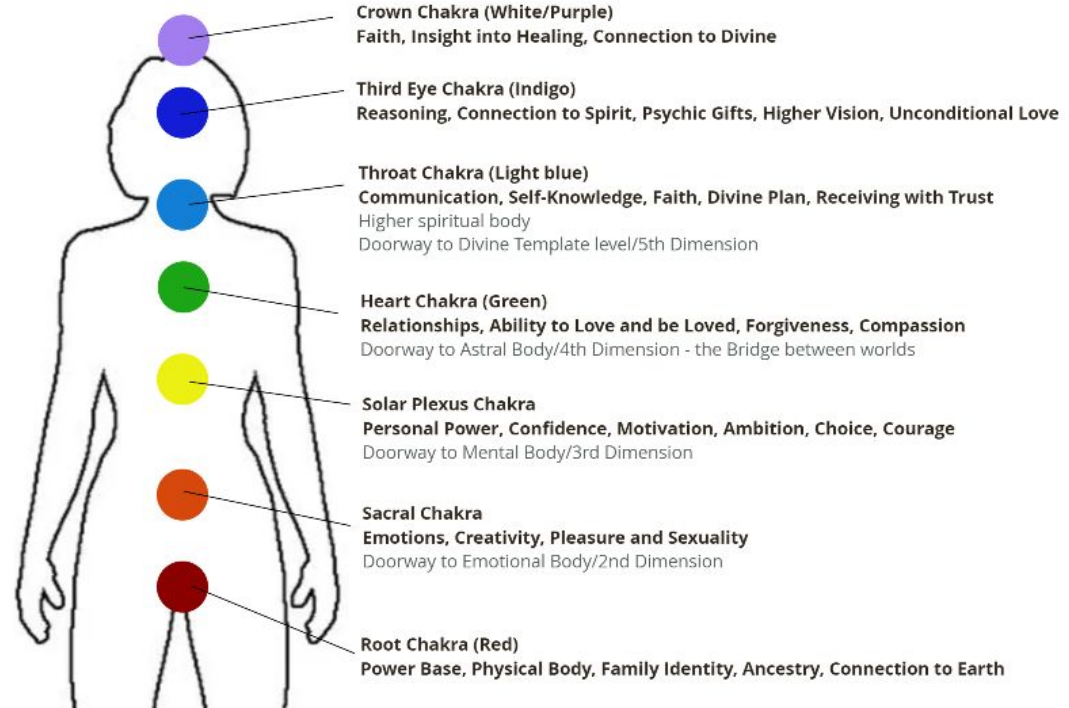
A photograph of a wooden door with a stone wall background. The door is made of dark wood with diagonal planks. It has a brass ring handle at the top and a brass doorknob on the right side. To the right of the door, there is a black mail slot in the stone wall. Green foliage is visible in the top right and bottom right corners.

# THE COLLECTIVE SHIFT

*Moving from 3rd Dimensional  
Consciousness to 4th/5th*

# OVERVIEW OF CHAKRAS

- Organs of Energetic Body
- Overlay and impact physical body
- Always taking in and releasing energy
- Layered and complex (not open or closed)
- Front and rear aspect (will/emotion)
- Structured/flowing
- Always interacting with each other



