
Original Missions and Our Chakra System

The Path of Mission and Evolution



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The Value of the Chakras

What Were the Concerns?

They Have Purpose

If you plan to travel to a new country, one that is foreign to you, would you just purchase a ticket, hop on the plane and see how what happens? Perhaps if you have lots of time, energy, resources and no goal for the journey or your future, that would be an option.

However, the journey of our Soul Families from our Galactic Worlds to the Earth did have a goal, a purpose, specific responsibilities. The accomplishment of that purpose would mean Freedom and Life while failure to complete the goal would mean death for all Divine Soul Family Collectives.

If this monumental responsibility was the reason for the travel that you were undertaking, then doing more than hopping on a plane to see where you might light is rather foolish thinking. And we are anything but Foolish! Those of us from the Divine Soul Family Collectives are of highest integrity, ingenuity, creativity, and commitment. Therefore, we PLANNED!

That plan included everything that we could imagine that we would need including personal assignment, Family commitment, ways to navigate a foreign landscape and physical body suit. We made plans as to how to sustain our lives, escape the ownership contracts of the Outside Societies who had enslaved us and all the steps to assure our return to our Homes within the Galactic Worlds.

Chakra Carried the Plan

We were Soul Consciousnesses who had never been in a physical world before. We had never lived independently or with personal choice. We had existed in Group Collectives in Worlds whose energy vibrations were not “hardened” or were of the low frequencies that we knew we needed in our Earth Mission.



So, we planned and mapped and evaluated. We wanted to move into the Physical body suits, move about the new Planet to accomplish our Body Suit

and Individual mission while being supported and guided. Then, we planned for the Guidance that would return us back to our Galactic/Divine Homes, hopefully without a scratch!

And wise as we were, we placed those plans within the very suit that would carry our Souls. The DNA and reflected in our Energy Centers called, Chakras. Important? Well, I would say!

The Original Chakra System

What Were the Concerns?

Wrong!

To understand the Original Chakra System, you have to go back into the shadows of Galactic History. That may stretch your mind because you have been taught that there is Heaven and then there Birth onto the Planet Earth. Before Earth, there was Heaven. After Earth, there will be Heaven or Hell.



Wrong!

And when you begin with a false concept, a faulty premise, you end up with a conclusion that is Wrong! And that is the problem with our present understand of and working with the “chakra system”.

We have it Wrong.

In 1989 I asked my Spiritual Teachers, who live beyond the vibrations of Earth, if we could finally end humanity’s pain. Their answer surprised me. They said, “No. That is not possible with the current concepts and healing practices.”

What! Then I asked, “Where can I go to learn what is needed to end humanity’s pain?” And their answer was, “That is not what is being done on the planet. If that is what you want to do, we will have to teach you.”

Of course my response was, “Great! Let’s do it!” I had no idea the journey that lay ahead.

The journey took 20 years and took me into Energy regions that had long ago been forgotten. I walked with my Spiritual Teams as the only source of guidance. All of questions went to them and all of their answers were written, applied, tested and found to be reliable. I was like a scientist, researching with my own life, my own health and then sharing what I was learning and testing with my clients and students. Th

The journey is not the topic of this course. What is basic is to understand the **Chaos Chip**.

The Chaos Chip

Our Earth journey began long before Time in a place we all call Home/Source, maybe even Heaven. That Energy space is Balanced, contains All Good, and WE are there like dots of Intelligence or Soul Consciousness. How long we have existed there is a mute question... no time, no beginning. What is important is to validate that the WE are a Collective whose very core nature is GOOD in all of its multiple aspects. Notice, I did not use the word Love. WE are ALL GOOD.

Always there was the option for Possibilities of GOOD to attract as these waves of Possibilities emerged and moved through Home. It was one such Possibility that attracted a large group of Soul Consciousnesses. And, like friends, multiple Consciousnesses gathered in their excitement. The possibility? What would it be like to experience directly the various aspects of GOOD? To really hang out in Beauty? or Kindness? or Creativity? or Harmony?

And when enough were excited and committed, this group expanded beyond Home into a region of Energy that could be called their 1st World. Not Earth. A World region of vibrations faster than Earth and unlimited, unlike Earth. In fact, Earth had never been considered by this Galactic Family.

But their journey will lead us to the **Chaos Chip**.

In terms of the **Chaos Chip**, this group of Soul Consciousnesses had expanded into 12 Group Collectives and emerged 2 World Frequencies and were in the 3rd World when another idea rippled through the groups. What would it be like experience Imbalance? Now, Imbalance is not possible within ALL GOOD and so once the idea was accepted, the problem was clear. How to solve it?

