

♡♡♡♡♡ SOME NOTES OF FLEETING REFLECTIONS
about CHAKRA ENERGIES

03.2019

INSTEAD OF LOOKING FOR... or trying to LOCATE... we
can SENSE... for... or just SENSE... the energy
that moves within us.

* WE HAVE A CULTURAL ADDICTION
TO MAKING THINGS SOLID - GETTING
PROOF OF EXISTENCE -

NOT SOLID!

CHAKRAS are NOT SOLID... we can perceive CHAKRA as a
movement of energy - that MAY reveal the PRESENCE of a
RESONANCE... but there is NOTHING SOLID to train - or
perfect or achieve or align or improve.

EMF

CHAKRAS are a RESONANCE with a DENSITY... oriented
to what we are "accustomed" to believe in this
particular ELECTRO-MAGNETIC FIELD of Earth - and our
place/position on EARTH. In a way, we "calibrate"
to the EMF of earth.

★ IF CHAKRAS ARE NOT a LOCATION or a part...
then what ARE they...

FOR EXAMPLE... 1st

the 1st chakra (for example) is the FELT SENSE of one's own
weight and density of the physical body HERE on EARTH.
The 1st chakra's NATURE is to ROOT... and we root like
HUMANS ROOT - not like trees (although trees roots can be a
great inspiration and metaphor to get in contact w/ our own
ALSO... how we define "Somatics" can be mutable + changing

SOMATICS is (the practice of...) BEING (not "staying") in an
UNFIXATED - OPEN AWARENESS (and HEART FELT APPRECIATION)
OF THE FELT-SENSE OF LIFE... as we experience it
IN OUR EVER-CHANGING HUMAN BODIES... PHYSICAL,
FLUID, ENERGETIC + RESONANT.

ATEEKAZOM

2nd chakra

and the 2nd chakra could be perceived as the FELT-SENSE
of the MOVEMENT that naturally ARISES from sensing
one's own WEIGHT + DENSITY on this particular EMF.
2nd chakra born + dancing with 1st

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NERVOUS SYSTEM RESETS doorways IN @ NERVE PLEXUSES

SOMATIC BODYWORK
... COMMUNICATING WITH THE NERVOUS SYSTEM

3 finger contact on CRANIAL BONE behind ears (temporal + mastoid process)
* this is a nervous system reset

CERVICAL PLEXUS C1-4
Head/neck/shoulder

BRACHIAL PLEXUS C5-T1
Chest, shoulders ARMS, HANDS

PHARYNGEAL PLEXUS (VAGUS NERVE)

CARDIAC PLEXUS (heart)

CELIAC/SOLAR PLEXUS (internal organs)

LUMBAR PLEXUS

SACRAL PLEXUS

COCCYGEAL PLEXUS

THESE ARE THE TIMES OF SHIFTING FROM CORRECTION TO CONNECTION

* From making things solid (+ fixated + isolated + focused) to

FINDING THE MUTABLE CHANGEABLE NATURE OF WHAT IS ALIVE

ABDOMEN
KNEES
LEGS/PSOAS

PELVIS/
BUTTOCKS
GENITALS
KNEES/THIGHS
CALVE/FEET

SOMATIC BODYWORKING IS A PRACTICE OF BEING SENSITIVE AND RESPONSIVE TO THE MESSAGES OF LIFE AND LIVING...

a nerveplexus is a complex BRANCHING OF SPINAL NERVES + blood vessels. It is a place of EXCHANGED. It is not FIXED in nature

NERVE PLEXUSES are inherently connected WITH OUR ETHERIC FIELD + CHAKRA ENERGY

OUR THURSDAY EVENING PRACTICES

- ♡ POINTS
- S SHOULDER EXPLORATION with hands front + back (brachial)
- P-CRADLE - SACRAL PLEXUS POSTERIOR
- MERMAIDS TAIL - communicates to SACRAL + LUMBAR plex.

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A RESTORATIVE YOGA EO KIT

FOR

- GROUNDING
- CENTERING
- CIRCULATION
- LIFE ENERGY
- SELF LOVE

the queen of love
ROSE

silent seeing, stillness, wisdom
SANDALWOOD (HAWAIIAN)

passion, life, sensuality
JASMINE

PEPPERMINT

wakefulness + joy

ROSEMARY

wisdom + clear sight

EUCALYPTUS (RADIATA)

exchange with life through the breath

LIME

vagus nerve activation - inclusion in life

LAVENDER

the best friend of the nervous system

BERGAMOT

for life (energy + circulation to solar plexus)

