

THE PROFESSIONAL

Intuitive Healing

PROGRAM



LESSON 2 COURSE BOOK

Lesson 2 - The Chakra System

THE HUMAN ENERGY FIELD & CHAKRA SYSTEM

Now we're ready to look at lesson 2, which covers the human energy field and chakra system.

This is another 'groundwork' lesson which prepares you for doing intuitive healing sessions with clients.

Why we are covering this early on...

If you were a surgeon whose job it was to operate on a patient, you'd definitely need to know your way around the human body.

Similarly, intuitive healers must have an excellent understanding of energy anatomy, and more specifically, the chakra system, because it is the chakra system that gets "operated on" (to put it crudely) in an intuitive healing session.

My system of intuitive healing involves cutting cords of attachment, releasing ordinary and enmeshed earthbound spirits, and removing astral-level clutter (such as emotional residues, negative thought forms, psychic ties and unwanted influencing energy) from a client's energy field.

All of these negative energies affect clients on the level of their chakra system.

So, the second lesson in this course is going to do a deep dive into the human chakra system. It is an awful lot of information to receive in one go, so don't feel you need to memorise it or even fully integrate it at this stage.

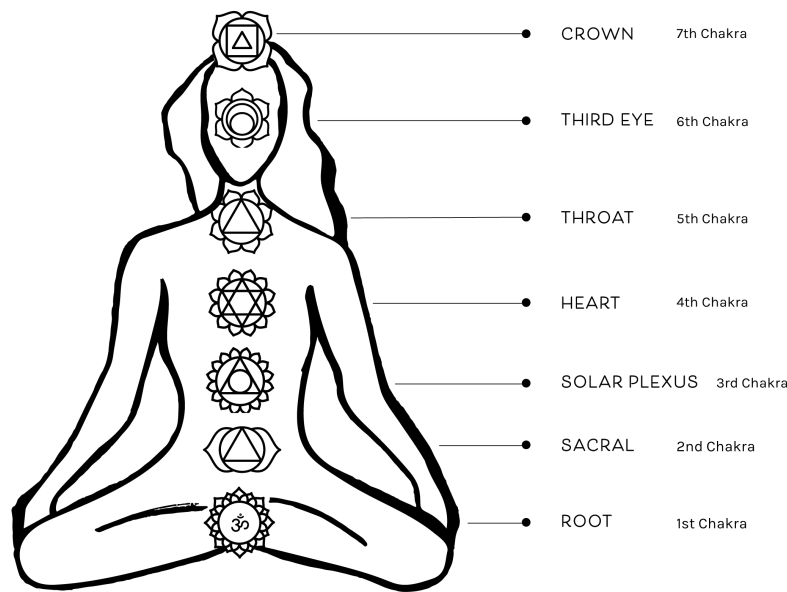
What I am aiming to do by passing on all of this information is create an intuitive framework for you that gets seeded in the brain and this will allow you to intuit more specifically and more effectively because your intuition will be able to draw on the framework that you've already absorbed.

So I'm going to ask you to "absorb" this information (aka read it) a few times on different days. When you go to sleep, it will integrate your subconscious mind and your intuition will be able to use it in future during an intuitive healing session.

OK, let's get into it:

ALL ABOUT THE CHAKRA SYSTEM

Around the physical human body, there are layers of energy, known as the energy bodies. Together these layers (among them, the mental, emotional, etheric, and spiritual bodies) make up the aura. The energy in the aura is centred around seven main hubs, called 'chakras'.



The chakra is an energy centre that receives life force energy from the Creator. Each chakra receives a different type of life force energy, which is needed for life here on earth. Then that energy is integrated and expressed in an individual's life.

The ways in which each person integrates and expresses those energies become evident upon reading the chakras. They contain information about your life, soul, strengths, lessons, past, and present.

Not everyone receives and integrates energy through these chakras effectively. Cords, earthbound spirits, and astral clutter can negatively affect how we receive and integrate these chakra energies. And removing these negative blockages can release and unblock the chakra energies, so that people can feel more:

- Grounded (root chakra)
- Vital (sacral chakra)
- Confident (solar plexus chakra)
- Compassionate (heart chakra) towards the self and others
- Expressive (throat chakra)
- Perceptive (third eye chakra)
- and spiritually connected (crown chakra.)

So that's a bit of introductory information on the chakra system.

The main way in which we are going to be using the information in this segment, is later on, during a cord cutting or another type of healing session. There is a step to these sessions where we assess the impact of a cord or an earthbound spirit (for example,) on the client's chakra system. We usually pick 1-3 chakras and explain to the client how they are being affected by the negative blockage we're going to work on during the session.

So this is about **giving validation** to the client regarding how this particular blockage has been affecting her on a subtle, energetic level – on the level of her emotions, thoughts, beliefs or behaviours. Often the client will be aware on some level of how it is affecting her and that is where the validation comes in. Other times, a client will lack awareness of how she is being affected, so this step can also be illuminating for some clients.

But before we can learn how to read the chakras, we need to thoroughly understand the chakra system and that is what this lesson is all about.

Before we get into the nitty gritty of the chakras, let's cover the basic principles that underlie the human chakra system.

PRINCIPLES OF ENERGY & THE HUMAN CHAKRA SYSTEM

The first principle is:

#1: The Chakra System As a Mirror: 'As Above, so Below'

The chakra system is a perfect mirror of who we are, and what is going on for us.

Healthy chakras = happiness and balance.

Happiness and balance = healthy chakras.

We can affect the health and balance of our chakras through the choices and decisions we make.

Likewise, our chakras affect our lives – either we are able to project our soul gifts to people and let our personality shine, or the negative energy in our chakras can keep us stuck in our lives. This is because we project whatever is in our chakras – whether it is negative energy or unencumbered soul gifts.

Basically, our chakras and the positive or negative energy in them can affect the quality of our lives.

Likewise, our lives can affect the health of our chakras.
You get the point!

The relationship works both ways.

In addition, when we make a change in our lives, it will show in our chakras. And when we heal our chakras, it impacts on our human lives.

Because the chakra system is a perfect mirror for your human life, it's an incredibly grounded system for measuring balance and happiness in a person's life.

Now onto the second principle of energy:

#2: Like Attracts Like

If there is an imbalance in the aura, it's much easier to go further in the direction of this imbalance because we attract more of what is already in our auras.

Let's say for example you have the energy of 'betrayal' in your heart chakra, perhaps because your last partner abandoned you. When you start dating again, you project mistrust which causes others to reject you. This rejection brings back memories of the last time you were rejected. You begin to wonder if relationships are worth the trouble, which reinforces the energies which are already in your heart chakra. It can become a vicious cycle.

#3: We All Read One Another's Auras & Chakras (Unconsciously)

The third principle of energy is that we all read information from the chakras unconsciously, often without knowing we're doing it. This concept is often referred to as 'picking up vibes'. We are constantly picking up information about other people. This ability to read auras alerts us to people we should stay away from. It also alerts us to people we're drawn to.

Have you ever met someone whom you felt was 'creepy' or whom you disliked, before they had even opened their mouth? When this happens, you will be responding to an energy present in the person's aura. The person doesn't even have to speak in order to communicate the energy.

OK, next we're going to do a deep dive into the human chakra system.

THE SEVEN MAJOR CHAKRAS

In this section, I am going to give some general information about each of the 7 major chakras, including what the chakra relates to; and what it looks like when the chakra is in balance and out of balance. This is just a general overview of the chakra system. We are going to drill down into specifics a bit later when we look at the chakra 'databanks'.

I imagine that some of the information in this section is not going to be new to some of you on this course, depending on how much learning you've done in this area in the past. However, because many intuitive healing students are total beginners, I am going to assume that you know nothing. Even if you are an old pro who has an excellent understanding of the chakra system, I think you can still learn something new from this section, so please follow along anyway, in spite of your current knowledge base.

The Root Chakra

The root chakra is located at the base of the spine (at the perineum) and is associated with the colour red. On a physical level, the root chakra affects the health of the adrenals, colon, rectum, blood, feet and legs.

This chakra is the centre of our physical well-being, and is our 'energetic foundation'. All aspects of our physicality are represented here, including survival, money, 'groundedness', connection to reality, tribe, community and family.

This chakra is about the basics we need to have in place in order to survive, which include food, shelter, physical comfort and warmth, and personal safety.

As soon as the umbilical cord is cut when we are born, our new life force activates our root chakra and then travels upward to awaken the other chakras (although the 'awakening' of the other chakras will usually occur later on).

At the moment of birth, we find ourselves totally reliant upon other human beings for nourishment and protection. Consequently, our early years are a time of great significance for this chakra. If we grow up in a safe environment where our physical needs are met, the root chakra will be stable and happy. If we grow up in an unstable or unsafe environment, the development of this chakra will be adversely affected.

Once we enter adulthood, this chakra becomes more active once again, since we must fend for ourselves and make our way in the world in a financial sense. The root chakra is concerned with basic matters, such as ‘how can I make enough money to support myself’?

When the Root Chakra Is In Balance

When the root chakra is free of negative energy and in proportion, it shows in a person’s demeanour and attitude. A balanced root chakra comes through as confidence and self-assurance that one’s needs will be met. Such a person is easy-going and does not worry for her survival. A person with a balanced root chakra knows that there is enough to go round. Invariably she is grounded and connected to the reality of her physical environment.

When the Root Chakra Is Out of Balance

When this chakra is out of balance, it can manifest as:

- Worry and anxiety that you won’t have enough
- The belief that survival is a constant struggle
- Feeling that you need to be aggressive, pushy or manipulative in order to get what you need; walking all over other people in the name of material survival
- Persistent denial of reality; living in one’s own world
- Feeling a desire to isolate oneself from others
- Feeling unwelcome and unwanted by others in the community
- Meanness and stinginess
- Feeling that one has to sacrifice one’s principles or throw integrity or dignity to one side, in order to fulfil material needs

Reasons for Root Chakra Imbalances and Blockages

Let’s look at the circumstances and events which commonly cause imbalances or blockages in the root chakra.

Blockages and Imbalances from Childhood

What happens to us during childhood (when we are so utterly reliant upon others) shapes the development of our root chakra, for better or worse. For this reason many root chakra imbalances will have their roots in childhood. Here are some childhood situations which can cause issues in the root chakra, unless they are healed:

- Growing up in a stressful, unsafe or chaotic home

- Having unreliable/inconsistent parents or care-givers
- Childhood neglect; not having your basic needs met
- Being suddenly or frequently uprooted from one's home/school without warning
- Growing up in care (i.e. in foster homes or orphanages)

Here are some other possible reasons for a weak or imbalanced root chakra:

- Physical isolation
- Having had your physical survival threatened (i.e. during an accident or some other trauma)
- Living from pay cheque to pay cheque, or living in a state of uncertainty about how you'll support yourself in the near future
- Being under the threat of being laid off at work
- Constant travel
- Losing a family member through death or abandonment
- Drastically changing your diet or cutting out whole food groups
- Having a baby
- Getting married
- Getting divorced
- Having an accident or being injured
- Contracting an illness
- Starting a new business
- Finding yourself in a part of the world that is not your home, away from family, friends and your support network
- Going to university

As you can see, any big life change or major break from familiarity can unsettle the root chakra.

