Embodied Chakra Gateway: a 7-Week Journey into The Living Map

CROWN CENTER — SAHASRARA

7 Surrender, Grace, Devotion, Beyond

Light • Emptiness

BRAIN CENTER — AJNA

6 Dawn of Insight and Maturation

Mind • Perception

THROAT CENTER — VISSUDDHI

5 Subtle Expansion And Inter/Connection With the Throat Center

Space • Sound

HEART CENTER — ANAHATA

4 Receiving and Sharing the Heart's Gifts

Air • Breath

SOLAR PLEXUS — MANIPURA

3 Softening Towards What's Moving Through Your Solar Plexus

Fire • Digestion

SACRAL CENTER — SVADISTHANA

2 In Your Sacred Abode

Water • Flow

ROOT CENTER — MULADHARA

1 Listening Through The Root Of Your Earth Body

Earth • Ground