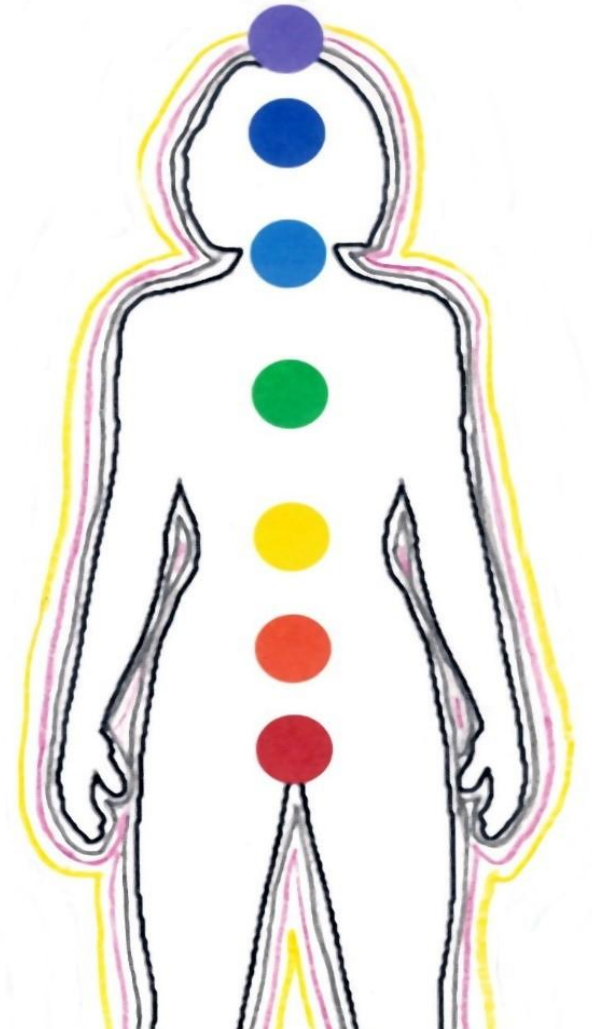
# LAYERS OF ENERGY BODY

## DIMENSIONS OF EXPERIENCE

- Layers correspond with chakras (2nd layer - 2nd chakra - colored/flowing)
- Layers interpenetrate all the way through
- Higher energy bodies include lower energy bodies
- Each layer represents a “dimension of experience” - 3rd chakra = 3rd dimension

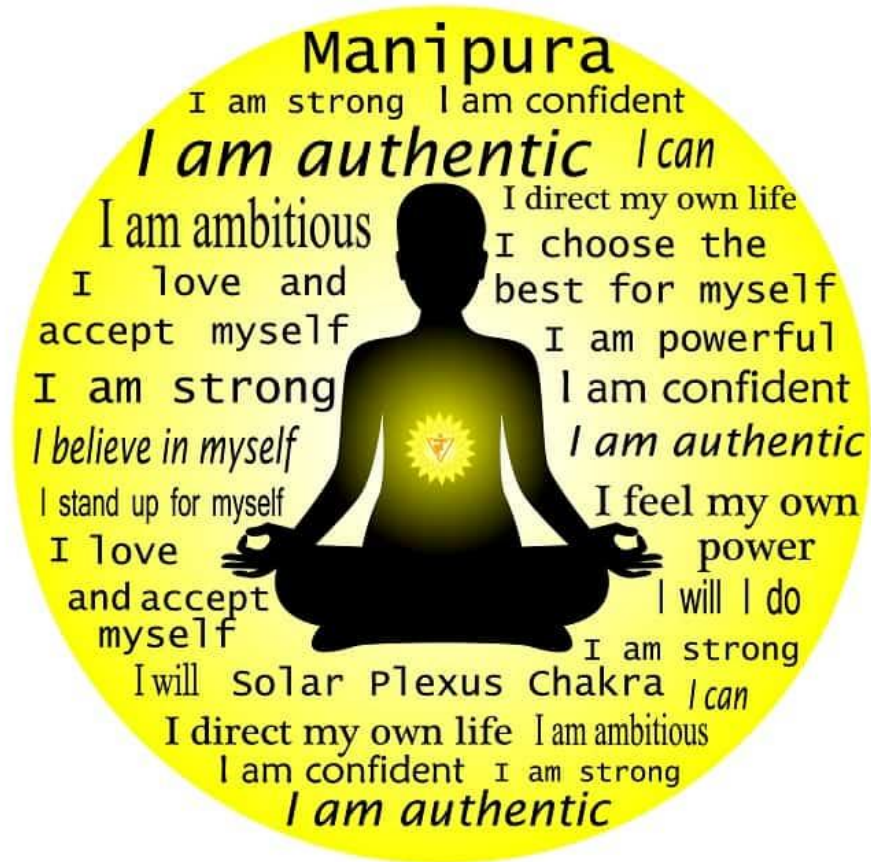
EXAMPLE: 2nd (emotional body) interacting with 3rd (mental body)

Emotion/Mind connection





# SOLAR PLEXUS CHAKRA



- Personal Power/Will Center -3rd Dimension
- Confidence
- Motivation/Ambition
- Defense/Protection/"Healthy No"
- Choice
- Courage
- Structure