My Root Chakra Imbalance

Just to give you an idea of what this can look like for people, I want to share a story from a time in my life when my root chakra was out of balance.

I had a very weakened root chakra in my early twenties. When I was 23, I left my grandparents' house and moved to London. I had just quit my teaching job in Spain, and had recently started my new business as an Akashic Record reader and healer.

The money I earned at the time was barely enough to support myself in such an expensive city, plus I had no savings to fall back on. I knew very few people in London, and most of my family lived overseas in New Zealand.

I was staying on a friend's couch initially, then ended up moving into a flat with someone who turned out to be a drug user. I was desperate to move out, so I very quickly moved in with housemates with whom I had nothing in common. Our flat never felt like 'home' to me. I ended up disliking London, and spent several months longing to live somewhere more rural.

Having my own home-based business, it was also hard for me to feel a sense of community or belonging, since I had no co-workers and few friends in the capital.

I wanted to share this because it illustrates quite well a scenario that I sometimes see for clients, which is a perfect storm of conditions coming together at the same time to weaken the root chakra.

Now let's have a look at the second major chakra.

The Sacral Chakra

The sacral chakra is located just below the belly button, and is associated with the colour orange. On a physical level, the sacral chakra affects the health of the bladder, hips, spleen, and the reproductive organs.

The sacral chakra is the centre of our creativity, vitality, desires, and sexuality. While the root chakra is very much about **what we need**, by contrast the sacral chakra is about **what we want**.

The function of the sacral chakra is to make us aware of all the possibilities for pleasure and enjoyment around us. This chakra is about good times, good food, sexuality, sensuality, and other physical pleasures such as cultural pursuits and the appreciation of beauty. This chakra awakens our senses, and helps us to notice what is wonderful about being physically incarnated on planet earth.

The truth inherent in the sacral chakra is this: earth is a playground, not just a school. Life is to be enjoyed, not merely endured.

The sacral chakra is also the seat of creativity. The creativity arising from the sacral chakra is not sourced so much from Divine inspiration (that would be the realm of

the crown chakra), but rather from human ingenuity born of great desire. This chakra is about finding creative ways to get the things you want out of life.

It is no accident that both sexuality and creativity are governed by this chakra (sexuality is another type of creative energy.)

When the Sacral Chakra Is In Balance

A person with a balanced sacral chakra understands the importance of recreation, play and enjoyment in her life. She knows that these are important for her soul as well as her body, and she makes time in her life for pleasure.

She knows sex to be a part of her personal self-expression.

She is able to partake of the pleasures and joys of life.

When the Sacral Chakra Is Out of Balance

When this chakra is out of balance, it can manifest as:

- Being out of touch with the body – neglecting and exhausting it
- Sex addiction
- Being miserly with the small pleasures of life – not allowing oneself to take enjoyment in the little things
- Being out of touch with one's emotions and sensual nature – sometimes this can manifest as a strong connection to the intellect, at the expense of the emotions
- Not allowing time for relaxation or recreation
- A lack of spontaneity
- A lack of energy, vitality and joy

Common Reasons for Sacral Chakra Imbalances and Blockages

- A very weakened root chakra:

The root chakra becomes weakened when your basic needs are not being met or your survival is threatened. It is very difficult to take pleasure in life when you fear for your survival. At times like these, the root chakra's concerns become more important, and this inhibits the energy of the sacral chakra. Those who have had their physical survival threatened in a long-term way in the past often have under-developed sacral chakras.

- Having no time for pleasure or joy; believing that play and hobbies are a waste of time
- Having experienced sexual abuse
- Advocating austerity; not recognizing our human need for comfort, enjoyment, warmth, stimulation, or beauty
- Being chronically miserly and mean, even when you have resources to spare
- Growing up in a family that did not place any value on joy, feelings, or pleasure
- Having a history of opening yourself up sexually to partners who mistreat you

OK, so that was the sacral chakra. Let's move on now to the third major chakra - the solar plexus.

The Solar Plexus Chakra

The solar plexus chakra is located just above the belly button, and is associated with the colour yellow. On a physical level, the solar plexus chakra affects the health of the stomach, pancreas, gallbladder, liver, and small intestine.

The solar plexus chakra governs all aspects of **personal power**.

Power encompasses many qualities, including strength, courage, fortitude, and the ability to achieve. Having a strong solar plexus chakra means you are able to get what you want in life: to set goals and take action on them.

The energy of the solar plexus becomes very pronounced during the teenage years. We often associate this stage with conflict between the teenager and her parents. This is because the solar plexus is becoming stronger at this time, and we begin to develop our own 'inner adult' - the part of us that can make choices and decisions independently of our parents. The burgeoning solar plexus energy also helps us to form an identity and sense of self that is separate from the family unit in which we have grown up.

The solar plexus chakra also governs the realm of taking responsibility for your life. The truth inherent in this chakra is that we are responsible for our own happiness and success; we have the power to direct the course of our lives through our actions, habits, and choices.

When the Solar Plexus Chakra Is In Balance

A balanced solar plexus chakra allows you to be both assertive and respectful when dealing with other people.

It also means that you can set a goal, and then take actions that are aligned with that goal. When the solar plexus chakra is strong and in balance, you have the stamina and focus to 'stay the course' and see your plan through to the end.

Those who have a balanced solar plexus understand what is and what is not within their sphere of influence. Such a person does not try to change other people, or interfere in situations which are none of her business. She understands that others have free will too.

When the Solar Plexus Is Out of Balance

When there is an imbalance in the solar plexus chakra, it can manifest as one of the following:

- Fear – being controlled by your own fears or someone else's fears about life
- Aggressive behaviour, such as making personal attacks on people
- Passive behaviour
- An inability to stand up for oneself; allowing others to intrude on one's space
- Defensiveness
- Feeling threatened or jealous in relationships
- Engaging in power plays or manipulative behaviour in order to gain control over others
- Oversensitivity to criticism
- Perfectionism; an inability to admit to weakness; a need to appear in control
- Feeling lethargic or unmotivated; having no direction in life
- A tendency to blame others for one's unhappiness or lack of success; shying away from claiming ownership of one's life
- Angry explosions – when the solar plexus is imbalanced, a person may feel unable to assert their boundaries and will constantly 'let things go'. Such a person is likely to become excessively angry when the resentments pile up.
- Feeling as if you don't have a choice in how other people treat you, or what kind of life you create for yourself.

Reasons for Solar Plexus Chakra Imbalances and Blockages

- Growing up with an overbearing or controlling parent:

Being taught to mindlessly surrender to authority at all times as a child or adolescent can affect our sense of sovereignty.

This can result in a lack of independence later on because this person has not learned to make decisions independently early on in life. Such a person may feel a constant need to run their decisions past someone else, and doing this weakens the solar plexus chakra.

- Having tendencies towards ‘people pleasing’
- Having been in an abusive relationship:

Abusive relationships wreak havoc on the solar plexus chakra because they set up patterns of behaviour and belief which drain one’s sovereignty and personal power.

- Having been part of an organization or group that seeks to curb your self-authority or independence of thought:

An example of an organization that seeks to do this is a religious cult. Any religious group that encourages you to abandon your self-authority and discernment is detrimental to the solar plexus chakra. This also occurs when a religious follower feels unable to question the tenets of their religion or faith.

OK, let’s move on to the fourth major chakra - the heart chakra.

The Heart Chakra

The heart chakra is located in the centre of the chest. It is associated with the colour green. On a physical level, the heart chakra affects the health of the lungs, heart, shoulders, breasts, circulation, thymus gland, hands, and arms.

All kinds of loving relationships are governed by the heart chakra. Through this energy center, the human heart is designed to be connected to compassion, generosity, forgiveness, and love.

Carolyn Myss, author of the book *Anatomy of the Spirit*, calls the heart chakra ‘the central powerhouse of the human energy system.’ This is because the heart chakra is the bridge and mediator between the upper and lower chakras.

The lower chakras are concerned with **needing** (the root chakra), **wanting** (the sacral chakra), and **getting** (the solar plexus chakra). The upper chakras are about our connection to spirit, self-expression, intuition and intellect. And at the centre of these 'higher' and 'lower' energies lies the heart chakra. It tempers our human needs, desires, goals, words and actions, and brings love and emotion into the equation. When balanced, the heart chakra prompts us to ask the question in all our endeavours: 'Does this really serve me and others'? and 'Is it kind'?

I often think of the heart chakra as being like a cup or a fountain: it is necessary to fill it with the energies of self-acceptance, love, and nurturing. If it is full, you have something to give to others. But if you do not attend to your own needs and emotional health, your heart chakra will be 'running on empty'. As a result, when you give to others, you will feel drained, resentful, and as if you have nothing to give.

The relationship that you have with yourself is the relationship that you will have with others. If your self-talk is kind, and you treat yourself well, it is likely that you will also be kind to others. Love and regard – both for the self and for others – spring from the same source: the heart chakra.

When the Heart Chakra Is In Balance

A balanced heart chakra allows us to be kind, tolerant, accepting, respectful, and sensitive to the emotions of others.

When the heart chakra is in balance, we are able to honour our emotional aspect and emotional needs. We understand what makes us feel good, and we instinctively stay away from that which hurts us. We are conscious of our emotions and able to feel them. We honour the messages that our emotions bring us.

We understand that we have inherent value and a right to be here, simply because we are human. And in turn, we understand that everyone else is valuable.

We aim to create a sense of emotional stability in our lives, and the choices we make reflect this. We do not seek out emotional drama. We acknowledge that our decisions affect others, and we care about the impact we have on other people.

We understand suffering, and are able to respond with sensitivity to the suffering and emotions of others. We may wear our scars with pride, but we do not use our past wounds to manipulate others or to gain special treatment.

Heartbreak and the Heart Chakra

When our hearts break, it can make us more compassionate and more responsive to the suffering of others, and it can also make us appreciate our blessings.

Here is an interesting quotation from the poet Kahlil Gibran about the transformative power of suffering:

“The deeper that sorrow carves into your being, the more joy you can contain.

Is not the cup that holds your wine the very cup that burned in the potter’s oven?

And is not the lute that soothes your spirit, the very wood that was hollowed with knives?

When you are joyous, look deep into your heart and you shall find that it is only that which has given you sorrow that is giving you joy.

When you are sorrowful, look again in your heart and you shall see that, in truth, you are weeping for that which has been your delight.”