CLARY SAGE

flow, balance and feminine healing

CEDARWOOD

fluid + soft centering in the hard

VETIVER

deep roots + nurturing the Root Chakra

COPAIBA

regenerative best friend of the cells

PETITGRAIN

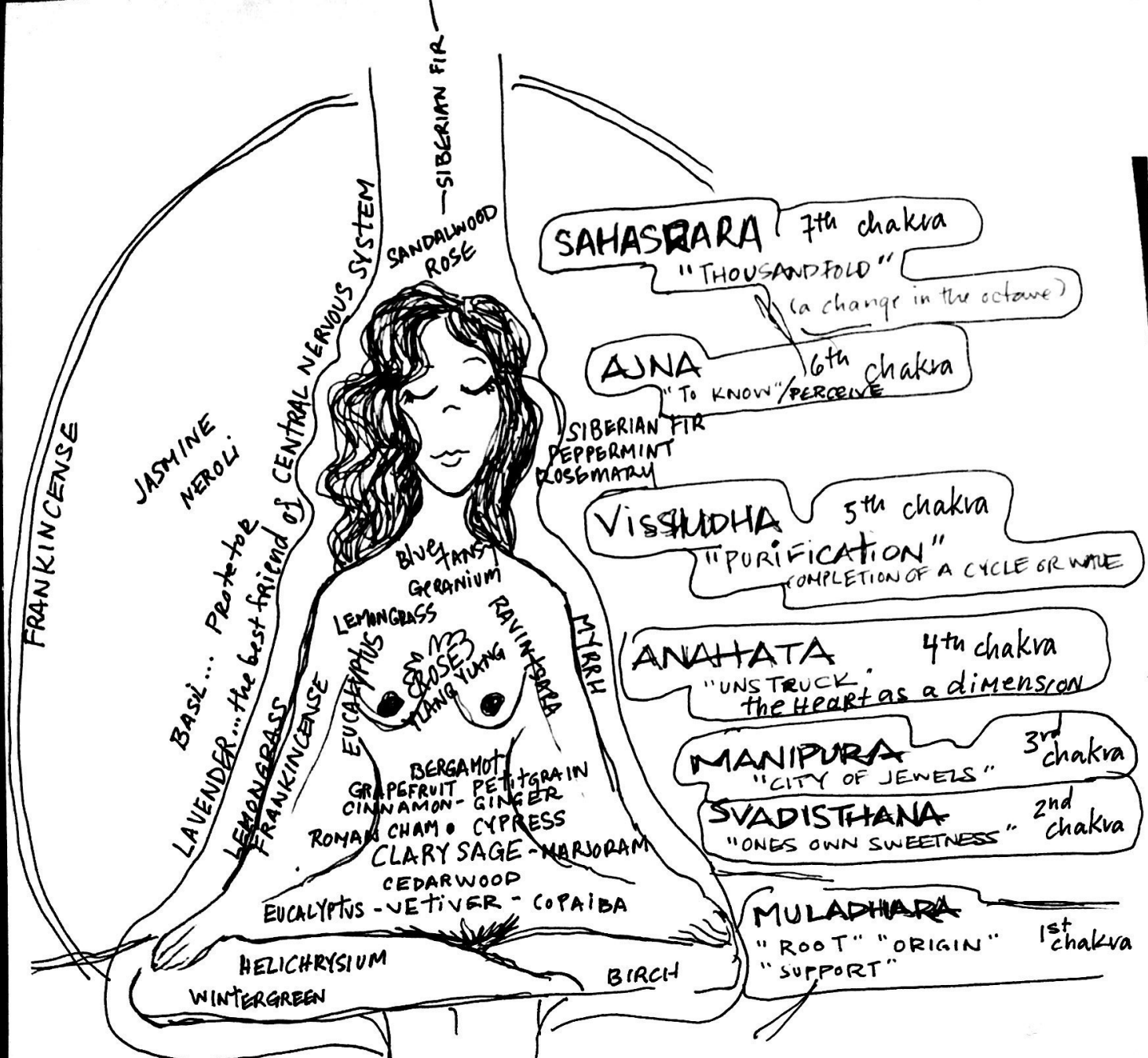
solar plexus balance

Yin healer of all wounds
MYRRH

community + gentleness
ROMAN CHAMOMILE

REGENERATION
the yang healer of all wounds
FRANKINCENSE

subtle fresh innocence
NEROLI



Chakras are fluctuating, mutable, differentiated energetic vortices that influence and are influenced by the biology of our bio-systems. Chakras are not-linear and the state of each chakra affects & influences the others. They are relational with the inner (cellular) and outer (environmental) and emotional atmosphere.

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