## CHOICE/CONTROL DISTORTIONS:

- Feeling of "no choice"
- Loss of sovereignty
- My will be done
- Boundary issues
- Controlling/Caretaking
- Limiting/distorted thoughts

# COLLECTIVE 3rd CHAKRA DISTORTIONS (3rd Dimensional Reality)

- Healthy -  
science/math/medicine/sanitation/transportation
- Too much/not enough structure (systemic and internal)
- “No choice” - go with the program
- Power struggles/Boundary problems
- War/conflict
- Overuse of mental body (trying to figure it out)
- Imposing personal will on others - control/caretake





# HEART CHAKRA

- Relational Chakra - Bridge to higher realms
- Ability to Love
- Forgiveness/Compassion
- Inner child
- Integrity/Justice
- Ability to be present - surrender
- Ability to be in interdependent relationship

## RELATIONAL/ASTRAL DISTORTIONS:

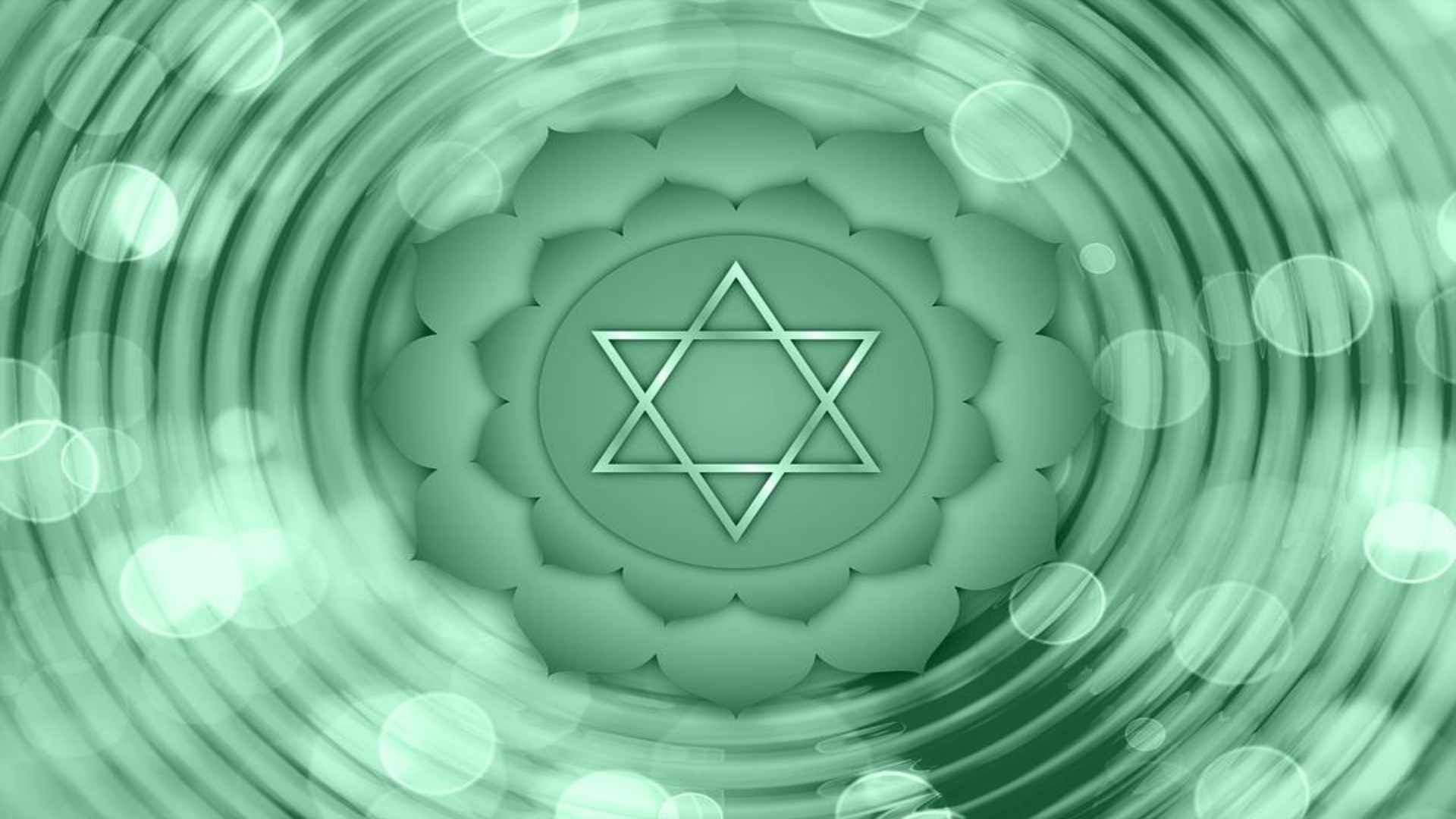
- Lack of love/kindness
- Disconnect from inner child
- Right/wrong judgements
- Holding grudges
- Difficulty with trust
- Lower astral activity (the veil)