Paradoxically, hardship and heartbreak can transform and strengthen the heart chakra in that they allow us to become more aware of our own emotional vulnerabilities.

When the Heart Chakra Is Out of Balance

When this chakra is out of balance, it can manifest as:

- Being emotionally closed off and having walls around your heart; an inability to be emotionally intimate
- Over-giving to those around you (to the point where you are personally depleted)
- An inability to receive love, appreciation or support from others
- Not liking who you are; being unable to see what is good about you
- Seeing only faults and shortcomings in other people; being overly critical
- Feeling superior; looking down on others
- Pre-empting rejection: pushing away others before they can reject you
- Taking on pain from others empathically
- Intolerance & bigotry
- Cynicism; a lack of belief in the fundamental goodness of human beings

- Feeling isolated from the rest of humanity
- Harbours hatred: whether for one person who has wronged you, or for a number of people, such as an ethnic or political group.

Reasons for Heart Chakra Imbalances and Blockages

- Abandonment or betrayal:

Painful abandonment may cause a person to put walls up around their heart chakra, and refuse to allow anyone to get close to them.

- An underactive solar plexus chakra:

When the solar plexus chakra is underactive, it is more difficult to set boundaries and honour the self – people are liable to walk all over us. It can become unsafe to open up to people and share ourselves. Thus, imbalances in the solar plexus can also affect the heart chakra.

- Lack of willingness to accept or heal the difficult things that have caused us pain:

The heart chakra can be in a perpetual state of ‘stuckness’ when a person refuses to face or heal an event that has caused her pain. There may be a lack of belief in healing.

In other scenarios, there may be issues with moving on from those events or people that have caused us pain. Carolyn Myss calls this ‘woundology’ – the state of using our past wounds as currency, in order to manipulate others.

- Unhealed traumas:

When one has been through a trauma or abuse, an important part of healing is for someone to witness your pain and trauma for you. In the absence of a compassionate witness, the heart chakra can shut down, resulting in a state of what author and psychologist Alice Miller calls ‘emotional blindness’, in which one is unable to be emotionally responsive or sensitive to the emotional needs of others. This reflects a fundamental truth of the heart chakra, which is that it is very difficult to give to others that which we have not received ourselves.

OK, let's look at the fifth major chakra now.

The Throat Chakra

The throat chakra is located at the back of the neck, and is associated with the colour blue. On a physical level, the throat chakra affects the health of the jaw, throat, thyroid, trachea, oesophagus, teeth, ears, and mouth.

All forms of self-expression are centred at this chakra, including the expression of feelings, desires, beliefs, opinions, needs, intentions and thoughts. The throat chakra is the mouthpiece for both the heart and the mind, and it sits between the heart chakra and the third eye chakra, which govern the heart and the mind respectively.

This chakra also governs listening, teaching, and learning.

When the Throat Chakra Is In Balance

When this chakra is in balance, we are able to communicate our ideas, thoughts, desires and feelings effectively, clearly, and confidently. We can communicate from the heart and assert ourselves verbally. We understand that our words have power and impact on others, and we choose them wisely. In addition, we are inclined to listen carefully to what others communicate.

When the Throat Chakra Is Out of Balance

When this chakra is out of balance, it can manifest as:

- Shyness or the inability to express oneself clearly or confidently. Someone who has a weak throat chakra will speak too quietly and lack the confidence to express opinions and preferences. They may also fail to speak up when it is really needed.
- Inability to be discreet and keep secrets
- Telling lies or embellishing the facts to make them more interesting
- Endeavouring to suppress your opinions, beliefs, feelings and desires in order to keep others happy
- An inability to listen to others and be present in conversation – this can manifest as behaviours such as constantly interrupting others while they are talking
- Keeping quiet to avoid judgment from others
- Talking to fill a silence; fearing silence
- Constant complaining
- Extreme secrecy: being unable to open up to anyone

- Sarcasm that permeates all one's communications
- Being a know-it-all; needing to be right about everything
- Dominating conversation so that others can't get a word in edgewise
- Being unwilling to express needs and desires; expecting others to guess what we want and need
- Being judgmental and preachy; believing that we know what is best for others
- Two-faced behaviour – saying things about someone behind their back that you would not be willing to say to their face.

Reasons for Throat Chakra Imbalances and Blockages

Sometimes it can take a person a whole lifetime (or indeed several lifetimes) to learn the lessons of the throat chakra. These include learning the importance of using our voice in order to claim what is ours, defend ourselves, and assert our boundaries verbally, in addition to learning to speak our truth confidently.

Every interpersonal conflict is an opportunity to honour ourselves through the throat chakra.

Here are some common reasons for throat chakra imbalances:

Domineering Family Members

Our family and background have a large impact on the development of the throat chakra, and this is useful on the soul level. Sometimes a soul may come into a lifetime with a primary life lesson around the theme of speaking one's truth (such as authenticity or courage). The soul may purposely choose domineering parents and family members, in order to learn the importance of speaking up for the self.

Living under a Political or a Religious Dictatorship

The society and political/religious climate in which we live affects the development of the throat chakra. Living in a society where freedom of speech does not exist is detrimental for the throat chakra.

Past Life Trauma

Some souls have a fear of being persecuted for speaking their truth, simply because this has happened in a past life. The result of this may be that a person feels they are simply not allowed to speak the truth or talk about their views, especially in the face of opposition by someone they perceive to be an authority figure. This blockage can

stem from past life events that the person only remembers in their subconscious mind.

Taking Too Much Responsibility for the Reactions of Others

Spending a lot of time around manipulative or controlling people who need you to behave in a certain way (i.e. to their liking) negatively affects the throat chakra. When one has to 'tread on eggshells' and cannot speak the truth with someone out of fear, this can cause a person to suppress their throat chakra energy.

Limiting Beliefs about Anger

Anger is a helpful emotion, as it gives us the courage and motivation to speak out and stand up for ourselves when we have been violated or dishonoured.

However, an unhelpful belief that exists in some cultures is that 'nice' people don't get angry or express dissatisfaction in any way. This can lead to the bottling up of frustration, and the anger that is stored at the throat chakra can come out in a variety of subtle ways. This often manifests through passive aggression.

Suppressing your throat chakra energy can also lead to an excess build-up of anger and resentment, especially if you have failed to stand up for yourself or your interests appropriately over a number of years. Any energy that is trapped and suppressed at the throat chakra will eventually be released with greater force and intensity.

Taking on Unwanted Influencing Energy

Accumulating a great deal of unwanted influencing energy in one's energy field (i.e. being dominated by others) can affect one's ability to disagree with others and speak up for oneself over time. Removing this type of energetic 'clutter' from the energy field can be very healing for the throat chakra. (More on this type of negative energy in lesson 7 of this course.)

Living with Abuse

Being on the receiving end of verbal abuse as a child takes its toll on the throat chakra, as does being brought up around constant fighting, abuse and arguing.

Victims of abuse may have a 'shut up and take it' mentality. This can originate when a person is punished severely, or abused further if they complain or confront the abuser in any way. Sometimes in the short term, suppressing the throat chakra is the necessary choice, especially when physical survival is threatened. In that situation,

swallowing anger serves a survival mechanism. However, this is unhealthy for the throat chakra over the long term.

Suppressed throat chakra energy can often result in a chronic physical condition that does not disappear until we face the issue and resolve it. In my experience, throat chakra issues can manifest very quickly into a person's physical body, resulting in an ache in the back of your neck, or a sore throat, for example. Hence the term: 'she's a pain in the neck'. Another example of trapped throat chakra energy is when a person develops a persistent and ongoing cough that will not go away, but which seems to have no medical cause. I call this a 'protest cough' – a way of subconsciously protesting something in life that you feel unable to speak up about in any other way.

Excessive Consumption of News and Trashy TV programs

Regular consumption of depressing television or radio programs can negatively affect the throat chakra and keep us in a vibration of depression, fear, and helplessness, because the communications that we take in also affect the throat chakra.

Now let's have a look at the sixth major chakra.

The Third Eye Chakra

The third eye chakra is located between the eyebrows, and is associated with the colour violet. On a physical level, the third eye chakra affects the health of the brain, eyes, nervous system, pituitary gland, and pineal gland.

This chakra is the centre of our intuition, perceptions, imagination, and intellect. It is where we see ourselves, other people, and the world clearly and with accuracy. So the third eye chakra is about the lens that we use to see the world, the beliefs that we hold about ourselves and others, and how we use the power of our insight and clarity to help us to move forward in our lives.

It is also where we envision, dream and strategize for what we want to create.

When the Third Eye Chakra Is In Balance

When this chakra is in balance, we enjoy a state of mental clarity, and are easily able to concentrate, memorise, analyse, and understand. We are perceptive and willing to face up to the truth, no matter how ugly or inconvenient it may be. We are able to

intuitively read between the lines, and trust our intuitive senses. We have an accurate self-image, and are able to see the positive things about ourselves, as well as our faults.

We are willing to exercise our discernment and question the beliefs that have been handed down to us, and decide whether or not those beliefs are truly ours. Rather than listening to outside authorities and taking their word for it, we are able to tune in to our inner authority, the part of us that decides what is true for us, and live according to our own beliefs.

Intellectually speaking, we understand that truth is relative. We are able to put ourselves in the shoes of another person, and see from another's perspective, although this does not necessarily mean that we change our own.

When the Third Eye Chakra Is Out of Balance

The central challenge of the third eye chakra is this:

"We don't see things as they are, we see them as we are."

— Anaïs Nin

We all see life through our own lens, and sometimes that lens can be clouded because of our own self-deceptions, or false beliefs that others have taught us. The challenge of the third eye chakra is to gain awareness and to see situations and problems with objectivity, so that we may move forward with more insight and a fresh perception.

When this chakra is out of balance, it can manifest as:

- Paranoia
- Narrow-mindedness: a belief that there is only one 'right' path for everyone
- Overactive clairvoyance: being unable to 'switch off' one's celestial sight
- Too much subjectivity: being absorbed in one's inner life to the exclusion of everything else
- Narcissism and a grandiose self-image
- Poor memory
- Too much intellectualising; and the inability to experience the emotional or spiritual side of life
- Caring more about appearances and 'keeping up with the Joneses' than about what really lies under the surface

- Too much thinking, not enough action
- Denial of reality
- Being unable to see beyond the surface of life
- Intellectual inflexibility: an unwillingness to see something from another person's point of view; a need to be right; 'black and white' thinking
- Being a Pollyanna: refusing to acknowledge negativity; rejecting one's 'shadow'
- Believing that other people have a more negative view of us than they really do; having a self-image that does not align with reality
- Hyper-vigilance and anxiety; the mind 'running away with itself' thinking of terrible scenarios.

