

## Understand How Your Lower Three Chakras Work

Free Webinar - April 13, 2017

### Track 1 (30:12) Lecture

- Changes in MA offerings. MA Light. Fundamental tools are now on website.
- Understanding chakras to manage your energy field.
- Lower three chakras are all about the body and structured around the third dimension.
- First chakra is said to be about survival of body, but in fact it is about well-being of the body.
- Rational mind is about keeping you safe and fitting in with the outside world.
- Ego and the rational mind reside in the first chakra.
- Second chakra is about emotions, sensuality, sexuality.
- Third chakra is about power, control, judgment, resistance.
- Second chakra clairsentience, ability to feel other's emotions.
- Early in life chakras get challenged and sense of survival takes over.
- Intention about well-being from first chakra, to excitement in second chakra, let's do this in third chakra.
- Expanded chakra system of three triads that work together.
- First Triad - Sacred Heart space, fourth chakra, thymus gland, fifth chakra.
- Second Triad – sixth chakra, pineal center, medulla oblongata
- Third Triad – seventh and eighth chakras, the soul star.
- Lower three chakras become more spherical and work better together.

### Track 2 (32:35) Meditation

- You can turn the lower three chakras up or down
- Sit back, take a breath, bring attention to center of head. Be here. Notice yourself.
- Breathe your eyes closed. Drop a grounding cord to center of earth to drain off excess energy and emotion.
- Be aware of first chakra. Opening operates like lens of a camera. Create an imaginary gauge from 0 to 100.
- Ask first chakra how open it is. Tell first chakra to turn down to 10% open and notice any changes.
- Notice second chakra. How open is it? Turn it down to 10%.
- Notice third chakra. Male body has about 40 points of energy, a female body has 140 points of energy.
- Male body – notice what the gauge, turn it down to 25 %. Female body – turn it down to 50%.
- If going asleep, turn the number up.
- Be aware of yourself, slowly open your eyes, keep focus on body.
- Notice calmness in the body. Notice how open is first chakra.
- Might feel exhausted as body relaxes.
- Grounding and closing down your lower chakras like this can help in meditation or help in falling asleep.

### Track 3 (33:07) Questions and Answers

1. When I look at my chakras the colors change each day. What is that about?
2. I have a female body and when I was turning down the third chakra down, I felt nauseous.  
Also, did I hear you liken our imagination to our clairvoyant ability?
3. Why is 10% opening better than being wide open?
4. I've lost weight around my third chakra from doing MA program.
5. Does turning down my female chakra energy increase my male energy?
6. When would I want to increase the speed of my chakras?
7. Three triads plus 3 lower chakras for a total of 12, where are the other two chakras?
8. What is the fall of consciousness?
9. Why do I get pain in my solar plexus area when I'm doing things I love to do?
10. Why would a voice change to a hoarse voice after a grief experience?
11. I've felt my chakras more open when I'm relaxed and close down when I'm not. Is this opposite?
12. I seem to have a lot of clogged energy in my third chakra, more so lately. Do you have any comment?

### Full Track (1:35:55) Entire Class