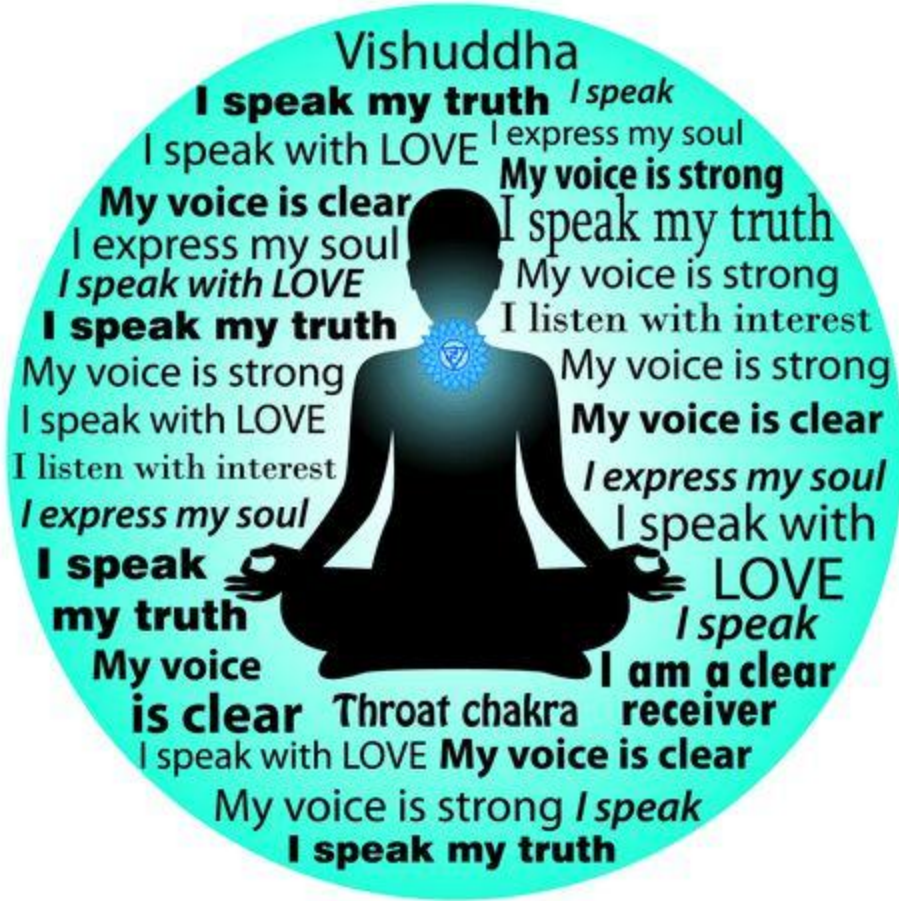
# COLLECTIVE 4TH CHAKRA DISTORTIONS

## (4th Dimensional Reality)

- Inability to be in heart-centered relationship
- Lack of compassion - ability to “walk in someone else’s shoes”
- Self-hate/self-judgement
- Exertion of personal will as primary (narcissism)
- Inability to feel, especially regret/remorse for actions
- Can’t contact “goodness”- Deep fear of being wrong/bad
- Collective ego dysfunction
- Influence of lower astral plane increasing