Reasons for Third Eye Chakra Imbalances and Blockages

Fear and Procrastination

Sometimes the third eye chakra can be overactive when a person lives 'in their head' too much. The root of this issue may be found in the solar plexus chakra. Such a person may procrastinate or fear taking action and substitutes thinking for action.

Denial; Inability to Face the Truth

"It is only when we have the courage to face things exactly as they are without any self-deception or illusion that a light will develop out of events by which the path to success may be recognized." — I Ching

The third eye chakra is adversely affected when there is something in our lives that we refuse to face up to. Sometimes there might be something so awful happening right under our noses that we can't admit it. When we can't see the truth of past situations and relationships, this creates issues for the third eye chakra and our insight in the present.

The more willing we are to face up to the truth in our lives, the stronger the third eye chakra will be.

A Refusal to Go Near the Big Questions of Life

When a person has a nihilistic view of life and finds no meaning in anything, and refuses to search for any, this can lead to an underdeveloped third eye chakra.

Dogma

Ideally, for the third eye chakra to be in balance, our search for truth will go beyond dogma or rigid teachings received from an outside authority. When we are unable to search for our own truth, and adhere blindly to someone else's, this creates a kind of blindness at the third eye chakra, such that we are unable to discover and use our own lens through which to see life independently.

Abuse

Those who have been subjected to emotional or psychological abuse tend to have blockages at the third eye chakra. Emotional and psychological abuse often has a component of making another person believe that their perceptions are incorrect (called 'invalidation' and gaslighting). The aim of this abuse is to undermine another person's trust in their intuition, mind, and perceptions so that they are easier to control. Such abuse can create a blockage at the third eye chakra. This is essentially a misalignment with reality, in which the person views themselves as less intelligent or competent at making decisions than they really are.

Cannabis

When a person uses recreational drugs such as cannabis, they are accessing the astral realm using their drug of choice to create that connection. It is an artificial connection, but it opens up the third eye chakra nonetheless. Used regularly, the drug may create an overactive third eye chakra, to the detriment of the lower chakras.

Root Chakra Weakness

Often an overactive third eye chakra can be the result of a wound in the root chakra databanks, relating to safety and security.

People who grew up in an unsafe environment, experiencing abuse, neglect and trauma often have an overactive third eye chakra.

This is because the child requires extra parenting, and learns to receive it from spiritual sources. The child will also learn to dissociate (i.e. exit the body energetically) during trauma or abuse, and regularly leaving one's body in this way over time will result in developing a sensitivity to the planes that lie beyond the physical. This strengthens the third eye chakra, often to the detriment of the lower chakras.

Another way in which a person commonly copes with such a situation is to heighten the senses in order to pre-empt abuse or attacks, and to protect the self. This creates a state of hypervigilance and anxiety at the third eye chakra.

Now let's take a look at the final major chakra I wish to cover:

The Crown Chakra

The crown chakra is located at the top of the head, and is associated with the colour white.

This chakra is the centre of our spiritual connection - our relationship with our higher selves and with the Divine intelligence. This chakra is about our soul's plan; what we choose for ourselves before we even come to earth, and to what extent we allow that spiritual plan to integrate our lives and guide our path here.

Earlier in this lesson we discussed the lower chakras, such as the root chakra, the sacral chakra, and the solar plexus chakra. These lower chakras are about needing, wanting, having, and doing. The lower chakras are integrated with the ego and the fear-based human mind - they keep us safe and happy in the physical.

By contrast, the crown chakra encourages us to see the wider view of life and our place in it, which goes beyond our human concerns for survival. Through our connection to our higher self (at the crown chakra), we may receive information about our reasons for incarnating - including our life lessons, our soul gifts and the contributions we are here to make, and the unconscious patterns and fears that we are here to transcend.

To the lower chakras, the worst thing that could happen is death. To the crown chakra, the worst thing that could happen is that we do not fully embrace our gifts, or follow our highest path and purpose, and that we live in fear.

When the Crown Chakra Is In Balance

When this chakra is in balance, we feel connected to our higher self. We are aware that we are spiritual beings having a human experience. We recognise that the Divine intelligence has control over our lives, and the hand we are dealt at birth. We are able to surrender to circumstances which are out of our control, while simultaneously making the best of them.

We recognise that what happens to us in life is not meant as a punishment or random coincidence, but a way for the soul to grow and evolve.

A balanced crown chakra enables us to trust our souls and the Divine intelligence on our path through life, and to have faith. When the crown chakra is balanced, we have the courage to make choices that align with our spirit, even when those choices seem inconvenient, unconventional, or ill-advised, from the outside looking in. We understand that death is not the end.

When the Crown Chakra Is Out of Balance

When this chakra is out of balance, it can manifest as:

- Feeling abandoned by God
- A belief in an angry, punishing God
- Spiritual escapism/bypassing
- Fatalism; believing that God/the Universe should do for us; waiting for a permission slip from the Universe before we try anything; relying excessively on signs and omens
- Inability to surrender to circumstances outside of our control; fighting the intractable forces of fate rather than working with them
- Despair and hopelessness
- Believing that God favours you because of your religion; feeling entitled to special treatment from God.

Reasons for Crown Chakra Imbalances and Blockages

A Spiritual Awakening

The crown chakra often opens for the first time when we go through a tragedy or a 'dark night of the soul'. Events such as these remind us that our time here is limited, and that we do not have as much control over our lives as we would like to have. This realization encourages us to begin a relationship with a higher level of our own consciousness, and/or a higher being outside of ourselves.

Spiritual awakenings can also occur during near death experiences and midlife crises, when people reconsider their lives and find that there is not enough meaning in their relationships, or in the activities in which they invest most of their time.

Another common outcome of a spiritual awakening is the development of a burning desire and urgency to align with one's highest path and purpose, use one's gifts, and do work that will make a positive contribution to the world.

Following a spiritual awakening, the crown chakra may be too large, and this may feel overwhelming. Over time, the person will integrate their new-found sense of spirituality into their lives in a way that is more comfortable and manageable.

Limited Beliefs Disseminated by Religious Authorities

Certain religions teach concepts which create problems for the crown chakra. For example, some espouse the idea that God is angry or punishing, and that we will go to hell if we don't strictly adhere to God's commandments. Such teachings bring fear into the crown chakra, and negatively affect our relationship with the Divine.

Being overtly or devoutly religious does not necessarily translate to a healthy and balanced crown chakra. Sometimes people are going through the motions, rather than nurturing a genuine relationship with the Divine.

Being Abused or Persecuted For One's Spiritual Beliefs/Feeling Abandoned by God

Past life experiences involving religious persecution can often affect the crown chakra in subsequent incarnations. For example, souls who died in the Holocaust may present with crown chakra issues such as lack of faith, anxiety, or feeling abandoned by God.

Spiritual Entitlement

When we go through difficult experiences in life, we either turn it to our advantage (i.e. make lemonade out of the lemons that come our way), or we become angry, bitter and sorry for ourselves. We may become obsessed with our misfortunes, and feel jealous when others have it easier than we do. When this is the case for someone, this kind of pattern will usually present at the crown chakra.

Trauma

The crown chakra is one of the chakras that is most impacted by an experience of trauma, especially for those who normally believe in a higher power or feel that the Universe 'has their back'. Trauma can cause us to lose our faith in God and feel abandoned by a higher power because it affects our sense of safety. Secretly most of

us believe that awful things do not happen to people like us. Then when something awful does happen, we can feel betrayed by God.

OK, now that we've covered the more general information about the chakra system, I am going to drill down into more details on the chakras, through the chakra databanks.

THE CHAKRA DATABANKS

Each of the seven major chakras holds dozens of “databanks” within it.

Databanks are ‘aspects’ of a chakra, almost like sub-chakras unto themselves. Let's take the example of a databank at the **throat chakra**, which is the centre of communication and self-expression. One databank here is expressing feelings. Another databank might be public speaking. Another still might be advocating for oneself.

Why Learn About Chakra Databanks?

At the beginning of the intuitive healing process, you are going to tune in to the client's chakras to find out how they are being affected by a cord of attachment (to give one example).

You will often pick up straight away on some type of negative energy that is connected to a particular chakra (for example you might pick up that there is some fear energy in the solar plexus chakra.)

So what might this fear be connected to?

Well, the solar plexus governs a few different life areas, including personal power in relationships, getting things done/achievement, self-determination and self-confidence.

Perhaps it is a **fear of being engulfed or dominated, that causes anxiety for the client in her relationships?**

Or maybe it is a **fear of taking action, that impacts on the client and makes her procrastinate on her goals?**

Maybe it is **a fear of making choices and decisions independently, with no input from anyone else?**

By knowing more about the chakra databanks, we can pinpoint this fear and find out what it is connected to. That way, we can translate it into how it impacts the client on the level of her emotions, thoughts or behaviours.

So the information given in this chapter about the chakra databanks is essentially a thorough frame of reference through which to interpret the information you pick up about the chakras.

Through experience you will also build your own 'inner menu' of emotions and signals by which to read the chakras. Learning about all the different chakra databanks may help you to start building this 'inner menu' or frame of reference.

In this document, I provide all the chakra databanks I know about. Then at the beginning of each section, I also provide the quick version – the databanks that most often come up in cord cutting sessions for each chakra, along with the negative energies most commonly found at the chakras.

In the charts book, you will also find some charts which will enable you to use these databanks when you're dowsing with a pendulum. For now, you don't need to worry about any of this because we're not going to apply this information yet. At this point, we're only going to look at the theory instead of the practice. When it's time for you to put this information into practice, I am also going to give you clear instructions for doing so.

But for now, you can just sit back and absorb the information in this section.

Different Aspects of Chakra Databanks

Just so you know, there are three aspects of chakra databanks that we can 'read'. You won't necessarily need to read all of these in an intuitive healing session, but I have talked about them here for your general knowledge as a healer.

1. Size

We can read a chakra databank first of all by looking at its size.

Taking the throat chakra databank of 'comfort level with public speaking' as an example, upon measuring a databank such as this one, you may find that it is very

small and not projected outwards from the body at all. In this case, we would know that the person whose public speaking databank was tiny probably does not enjoy public speaking. It might really scare them.

On the other hand, someone who has a 'comfort with public speaking' databank which is projected outside of the body and a large databank clearly has a high level of comfort with speaking in front of a large audience. This person's presence in the room, while public speaking, will be felt by all who listen to him/her. People who have a strong public speaking databank may include orators such as politicians and members of government who have to give speeches, and performers.

The size of chakra databanks – whether they are large or small – is reflected in our lives.

When someone has a chakra databank that is large, it can mean it's an area of life that a person feels passionate about and it often points to a soul gift in that area.

Although please note that sometimes a small or large databank is appropriate, depending on the person. The appropriate size of your chakra databanks depends very much on your personality, talents, values, choices, lifestyle, and life path. For example, a person who is born with strong teaching talents and who as a result chooses the teaching profession may have larger throat chakra databanks than someone who does not use their voice every day, and this is appropriate on the soul level.