The Collective decided that by creating a numerical formula that could be inserted into the Life Flow of ALL GOOD, the formula would act like the slot machines we see in casinos. Every once in a while the original numbers and inserted **Chip** numbers would line up and the result would be spontaneous Chaos, Imbalance! **This is where GOOD became GOOD/Balance and Chaos/Imbalance.**

For the sake of perspective, that was in the **3rd world**. Eventually, Chaos/Imbalance and its many faces caused our Life Force to slow, become limited and dense, until we needed to create another solution, an **8th World, Earth**. So, you see, Heaven/Home/Source/Balance is 7 Worlds away from our birth onto Earth.

Vulnerable and Trapped

When any of the 12 Soul Collectives were in their Spontaneous Chaos, their boundaries were like Swiss cheese.

The other part of the story is that there were Other Galactic Families whose agendas were very different than the Divine Family's to experience various aspects of Good. The Others wanted to experience Control, Domination, Usury, Corruption, Violence, and Greed. The vulnerability of the Swiss cheese boundaries of these 12 Soul Collectives made it very easy for the Others to move into and take over. Once in charge, the Others began using the Collectives as will, which the Other's agenda allowed.

Ownership? Master and Slave? Entrapped? Yes. That is the condition that the Divine Family faced from the 3rd World forward. So far from Home. And although the Collectives tried many ways to get rid of the Others, the Chaos would spontaneously occur and they could not sustain power and authority.

And that was the state when another plan was created. A plan that involved a planet that would allow energy to become "hardened" or physical. This would make it possible to identify the energy of the Others. In addition, the plan would allow individual thinking, discerning and choosing rather than Collective Consensus. This would give quick action.

But, No

The plan could not be implemented because, by this time, the entire Soul Family of Collectives were under "ownership" by the Others, the Outsiders. Even if an energy hold was discerned, no one had the Authority to demand its removal.

Again, because the Divine Family is Extremely Intelligent and Creative, once they could see the Problem, they could create the Solution.

And the Solution involved creating TWO physical body suits. One would carry the Ownership devices for two. That would leave the Second physical body suit free of Ownership, and the Soul inhabiting the body held Authority to discern and demand removal of the Outsiders!

- *Editor: I want to be clear that at the Galactic Dimensions beyond the Earth, at the Soul level of life, male/female do not exist. At that level the experiences of male and female lifetimes integrate into balance within each Soul. However, the Earth experience of male or female is a choice the Soul makes because of the inherent mission represented as Body Suit of Sexual Gonad differences.*
- *At the Soul level, we are integrations of our experiences within our Common Divine energy.*

Earth is a Mission that requires Two Body Suits: Male and Female

Two Distinct Missions: Be the Target and Remove the Outsiders

Two Mission Paths: different evolutionary journeys

Therefore, the Original Chakra unfoldment path was unique for each, Male and Female!

The Male Mission and Chakra Evolution

Voluntarily Owned Two Ownership Devices

The Original Chakras were wired in order to move the Souls in body suits easily back to their Divine Family Harmonic/Soul.

AND, the female unfoldment was different from the male unfoldment. Therefore, the chakras steps are not the same in both bodies.

A Measure of Safety

It was planned that the Soul incarnating into the Male Body Suit would carry the ownership contracts for TWO Souls. That would leave One Soul free of the Outside Masters with the power of Authority.

It also continued the subjugation of those Souls in the Male Body Suit. To have a degree of safety from the Outsider's actions, the Evolutionary plan kept the Soul focused within energy vibrations that the Outsiders could not reach, the Crown and Heart Centers. Although the Outsiders would monitor this Soul through the Ownership devices, it would appear to them that this Soul was sitting around doing nothing.

Also, for safety and clarity, the system in the Male Body Suit was wired to make the Heart Center, the point of guidance. The Soul would make decisions based on the clarity of his Heart. The Heart would also indicate to which Female, activity, and project he ought to bring his great strength and abilities.

The Divine Roles for the Male were that of Nurturer, and Holder of All Possibilities. The Crown Chakra and The Heart Center are Male Foundations.