# THROAT CHAKRA

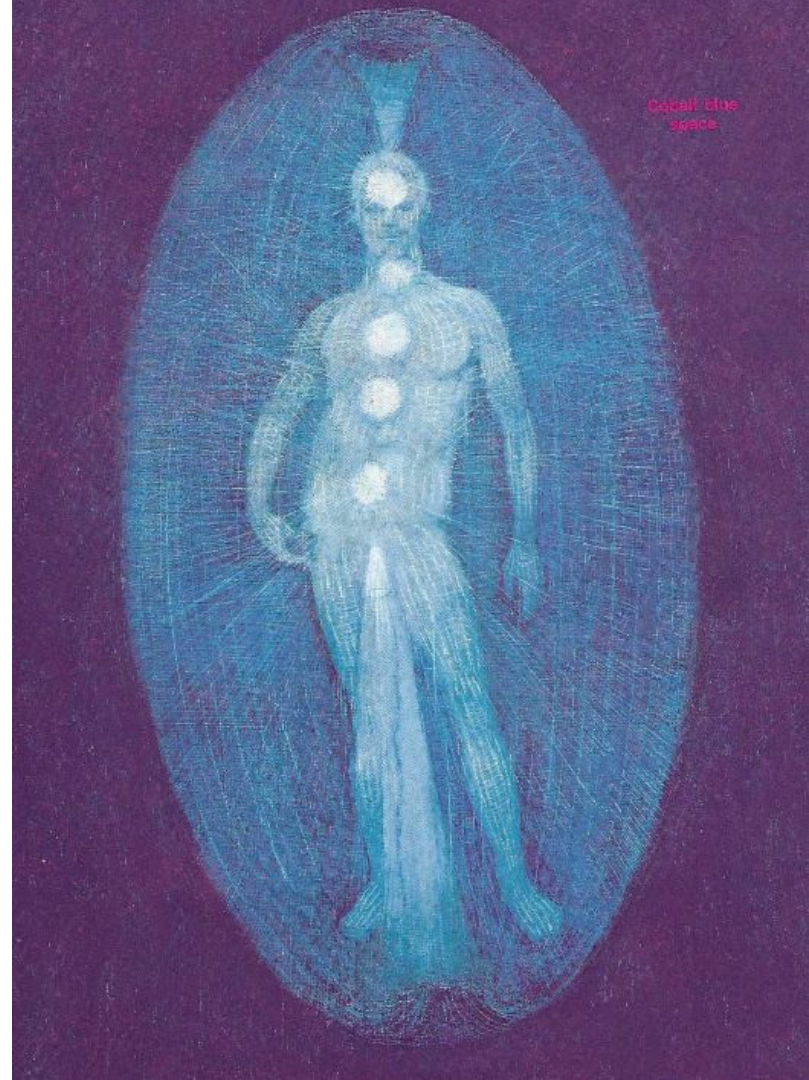
- Communication
- Connection to higher realms
- Self-knowledge
- Faith/Trust - align Divine Plan
- Receiving
- Creative expression

## COMMUNICATION DISTORTIONS:

- Lying - Fake news
- Fear of speaking up
- Squashed creative expression
- Inability to trust divine plan
- Reality denial - Alex Jones

# 5th DIMENSION

- Incorporate healthy expression of
  - 3rd - self-responsibility, freedom of choice
  - 4th - love, compassion, relationship, integrity
  - 5th - communication, full creative expression, alignment with divine plan
- Glimpse - Beautiful flow/structure within a collective mind - each individual bringing gifts in flow - mutually giving, synchronicity
- COVID - 4th/5th dimensional initiation experience
  - 3rd distortions of will, 4th surrender/flow
  - Collective thinking





# NAVIGATING THE SHIFT

- Heal 3rd chakra distortions - but not in typical 3rd dimensional ways
  - Creating healthy structures in life, without being too goal-oriented
  - Healthy choices with flow
  - Using will to create lives we want, with surrender
  - Creating structures with room to breathe - space for feelings to be felt, and to be present with what is, or to follow a thread
- Embrace 4th dimensional ways of being
  - Practicing love, compassion for self and others - honor wounds
  - Time in nature
  - Regular unscheduled time
  - Think “flow” and “change”
  - Being in relationship with others, as they are



# NAVIGATING THE SHIFT

- Opening to 5th dimension/throat chakra potentials
  - Group experiences
  - Open throat through singing, writing, practicing silence, breathing, intentionally listening, speaking or reading aloud
  - Setting intentions and then surrendering them to higher powers with trust
  - Choosing to trust
  - Aligning with Divine Plan (3rd / 5th)