2. Negative Energy in Chakra Databanks

The second aspect of chakra databanks that we may 'pick up on' is the negative energy within a databank.

Negative energy is either stored up emotional or spiritual pain and suffering, or patterns which cause suffering.

Negative energy can do one of two things to chakra databanks – it can cause them to 'under-function' meaning that the energy and the soul gifts in our chakra databanks become inhibited. When this happens, our soul gifts and true personality have a harder time coming through, because they're bogged down with negative energy to some degree. Chakra databanks can also 'over-function' which can manifest as behaviours which attempt to overcompensate for the negative energy.

What Does Negative Energy Look Like In Reality?

A child who grows up with an alcoholic or abusive parent may learn in their early years to shut out the reality of the family situation through some sort of escapism, whether it's through video games, too much studying, reading, or whatever. So, there is a pattern of avoidance in the chakra databank of '*connecting to reality*' at the root chakra.

When this person grows up, she might continue to seek escapist adventures to an unhealthy degree, in order to make the challenges of life disappear. Maybe it is drugs or video games. We all need some escapism from time to time, but when it becomes unhealthy is when it affects the person's life adversely and they find it hard to moderate or stop the behaviour.

So in situations like that, the pattern of avoidance will still be present in the databank of '*connection to reality*'.

3. Soul Gifts Within Chakra Databanks

The third area that we can 'read' within a chakra databank is the positive energy, which translates to our soul gifts and positive qualities.

For example, in the crown chakra there is a databank called '*trusting in God/the Universe*'. One gift of the soul in this databank might be a sense of serenity and trust that everything happens for a reason.

Indeed, some of the soul gifts encoded in the Akashic Records are also encoded in the aura, the only difference being that if we only read the aura, we have no idea why a person has a gift – we don't know where it comes from. So, for example, we might be able to tell that a person loves exploring, but we won't know that the client is, in fact, an explorer soul (which we can tell from the Akashic Records).

A note on location of energies and databanks:

Note that some databanks I have placed at a certain chakra, whereas others may place them in another chakra. It does not matter where you place these energies, as long as you read them somewhere.

THE ROOT CHAKRA DATABANKS AT A GLANCE

Survival & Resources	Groundedness	Ethics & Integrity	Occupying a Physical Body	Safety	Tribe, Family & Community
Earning money	Connection to reality	Acting with integrity	How the body is treated	Sense of physical safety	Connection to family
Saving money	Objective vs subjective reality	Ability to honour commitments	Physical nourishment	Sense of physical safety in various settings:	Connection to 'tribe'
Spending money	Interest in human life		Presence in the room		Sense of belonging to community
Comfort level with wealth/money	Stability and routine		Appetite	<ul style="list-style-type: none"> • Home • Work • In the street, etc 	Ability to move away from unhelpful inherited beliefs
Interest in money	Physical roots		Physical/sensory sensitivity		Connection with country of origin/residence
Willingness to assume responsibility for survival	Relationship with linear time		Physical stamina		Inherited ethical/moral codes
Survival instincts			Physical strength		
Ability to let go					
Confidence in ability to provide for oneself					

QUICK VERSION - THE ROOT CHAKRA

The root chakra databanks which tend to be most affected by cords of attachment (in particular) are:

1. Connection to reality
2. Confidence in ability to provide for oneself
3. Sense of safety in the world

The negative energies which I pick up on most frequently at the root chakra (during an intuitive healing session) include:

1. **Trauma** – the root chakra and the crown chakra appear to be the two chakras most impacted by traumas. This is because trauma commonly impacts on a person's sense of physical safety (root chakra) and on a person's faith in a higher power (centred at the crown chakra.)

2. **Fear or anxiety** – often the result of trauma and/or economic insecurity

3. **Avoidance or dissociation or escapism** - again, this is often related to grief, pain or trauma that has affected the client at some point. Dissociation can occur when a person experiences trauma and exits their consciousness as a form of self-protection.

Patterns like these in the chakra databank relating to connection to reality can be somewhat common, and they can sometimes be problematic because these energies can result in compulsive or addictive behaviours.

Avoidance of pain or grief is at the heart of many addictions, where a person may abuse substances, drink, work too much, use pornography, etc, to 'check out' and avoid whatever it is they are feeling, or whatever it is is waiting for them in the background to be acknowledged.

Survival & Resources

- **Earning money**

By reading this databank we can tell how much ability a person has for making money.

- **Saving money**

What are this person's patterns with saving money? Does this person need to save a lot of money in order to feel secure?

- **Spending money**

What are this person's patterns with spending money? Does she spend money wisely? Does money 'burn a hole in her pocket'? Does she spend more than she has? etc.

- **Comfort level with money & wealth**

Through reading this databank, it is possible to explore a person's relationship with money. In this databank there could be guilt, anxiety about greed or having too much.

- **Interest in money**

Is this person invested in earning money and being financially solvent & comfortable?

- **Willingness to assume responsibility for one's survival**

Is this person willing and able to provide for herself or does she want someone else to take care of her?

- **Survival instincts**

What would this person be willing to do in order to survive?

- **Letting go**

In this databank we can find patterns of releasing with ease, or hoarding at the other end of the spectrum.

- **Confidence in ability to provide for oneself**

Does this person feel that she has to fight for her survival? Is she able to see the opportunities she has available to her to support herself financially? Does this person feel her gifts can be used to earn money? etc.

Groundedness

- **Connection to reality**

The Science Fiction author Philip K. Dick calls reality “that which, when you stop believing in it, doesn’t go away.”

A strong connection to reality allows us to face up to how things really are and admit the truth. This in turn enables us to take action based on the truth of the situation. A strong connection to reality is at the centre of being grounded in one’s life.

This databank can be weakened by trauma and substance abuse. When people have a small connection to reality, it is usually to protect themselves, because reality was too harsh at some time and it caused the person to retreat from reality.

After I cut the cord to my father (and this cord had a massive impact on my connection to reality), it was as if I was “brought back down to earth” and it was not pretty. I was suddenly in contact with a lot of pain I was holding and became aware of difficult patterns around personal power that were holding me back.

- **Objective vs. subjective reality**

This databank contains information about our balance between connection to objective and subjective reality. Objective reality means the facts about a situation; the cold, hard reality that can’t be denied. Subjective reality means how we feel about the situation.

Those who have a rich inner life often have a strong connection to their subjective reality.

Some people have a stronger connection to objective reality. Professions such as medicine, engineering and the sciences train people to focus much more on objective reality. Those who have a stronger connection to objective reality than to their subjective reality may find less meaning in life. They may seek

objective evidence or proof before they can believe in something.

- **Interest in/commitment to human life**

How invested is this person in her life; how committed is she to the process of living?

- **Stability & routine**

The root chakra thrives on stability and routine.

At this databank we can find out if a person feels a sense of security from their routine. Does this person feel stable in her life, home, or at work?

- **Physical roots**

Is this a person who gains a sense of solidity and stability from having their roots in one place? Does this person travel around a lot?

- **Relationship with linear time**

An important part of life on earth is linear time. Things do not happen instantly, as they do in the spirit realm.

This is an alien concept to the spiritual side in us because when we are not in a body, things happen very fast. A deceased spirit can think of a loved one and be with that person in spirit, in an instant. Here on earth things are obviously very different. You can't just think of someone and instantly be with them. Winter doesn't turn to summer overnight nor does night turn to day instantly.

At this databank, we can find out how a person feels about this aspect of life. Do they respect this principle of step by step that is part of linear time?

Negative energy at this databank may cause a need for short term 'quick fixes' or a need for instant gratification.

Ethics & Integrity

- **Acting with integrity**

Does integrity matter to this person?

Behaviours such as cheating, lying or being dishonest create an unstable foundation for the root chakra.

- **Ability to honour commitments**

Does this person honour her agreements and follow up on her promises?

Occupying a Physical Body

- **Relationship with physical body**

By reading this databank, we can find out how a person relates to their body. Is this person invested in their physical health? Does this person feel somehow removed or alienated from her physicality due to something like trauma? Does she believe she is only her body and nothing more?

- **Physical nourishment**

Is this person's body well nourished?

- **Presence in the room**

How does this person occupy her body? Is she fully present? Do other people notice her?

- **Appetite & relationship with food**

In this databank you can find out about a person's appetite. This is where preoccupation with food and survival may show (for example, among people who have lived through a famine or hard times) or where eating disorders may show.

- **Physical/sensory sensitivity**

How acutely is this person aware of their physical experience? How strongly does this person feel sensations such as fatigue, hunger, pain, etc?

- **Physical stamina**

How much physical stamina or willpower does this person have?

- **Physical strength**

How much physical strength does this person have? How do they feel about their physical strength?

Safety

- **Sense of physical safety**

How physically safe or vulnerable does this person usually feel? How safe does

she feel in various settings, such as at home or at work? If a person is significantly affected by trauma, the results will show in this databank.

Tribe, Family & Community

- **Connection to family**

This databank represents our 'roots' in the area of family. It contains all kinds of information on how connected one feels to one's family. Historically, having our place in our family has helped human beings to remain safe (safety in numbers.) Although we may not need to physically stick together as a family unit these days in order to guarantee our physical survival, being part of our family of origin can give us a place where we belong and this strengthens the root chakra (at least for those who enjoy being around their family of origin).

- **Connection to 'tribe'**

This is a databank which historically has been a very prominent one but is perhaps less so these days for most people in Western society. Your 'tribe' is the group of people within your social or cultural group, who you relate to and feel a sense of kinship with. This may be people who have similar political beliefs, your friends, your extended family or even those who support the same sports teams as you. This databank contains information about your relationship to this group.

- **Sense of belonging to community**

To what extent does this person feel they belong in their community?

- **Ability to move away from unhelpful inherited beliefs**

Ideally we will retain those inherited teachings that serve us, and discard those that do not serve us. Being connected to our families can bring us strength, yet this connection can also weaken us if we feel obliged to take on beliefs, values or a lifestyle that don't align with who we are.

- **Connection with country of origin**

Does this person feel she belongs in the country she comes from? If the country of residence is different from the country of origin, what are her feelings about living there? Does she feel attached to her country of residence or origin?

- **Inherited moral/ethical codes**

This databank tells us about what a person was taught about right and wrong, growing up.