Keeping the flow of all possibilities of Good to infuse the community is his first assignment, to inspire. Creating a design with policy, structure, is the female's assignment. Next, through the heart's discernment, the Soul in Male body determines which vision and plan resonates and his question becomes, "What can I do to make the plan happen. First by nurturing and as Outsiders were lessened and eliminated, by bringing his own strength and capacities. * see Feet Chakra note



Male, Whose role was to be the nurturer, had this as His Path for Contribution and Evolution:

1. Causal
2. Crown
3. Heart
4. Feet
5. Earth
6. Solar Plexus
7. Base
8. Creative
9. Hara
10. Thymus
11. Throat
12. Third Eye
13. Knees
14. Base of Spine
15. Medulla Oblongata

The Male Chakra Path Defined:

First - Causal: Located at least 18 inches above the crown chakra, this chakra is the pace for the Soul to go over the life plan's before accepting them and moving into birth. "This is my body, my life and I come with planned purpose."

Second - Crown: This is the connection point to Source energy as it moves through the Sun. This connection is critical for a male's mission because the Outsiders cannot access the higher vibrations. The Male holds connections to flow the re-calibrated energies into the world to strengthen and nourish.

Third - Heart: The Heart center is the base for the Male's choices. It is his way of functioning and identifying what Female design resonates with his heart. Males were intended to remain at this point until the Females had completed her basic steps of connecting to the Earth, looking from the Base chakra to identify needs, working with the creative, manifesting chakra to create a design and bringing that design into reality and then activating the next step of her mission at the Solar Plexus. That is the

power center for Females to discern what energies will expand Good and what energies will cause greater constrictions, dominations and usury.

Fourth - Feet: The energy from Source moves through the portal of the Sun to be re-calibrated for use on this planet. For males, the energy for working in the denser frequencies of Earth was to become available after the first three chakras are active and the women have cleared the Outsiders. Then they were to work together in creating cultures of Good from which benefit for all would emerge.

Fifth - Earth: Once the Females had used their authority to cleanse the Divine Family's energy fields of all Outsider energy, the Male was safe to connect to the Earth and work with the Great Mother.

Sixth - Solar Plexus: From the strength of Heart and connection to Earth, the solar plexus opens naturally for the male. He is free of ownership and can begin functioning from love to expand his contributions to that which he loves.

Seventh - Base: The base chakra opens in the safety of Outsider's removal. Then the Male can look at life on this planet and consider his needs and wants without the influence of domination, greed, control, usury.

Eighth - Creative: The creative center was not intended to be a sexual center. Sexuality was to one way the Male nourished the mate of his heart. The greater power is to use the power of Word to call forth forms. Mis-use of sexuality is the greatest polluter of energy on this planet and the non-use of imagination is the greatest waste.

Ninth - Hara: The Hara is the place of balance and integration. This alignment in both Male and Female systems prepares for lifting to the next regions.

Tenth - Thymus: From the thymus center, the Male can explore and understand other dimensions within our Galactic experience. Something not safe as long as he carried the contracts of Outsider ownership.

Eleventh - Throat: The throat is activated at this point of his evolution to give the male the ability to express his truth through sounds after he is in a place of freedom/sovereignty. The previous steps have built a foundation of integrity, understanding, wisdom and love.

Twelfth - Third Eye: The third eye opens for the Male to support his greater contributions. It was planned that at this point, the outsiders would be totally

eliminated, this power would be based on heart truth and he could help transform our family's fear/chaos.

Thirteenth - Knees: The knees represent a Soul's conscious choice to step into Universal contribution for the Greater Divine families, to serve.

Fourteenth - Base of Spine: With the great clarity and depth of growth, the energy moves to the base of the spine, the personal Tree of Life, and begins opening possibilities for greater flowering.

Fifteenth - Medulla Oblongata: This chakra is the expansive branches which open with the Manna from Heaven, the ideas, possibilities, collaborations intended to fulfill the agenda of creating Good for All.



The Female Mission and Chakra Path

The Voice of Vision and Authority

Free of Ownership Devices

So, the Soul in a Male Body Suit was owned by the Outsiders, monitored by them and they were the Masters in his life. This Ownership had begun in the Galactic Worlds before Earth was even a consideration.

This was a great sacrifice by these Souls and this part of the Mission was taken on in order to leave an equal number of Souls Free of Ownership. Why? So that there would be Voices of Command, of Authority on the Planet in order to Free the Souls throughout the entire Divine Life Stream.

And that was the Mission of the Souls incarnating into a Female Body Suit.

The Mission was to take action to Design Cultures and Systems that would support life For the Mission Force coming to this new Planet. And, to sense ANY energies that would diminish, constrict, endanger the Agenda of Good that had been chosen by the Divine Families.

Design systems that would Create Benefit for All in the Web of Life

Guard those systems by Identify and Removing any Energy forms whose agendas of Control, Greed, Usury, Domination, Violence, etc. would lead to the Destruction of the Web of Life.