THE SACRAL CHAKRA DATABANKS AT A GLANCE

Pleasure & enjoyment	Sexuality	Desire nature	Vitality & Creativity
Life enjoyment	Libido	Strength of desires	Energy & vitality
Importance placed on recreation & relaxation	Comfort with sexuality	Awareness of desires	Openness to new experiences
Sense of occasion	Comfort with sexual orientation		Resourcefulness/creativity
Pampering/nurturing the physical self			
Appreciation of beauty			
Playfulness/sense of fun			
Sense of humour			

QUICK VERSION - THE SACRAL CHAKRA

The sacral chakra databanks which tend to be most affected by cords of attachment (in particular) are:

1. Enjoyment of one's human life
2. Awareness of desires
3. Vitality/energy levels

The negative energies which I pick up on most frequently at the sacral chakra (during an intuitive healing session) include:

1. **Abstinence** or **self-denial** with the pleasures of life
2. **Depression**

Sacral Chakra Databanks

Pleasure and Enjoyment

- **Life enjoyment**

How much pleasure and fulfilment is this person currently experiencing in their human life?

- **Importance placed on recreation and relaxation**

What are this person's attitudes around hobbies and playtime? Does this person currently have hobbies that give them pleasure? Does this person place any importance on resting and recuperating?

- **Sense of occasion**

This is the databank of marking special occasions and the milestones of life appropriately.

Is this someone who likes to mark special occasions like birthdays and celebrations? Can she make an occasion something special?

- **Pampering/nurturing the physical self**

This is the databank of taking care of the physical self. Does this person place any importance on grooming, pampering and caring for the body?

- **Appreciation of beauty**

How open is this person to noticing beauty? Does she appreciate beauty?

- **Sense of fun**

Does this person like to bring fun and laughter into her own life?

Is this person in touch with their 'inner child'? Is she able to laugh and play, or is she someone who takes life very seriously?

- **Sense of humour**

Does this person allow their sense of humour to bring a sense of lightness and proportion to life? What is her humour style? What kind of humour does she appreciate?

Sexuality

- **Libido**

This databank reveals how strong a person's libido and sexual energy is.

- **Comfort with sexuality**

This databank is about how comfortable one is with one's sexual nature and desires. Any hang ups related to one's sexuality will obviously be found here.

- **Comfort with sexual orientation**

This databank is present mainly in those people who go against the grain of what has been historically 'acceptable' in terms of sexuality in our society.

Desire Nature

- **Strength of desires**

The sacral chakra is the seat of our desires. How strong are this person's desires?

- **Awareness of desires**

Is this person in touch with her own desires and priorities?

Creativity & Vitality

- **Energy and vitality**

What are this person's energy levels like? How vital and energetic does she

feel?

- **Openness to new experiences**

How open is this person to exploring? Does she have an adventurous side?

- **Creativity & resourcefulness**

How resourceful is this person? How does she find solutions to problems and find ways to get what she wants?

THE SOLAR PLEXUS CHAKRA DATABANKS AT A GLANCE

*Whether or not one has these databanks activated in one's aura depends upon one's lifestyle & career

Personal power in relationships	Sovereignty & independence	Getting things done	Self-confidence
Sharing power in relationships	Self-determination	Taking action to move towards goals	Self-confidence in general
Holding an energetic space for oneself	Independence of thought	Drive and motivation to succeed	Self-confidence at work
Handling conflict	The extent to which one feels in control of one's life path	Work ethic	Pride taken in personal achievements and character
Energetic boundaries	Honouring the free will of others	Willingness to take risks/make mistakes	
Respecting the boundaries and privacy of others	Relationship to authority	Self-discipline	
Self-importance/ego	Sense of responsibility	Keeping promises and commitments to the self	
Power/leadership integrity*		Finishing what one starts	
		Dealing with the practical aspects of life	
		Determination/willpower	

QUICK VERSION - THE SOLAR PLEXUS CHAKRA

The solar plexus chakra databanks which tend to be most affected by cords of attachment (in particular) are:

1. **Sharing power in relationships** - Exploring power dynamics can for some souls be a huge source of growth and so this databank comes up again and again for my clients.
2. **Dealing with conflict** - Conflict occurs everywhere and a person will ideally be able to navigate conflicts and endeavour to find win/win solutions for all parties.
3. **The extent to which one feels in control of one's life path** - Some people do not see the power they have to effect change in their own lives. Exercising one's power to change, grow or progress in life is too scary for some.
4. **Taking action** - Negative energies that can trip people up here include doubt, fear & perfectionism.
5. **Willingness to take risks & make mistakes** - To be able to move forward in life, at times we must be open to experimenting, making mistakes and trying something new which might not work out.

The negative energies which I pick up on most frequently at the solar plexus chakra (during an intuitive healing session) include:

1. Helplessness - where a person is not owning their power
2. Victimisation - often the result of abuse
3. Fear - a biggie for the solar plexus chakra
4. Frustration
5. Impatience
6. Passiveness - again, where a person is perhaps not stepping up to the plate and owning their power.
7. Stuckness - an energy of inertia, a bit like being stuck in a hole that one feels one cannot climb out of.
8. Perfectionism - this trips people up at the solar plexus, but it tends to have its roots in the heart chakra (relationship with oneself.)
9. Obedience

Solar Plexus Databanks

Personal Power in Relationships

- **Sharing power in relationships**

This is the databank of control and personal power in relationships. Here we find patterns relating to how comfortable a person feels about sharing power in their relationships – does she prefer to feel in control of the relationship? Is this someone who gives her power away to others or who lets others walk all over her? Or is there a healthy middle path for this person between those two. Does she respect the need for both parties to feel in control? Does she feel that her desires/needs are the only one that matter? These are all questions that can be answered by reading this databank.

Note that we have separate power sharing databanks for every possible context, such as sharing power in work relationships and sharing power in romantic relationships.

This is also the databank of protecting what is yours through assertive behaviour. Does this person make sure that others respect her boundaries and limits? Can she confront violations and invasions?

- **Holding an energetic space for oneself**

This is the databank of ‘holding your own’ energetically. The results of this databank can show in practice when a person is confronted with an overpowering or domineering personality. Some may shrink away from a strong or powerful personality and this may manifest as a feeling of intimidation or inhibition. Others can be themselves and still meet the dominant energy without feeling intimidated.

- **Ability to handle conflict**

This databank holds information regarding how a person deals with conflict. For example: is this someone who feels confident dealing with conflict? Does this person feel stressed or intimidated at the prospect of conflict?

What is this person’s power style in a situation in which there is potential to gain or lose something.) Does she seek win/win situations?

- **Control of one's energetic boundaries**

This databank can sometimes be weak among empaths, who will often feel like they have no control over what comes into their energy and personal space.

- **Respecting the boundaries and privacy of others**

To what extent does this person honour the boundaries and privacy of others? Is this a person who feels the need to interfere in others' lives?

- **Self-importance/ego**

Does this person have a healthy sense that she matters? What is this person's perception of her place in the world? Does she see herself as more important than others? Or does she see others as more important (or somewhere between those two?)

- **Power/leadership integrity**

Note that not everyone will have this databank. Having this databank depends on whether a person ever finds herself in a position of power.

When this databank is present, it can answer questions such as: does this person wield their power with integrity?

Sovereignty and Independence

- **Self-determination**

This databank is about our ability to make decisions independently of other people.

By reading this databank we can find out how free a person feels to live as she chooses. Does she feel a need to consult others and seek 'permission' from others?

- **Independence of thought**

Is this person able to have thoughts, opinions and beliefs that are different from those around her? Does she like to 'follow the herd' in terms of beliefs and opinions? Is she able to justify her views or has she blindly inherited beliefs and opinions, without thinking them through?

- **How in control one feels of one's life path**

Does this person feel that her fate is in her hands? If not, who holds the power (according to this person?) Does she feel weighed down by the desires or will of another person? Does she feel that nothing she does can make any difference to her path or her fate?

Is this person able to rise above difficult situations? Does she see herself as a victim of circumstance? Does she waste energy complaining and moaning about things she cannot change? Or does she focus on what she can change? These are questions that can be answered by looking at this databank.

Obviously a large part of what happens to us in life is out of our control, but we can always choose how we respond to what life throws at us, and we can often turn lemons into lemonade, as the saying goes.

- **Honouring the free will of others**

Does this person feel the need to 'rescue' other people from their problems? Does she give others the space to grow? Does this person habitually endeavour to control outcomes that are outside of her control?

- **Relationship to authority**

Centred here are patterns related to how we deal with authority figures. Here we may find dynamics relating to rebellion and conformity. How willing is this person to obey reasonable rules that benefit the community? At the other extreme you may find patterns such as a desire to push against the status quo purely for the sake of it.

- **Sense of responsibility**

Does this person have a healthy sense of what is and is not her responsibility? Does she feel responsible for everyone and anyone? Is she co-dependent? Does she believe she can create change in other peoples' lives or do other peoples' growing for them? Does she take responsibility for her life and the consequences of her choices?

Personal Effectiveness & Getting Things Done

- **Taking action to move towards goals**

This is the centre of personal effectiveness. Is this person able or willing to take the actions that can move her towards her goals? This databank may show a high level of personal effectiveness or there may be negative energies

here which reflect procrastination.

- **Drive and motivation to succeed**

This databank contains information about how motivated a person is to achieve their goals. Through reading this databank, you can find out if a person is not bothered about achievement or driven to succeed (or somewhere between the two.)

- **Work ethic**

Through reading this databank you can find out: how much is this person willing to work for what they want? You can also tell if someone is an 'over-achiever' or a workaholic by reading this databank.

- **Self-discipline**

How much control does this person exercise over her own impulses, desires and behaviours?

- **Willingness to take risks & make mistakes**

Is this person willing to take a risk if she thinks it will move her closer towards her goals? What is her comfort level with taking risks? Is she open to getting it wrong?

- **Keeping promises and commitments to the self**

This databank is the centre of following through on one's promises. Does this person keep the resolutions and commitments that really matter to her? Does she manage to stay accountable to herself?

- **Finishing what one starts**

Is this person able to finish what she starts? What is her staying power like?

- **Dealing with the practical aspects of life**

Is this person able to do the practical things in life such as getting to work on time and paying bills?

- **Determination and the power of your will**

How strong is this person's will to get what they want? How much determination do they possess to have what they want? How willing is this person to find solutions to problems and overcome obstacles that stand in her way? How quickly/easily does she give up on her dreams?

Self-Confidence

- **Self confidence in general**

How confident does this person feel in her own abilities? In social situations?
In her own judgment?

- **Self-confidence at work**

How confident does this person feel at work/in professional situations?

- **Pride taken in personal achievements and character**

Does this person give herself credit for her achievements and who she is? Does this person feel good about herself and who she is?

THE HEART CHAKRA DATABANKS AT A GLANCE

Emotional life	Relationships with the self	Relationship with others	Healing
Emotional awareness	Self-worth/ self-esteem	Balance of give & take in relationships	Willingness to heal
Emotional stability	Feeling satisfied with one's achievements	Emotional connection to loved ones	Acceptance of life events
Emotional courage	Embracing one's uniqueness	Empathising	Forgiving the self
Emotional availability	Self-talk	Receiving love	Forgiving others
Ability to let go	Valuing one's gifts	Giving love	
	Valuing one's finite resources	Accepting others/tolerance	
	Self-acceptance	Connection to humanity/oneness	
		Valuing others	
		Trusting others	
		Commitment in romantic relationships	
		How much of the self it is safe to reveal	
		Feeling understood/seen in relationships	

QUICK VERSION - THE HEART CHAKRA

The heart chakra databanks which tend to be most affected by cords of attachment (in particular) are:

1. **Balance of give & take in relationships** - some of my cord cutting clients have primary life lessons that are centred around caring for the self and valuing the self. They often grow up in families which teach them to put others first, or in scenarios where they have to parent themselves and parent their parent from an early age, rather than the other way round. They may then take these dynamics into their adult relationships and have trouble with people pleasing and co-dependence. These clients often get a lot out of cord cutting.
2. Self-worth/self-esteem
3. Receiving love
4. Ability to trust
5. Self-acceptance

The negative energies which I pick up on most frequently at the heart chakra (during an intuitive healing session) include:

- **Avoidance** - The medical doctor John Sarno, in his book about chronic pain and emotions '*The Mind Body Prescription*', posits that the human unconscious has evolved to repress many of the negative emotions that we feel, because historically it has not always been safe to express or act on them. Therefore as humans we are wired to defend ourselves from our own pain. Avoidance of emotional pain can result in addictions and chronic physical pain.
- **Shame** - Shame is different from guilt - guilt is knowing a behaviour is wrong and it was not a good choice, and feeling bad about that, whereas shame is about feeling one is a bad person, as opposed to the behaviour being wrong. Usually when this energy is present, this is someone who has been shamed by another person.
- **Abandonment** - A huge one for the heart chakra. Some of the people who come for cord cutting sessions have been abandoned by a parental figure or by a loved one.
- **Betrayal**
- **Loss/grief/pain** - We all eventually lose what we love, through death or some other circumstance. This is the central dilemma of the heart chakra.
- Self-criticism
- Fear of letting go
- Self-denial

- Unworthiness

Heart Chakra Databanks

Emotional Life

- **Emotional awareness**

Does this person know what she is feeling? How acutely does she experience her emotions? Is she able to compartmentalise her emotions? etc.

If a person buries their emotions, it will show in this databank.

- **Emotional stability**

How emotionally stable is this person?

- **Emotional courage**

Emotional courage means the ability to take a risk and be vulnerable in relationships, even though one may have been hurt before.

- **Emotional availability**

What is the potential for emotional connection with others? Is this person's heart open or closed?

- **Ability to let go**

This is not the material letting go of the root chakra databank we have already covered, but the emotional version of that. Can this person say goodbye to people and things that are leaving /have left her life? How easily does she let go, on an emotional level, of what doesn't serve her?

Relationship with the Self

- **Self-worth/self-esteem**

Does this person believe she is loveable?

Does this person give herself the same respect that she gives to others? Does she feel she matters?

- Where does her self-worth come from? Is it based on who she is, her achievements, her looks, her productivity, her bank balance or how much she

is needed by others?

- **Feeling satisfied with one's achievements**

Can this person be satisfied with what she's achieved?

Is she able to congratulate herself and see her achievements as 'enough'?

- **Embracing one's uniqueness**

How accepting is this person of what is unique about her, even if her uniqueness goes against the grain of society?

- **Self-talk**

What is this person's self-talk like? Does she talk kindly to herself?

- **Valuing one's gifts**

Does this person value her abilities and talents or does she take them for granted? Does she ask for appropriate remuneration in exchange for her gifts?

- **Valuing one's finite resources, such as time, energy and money**

Does this person understand that her time and energy are valuable resources?

Does she know and respect her own limits as a human being with finite resources?

- **Self-acceptance**

How much does this person like & accept herself? Is she comfortable with her perceived faults and shortcomings?

Relationships with Others

- **Balance of give & take in relationships**

How altruistic is this person? Does she put other peoples' needs above her own?

Is there an appropriate balance between giving and receiving?

- **Emotional connection to loved ones**

There will be one databank per major relationship. This includes parents, children, partner, family members, and close friends (as applicable). By

reading these databanks, we can read any emotional connection.

- **Receiving love**

How worthy does this person feel of love? Is she able to receive love in all its forms? This also includes awareness of how loved one is. A person can have a story or a belief such as 'no-one loves me' in order to push away the love that does come their way.

- **Giving love**

How does this person give love? How easy is it for this person to love others? How much does this person have to give in relationships?

Ideally the databanks of receiving love and giving love will be roughly the same size.

- **Empathising**

How easy is it for this person to put herself in another's shoes?

- **Accepting others/tolerance**

How accepting is this person of other people? Does she accept the faults and imperfections of others?

How much love and compassion does this person have for the shadow side in herself and in others?

If a person harbours bigotry or hatred (such as misogyny, racism, or homophobia) towards a particular group of people, it will show at this databank.

- **Valuing others**

How does this person view other people? (this is often a reflection of one's own self regard or esteem.)

If a person derives their own worth from their achievements, looks or socio-economic status, it is likely that others will be judged or assessed for worth using the same yardstick.

- **Connection to humanity/oneness**

How connected does this person feel to the rest of humanity? Does she feel she is part of a global community and does she care about humanity on a

grand scale? There is a version of this databank present at the root chakra, too, but this one is more about the emotional connection.

- **Trusting others**

How easy is it for this person to trust others?

- **Commitment in a romantic relationship**

Does this person have the capacity to commit to a romantic relationship? Is commitment an important value for this person?

- **How much of the self it is safe to reveal**

How safe does this person feel to reveal who she really is? How vulnerable on an emotional level is this person able to be with others?

- **Feeling understood/seen in relationships**

Does this person feel her emotions can be validated by others? Does she feel that it is possible for another person to really see who she is and understand what she is going through?

Healing

- **Willingness to heal**

Is this person so attached to the bad things that have happened to her (and her perceived misfortune) that she cannot move beyond them? Does she believe healing is possible?

- **Acceptance of life events**

Is this person able to accept the things that have happened to her in life? Does she feel a need to know why bad things have happened? Does she feel mistreated by life?

- **Forgiving the self**

Is this person able to forgive herself for past transgressions? There may be energies such as shame, guilt and self-criticism here.

- **Forgiving others**

How readily does this person forgive others? What are her beliefs about forgiveness?

THE THROAT CHAKRA DATABANKS AT A GLANCE

Self-Expression	Listening & understanding	Communication with Spirit
<p>Speaking one's truth</p> <p>Expressing feelings</p> <p>Expressing desires</p> <p>Asking for help</p> <p>Disagreement & conflict</p> <p>Advocating for oneself</p> <p>Self-expression at work</p> <p>Social communication</p> <p>Getting to the point</p> <p>Expressing appreciation</p> <p>Adapting communication</p> <p>Having 'difficult conversations'</p> <p>Negotiation</p> <p>Writing for self-expression</p> <p>Confidence in self-expression</p> <p>Verbal integrity</p> <p>Self-disclosure</p> <p>Projecting personality</p> <p>Presence while public speaking</p> <p>Teaching, explaining & instructing</p> <p>Awareness of communication</p>	<p>Listening</p> <p>Understanding</p> <p>Ability to keep a secret</p>	<p>Clairaudience/ hearing one's 'inner voice'</p>

QUICK VERSION - THE THROAT CHAKRA

The throat chakra databanks which tend to be most affected by cords of attachment (in particular) are:

1. **Speaking one's truth** - Sometimes it can take a person a whole lifetime (or more likely, many lifetimes) to learn the lessons of the throat chakra. One of the central lessons of the throat chakra is about learning to speak our truth clearly and confidently. Every interpersonal conflict that crops up in our relationships is an opportunity to speak our truth through the throat chakra, but it can often be a difficult thing to do. For this reason, this databank comes up often for my clients.
2. **Advocating for oneself**
3. **Having difficult conversations**

The negative energies which I pick up on most frequently at the throat chakra include:

- **Obedience/timidity/fear** - the presence of any of these three often indicates that the client has been in an emotionally abusive relationship or may have endured abuse during their upbringing.
- **Anger** - anger is associated with/originates at the lower chakras. It usually seeks expression through the throat chakra, but it may not find that expression, because this can be a difficult emotion for people to communicate (women in particular are socialised not to give expression to their anger). This is possibly why this is the most common energy I find at the throat chakra, during cord cutting sessions for women.

The Throat Chakra Databanks

Self-Expression

- **Speaking one's truth**

This is the databank of expressing one's opinions and thoughts, authentically, and clearly

- **Expressing feelings**

Is this person able to communicate and express her feelings to those she is close to, including the not-so-pleasant ones, such as anger or sadness?

- **Expressing desires**

Is this person able to communicate her desires?

- **Asking for help**

Is this person able to ask for what she needs? How easy is it for her to ask for help?

- **Disagreement & conflict**

Is this person able to state when she disagrees with someone or something? How does this person navigate conflict and disagreements? (there is another variant of this databank at the solar plexus, but this one at the throat chakra is specifically pertaining to self-expression in situations of conflict.)

- **Advocating for oneself**

This is the databank of standing up for oneself and expressing it verbally. Does this person verbalise her boundaries? Does she assert herself? Is this person able to defend herself against bullies?

- **Self-expression at work**

Is this person an effective communicator at work?

- **Social communication**

How does this person express herself in social situations? How does she feel talking to people she doesn't know? Does this person make it easy for others to talk to her and get to know her?

- **Getting to the point**
This is the databank of concise and clear self-expression. Is this person able to express herself concisely?
- **Expressing appreciation**
Does this person express appreciation for others & give compliments?
- **Adapting communication**
Does this person adapt her communication to her listener? Does she express what is appropriate for her audience? If this databank is overactive, it may indicate a person who heavily censors her communication in order to be accepted or liked.
- **Having 'difficult conversations'**
This is the databank which represents communication when we're dissatisfied or unhappy with something, including those times when we make complaints and objections. By reading this databank, we can find out if a person is able to make complaints or objections effectively.
- **Negotiation**
How skilled is this person in negotiating? Does she seek a win/win scenario?
- **Writing for self-expression**
How skilled is this person as a writer? Is it easy for this person to communicate her feelings, thoughts and ideas using writing?
- **Self-confidence in self-expression**
How much confidence does this person have in the area of self-expression?
- **Verbal integrity**
This is the databank of telling the truth. Is honesty and truthfulness an important value for this person?
- **Self-disclosure**
Is this person willing to share information about herself with others?
- **Projecting personality through verbal interactions**
Does this person express her personality in conversations and interactions? Is she in a position to 'be herself' and express it verbally?

- **Presence while public speaking**

By reading this databank, we can find out how comfortable this person is with public speaking. A large presence here indicates someone who can hold the energy when talking to a roomful of people and who is a charismatic and effective public speaker.

- **Teaching, explaining and instructing**

If this databank is very active, it indicates someone who teaches as part of their profession.

- **Awareness of words/care while talking**

How present is this person to the heart of what she is saying? Does she measure her words?

Listening & Understanding

- **Listening**

Through reading this databank, we can know how present a person is likely to be with their conversation partner.

This databank can also indicate to us whether a person balances talking with listening.

- **Understanding**

How well does this person comprehend what is communicated to her by other people? E.g does she only hear what she wants to hear? Is this person able to hear beyond what a person says, to what is inferred?

- **Ability to keep a secret**

How discreet is this person? Is she able to keep secrets?

Communication with Spirit

- **Clairaudient activity/hearing inner voice**

Does this person receive clairaudient information from her Higher self and the astral realm?

THE THIRD EYE CHAKRA DATABANKS AT A GLANCE

Intuition	Perceptions	The Intellect	Imagination & Inspiration
Connection to the astral realm	Self-perception	Mental clarity	Daydreaming
Clairvoyance	Trust in one's perceptions	Intellect	Visualisation
Claircognizance	Perception of available choices	Concentration	Creative inspiration
Interest in perceiving beyond the surface	Perceptiveness	Memory	
Telepathy	How this person thinks others perceive her	Degree of open-mindedness	
Remembering dreams	Perception of one's own life and situation	Problem-solving ability	
Trust in intuition	Dedication to truth	Capacity to see other points of view	
	Ability to bring insight	Decision making	
	Seeing the good	Planning/strategising	
	Openness to influence		

QUICK VERSION - THE THIRD EYE CHAKRA

The third eye chakra databanks which tend to be most affected by cords of attachment (in particular) are:

1. Self-perception

Very common one to be affected. Some of the clients have a self-image that does not align with reality. This databank often comes up when a client is cutting the cord to a critical person or cutting a cord to an emotionally or psychologically abusive person. In the relationship, the client has often been criticised repeatedly or told that they are not good enough in some way. These people may have an underdeveloped view of their own capabilities or qualities as a result.

2. Trust in one's perceptions

This is very similar to the above: the same events and relationships that adversely affect self-perception can also affect perception of the world and others.

3. Trust in intuition

Also see above. It is likely that this is a relationship that has undermined the client's trust in their own perceptions and intuition. To give one example, this can occur in situations of relationship infidelity or deceptions, where the client has known something is going on, but is told they are imagining it.

4. Perception of available choices

This databank reminds me of the eight of swords card in the Tarot. The figure in the eight of swords card is blindfolded and trapped by a row of swords. She does not realise that at any time, she can take off her blindfold and remove the swords from her path.



Many of us behave this way at times. We can be limited by our perception of the choices we have ahead of us – sometimes we have choices right in front of us that we don't even see. This can be because of our conditioning – perhaps life or someone else at some point has taught us that the opportunities or choices we have are in short supply. And so we choose in the same way we always have, without even realising that this time, we are free to choose something different.

For this reason, this databank can often come up during a cord-cutting sessions, because it is often another person or a past experience that has taught/influenced us to believe something limiting about the choices available to us.

The negative energies which I pick up on most frequently at the third eye include:

- **Self-doubt** - relating to our own perceptions or intuition. We might question ourselves and think “am I really seeing this correctly?”
- **Self-criticism** - relating to our own self-perception. Sometimes we can internalise external criticisms that we have received in the past and make them part of our own thinking.
- **Escapism** - this may be found when the lower chakras are underactive and the client escapes into the astral realm or the realm of daydream/fantasy as a result. Can be linked to trauma.
- **Limitation** - often related to perception of available choices, as discussed above.
- **Distortion** - this energy can affect how accurately we see life, oneself or another person.

The Third Eye Chakra Databanks

Intuition

- **Connection to the astral realm**
How easily and clearly is this person able to communicate with her Spirit Guides and Guardian Angels?
- **Clairvoyance**
Clairvoyance is our ability to see the subtle/spiritual realms of life. Is this person open to their clairvoyance? Do they receive intuition this way?

- **Claircognizance**

Claircognizance is our ability to receive information from Spirit through the mind. Is this person open to their claircognizance? Are they likely to receive intuition through this clair?

- **Interest in perceiving beyond the surface**

How motivated is this person in finding out about what lies under the surface? How interested are they in the mysteries of life?

- **Telepathy**

How 'in tune' is this person with the thoughts of others? Does this person receive information through the psychic ties they have with other people?

- **Remembering dreams**

How much does this person tend to remember about her nocturnal dreams?

- **Trust in intuition**

How much trust does this person place in their intuition?

Perceptions

- **Self-perception**

This is the databank of one's thoughts and beliefs about oneself – does the self-image this person holds align with reality?

- **Trust in one's own perceptions**

How much trust and confidence does this person have in her perceptions? Is she easily convinced that her way of seeing things is not accurate? Does she think other people know better than her?

- **Perception of available choices**

Does this person clearly see the path and options in front of her? Or does she have a limited view of what is available to her?

- **Perceptiveness**

How perceptive is this person? How much of what is happening around her does she notice? How detail-oriented is she?

- **How this person thinks others perceive her**

What does this person believe that others think of her? Is this view in

alignment with reality?

- **Perception of one's life and situation**

Is this person able to perceive her own life and personal situation accurately?
How objective is she able to be?

- **Dedication to truth**

How motivated is this person to get to the bottom of things? How willing is she to face up to inconvenient truths?

- **Ability to bring insight**

To what extent is this person able to cut past the clutter and confusion, get to the heart of a matter and see what is most relevant, for herself or for other people?

- **Seeing the good**

How optimistic is this person? Is she able to see the silver lining in situations and extract something positive?

- **Openness to influence**

Does this person listen to other people and their opinions? Does this person allow her self-image to be affected by what other people think of her? Empaths who take on a lot of unwanted influencing energy can be affected here.

Intellect

- **Mental clarity**

How clear are this person's thought processes? Is she distracted by mind chatter? Is she able to easily see what is relevant and remove any confusion?

- **Intellect**

How active is this person's mind?

What are this person's strengths? (Does she have spatial, interpersonal, linguistic, mathematical, kinaesthetic intelligence, etc.)

- **Concentration**

What are this person's powers of concentration like? Is she easily distracted or able to focus deeply?

- **Memory**

How much capacity does this person have for retaining information?

- **Degree of open-mindedness**

How open is this person to learning new things or seeing issues from another perspective? How attached is this person to their current beliefs? Are they willing to change their beliefs when they have outgrown them?

- **Problem-solving ability**

Is this person good at coming up with strategies to solve problems?

- **Capacity to see other points of view**

Is this person able to see other peoples' viewpoints and put themselves in another person's shoes?

A gift for intellectual empathy may show in this databank.

- **Decision making**

How does this person make her decisions?

- **Planning/strategising**

How does this person plan or map out the steps she needs to take to achieve a goal?

Imagination & Inspiration

- **Daydreaming**

Does this person tend to daydream?

- **Visualisation**

How easy is it for this person to visualise in their mind's eye?

- **Creative inspiration**

Does this person receive inspiration from the astral or divine realms in their creative endeavours?

THE CROWN CHAKRA DATABANKS AT A GLANCE

Connection to the Divine realm
Faith in the Divine
Ability to channel from the Divine realm
Awareness of life purpose
Relationship with mortality
Spiritual oneness
Acknowledging one's Divinity
Soul memory

QUICK VERSION - THE CROWN CHAKRA

The crown chakra databanks which tend to be most affected by cords of attachment (in particular) are:

1. Faith in the Divine - the tension central to this chakra is the one between human control (ego) and divine control. As humans, we generally want our lives to go a certain way, but when things happen that are outside of our control, that thwart our human plans and hopes, the impact can sometimes be felt at this chakra, in our trust in the Divine and in our relationship to the Divine. The more traumatic the experience that thwarts our plans, and the more the client believes in a higher power, the more likely it is to show up at the crown chakra.
2. Connection to the Divine realm

The negative energies which I pick up on most frequently at the crown chakra include:

- **Abandonment/betrayal** - A common one for the crown chakra. This is often the result of a traumatic experience or grief. For people of faith, traumas sometimes have the result of disrupting our relationship with God/Spirit, because it is normal to feel that if God really loved us, (s)/he would not have

allowed X, Y or Z to happen. Grief is also an intensely isolating experience, spiritually speaking. Grieving often feels like walking through the wilderness all alone, with no exit point in sight. We are accompanied in our grief by Spirit/God, but we often do not feel it

- **Trauma** - see above
- **Anger** - see above (abandonment/betrayal.)
- **Fear** - fear of death or fear of God
- **Disillusionment** - related to experiences of trauma. This is the energy that often results when abandonment or betrayal goes unhealed and calcifies in the person's psyche. The person may become cynical and disillusioned in life and in God.

The Crown Chakra Databanks

- **Connection to the Divine realm**
This databank contains information about the quality of one's relationship with God/Source, the Archangels or Ascended Masters.
- **Faith in the Divine**
In this databank, on the positive side we may find energies such as faith, peace, or serenity. These energies are present when a person believes that the universe has her back. Or that everything works out for the best. Conversely, negative patterns such as anxiety, insecurity and fear may be present when a person does not believe these things.
- **Ability to channel from the Divine realm**
Does this person receive communication from Ascended Masters/Archangels? Is he/she open to 'Divine downloads' from Source?
- **Awareness of life purpose**
How aware is this person of their gifts and highest path and purpose?
- **Relationship with mortality**
How does this person feel about death – theirs and other peoples'? From this databank, we can find out information about a person's feelings and beliefs about their mortality.
- **Spiritual oneness**
How spiritually connected does this person feel to the rest of creation? This is not the primal connection experienced at the root chakra or the emotional one at the heart chakra, but the one that may be felt during spiritual experiences.
- **Acknowledging one's Divinity**
Does this person know that they are a divinely created being?

- **Soul memory**

This databank contains information regarding our past life memories and soul connection memories. When a person has a very open crown chakra, it is easier for them to recall past lives and consciously recognise soul connections with other people.

Please note: There are more crown chakra databanks than are presented here relating to spiritual connection, but many of them are too abstract for our purposes.

Also note, the databanks I have listed in this document as the ones most likely to come up during cord cutting sessions are based on my own experiences.

As you may be attracting different clients, based on your own soul gifts and past experiences in this life and other lifetimes, you may find that different databanks come up. So keep an open mind if you pick up on a databank not mentioned here. There are dozens in each chakra. I have listed the ones I believe to be most relevant.

So that concludes the information about the chakra system. In order to absorb it, please read it at least a couple of times on different days. This gives your unconscious mind time to assimilate the information.