What is of GOOD? and What is of Evil?

Another Assurance of Safety

Those Souls incarnating into the Male Body Suit knew that their Soul Family members in Female Bodies would be on Guard. This would be the ultimate Safety.

At any Hint of Constrictions, those in Female Bodies were prepared with the ability to Discern and with the Authority to Demand.

The Plan was in place.

The Divine Roles for the Female were that of Leader/Space Creator, and Authority to Command. The Female's foundation is Earth Center and SolarPlexus.

Female, Whose role was to Lead in Creating Culture and Systems and act as Authority, had this as Her Path for Contribution and Evolution

1. Causal
2. Feet
3. Earth
4. Base
5. Creative/Sexual
6. Solar Plexus
7. Hara
8. Heart
9. Thymus
10. Throat
11. Third Eye
12. Crown
13. Knees
14. Base of Spine
15. Medulla Oblongata



Here is the path of the Female as defined by each chakra:

First - Causal: This point is at least 18 inches above the crown. At this chakra, the soul coming into the body re-evaluates the plans. When they are accepted the causal is activated like flipping a light switch. It is the soul's way of confirming, "This is my body, my life and I come with planned purpose."

Second - Feet: The energy from Source moves through the portal of the Sun to be re-calibrated for use on this planet. For females, that energy moves from the Causal through her body systems into the feet chakra to firmly ground her to Earth. This gives the female the authority to speak and remove Outsiders from Earth and beyond.

Third -Earth: The energy for the Female goes immediately into our Mother, the Earth. This is her connection to the unlimited energy that Earth has stored for our support in our Earth walk. Here is where the Female anchors solidly into the bosom of Earth, the roots of her sisters as resource

Fourth - Base: Next the energy naturally activates the base. This is where the female was to look out over this new planet and consider her own plans to decide what she would want and need in support of her family and the mission. This is her place to choose all that would cause the Souls on mission to thrive and be abundant.

Fifth - Creative/Sexual: After building a relationship with the Earth and learning to ask for needs and wants, female energy moves to the the next center, the creative chakra. Here she learns to create from energy with simply a word. Here she becomes very aware that she has created the sees for what shows up in her life. She develops a keen sense of accountability for her world.

Sixth - Solar Plexus: This center holds the ability to discern what constricts life and what expands life. The solar plexus is the most important point on a female's mission. She knows that Earth supplies all that she needs and wants and she knows that her ideas become physical. She recognizes any constricting, sabotaging, limiting forms in her world. She can taste good and evil., and knows that she is responsible to identify and remove the evil.

Seventh - Hara: After the first five centers are activated then the energy of the hara clicks in to bring balance into her system that prepares her to move into the higher centers.

Eighth - Heart: Only after refining her sense of integrity, her commitment to correct principles and with her foundational energy integrated and balanced was it intended that a female's heart chakra would naturally open. When a female knows that she has the power to claim space, design for Good, to hold the womb for the mission, then her heart comes on board. From that place she will act with compassion for the expansion of all. Forcing the heart to activate before a female is grounded in her power and respected for her voice does harm.

Ninth - Thymus: Now the female is ready to begin the exploration of other dimensions within our galactic experience, reclaiming her gifts and knowledge.

Tenth - Throat: This center gives the female the ability to move the energy of her authentic expression into sound, to speak, to sing, to communicate. These sounds express her individual clarity, her unique role of service and vision for the greater families. Her words are not hollow and false but filled with her truth.

Eleventh - Third Eye: This point opens naturally to allow her inner skills to come forth as support of her authentic self.

Twelfth - Crown: This is the place for her direct conscious connection to the Source, the Sun being an expression of Sacred. This point was designed to be instrumental to her guidance as she awakens to greater possibilities.

Thirteenth - Knees: The next chakras are held in the knees. These provide the action all of humanity wants to access. It is the conscious choice to step into our Universal purpose. In natural evolution, individuals transform and free themselves from tribal mind, from parasitic influences, from imbedded patterns to become a Master of our Self. Then they bow in service. In that process they are refined and live with sovereignty, nobility and integrity.

Fourteenth - Base of Spine: This indicates a step up into higher regions as the energy opens to the personal Tree of Life.

Fifteenth - Modulla Oblongata : The energy moving through the entire system and up the spine is intended to reach back to the Divine and ask for more energy. Each individual's reach for more energy brings great flow from Source that was intended to lift the entire family. Calling for "Manna from Heaven" completes the energy system's circle.

Crippled Chakras Impact

Where We Are Today

For eons, women have lived under someone else's rules. They have helped men succeed at their dreams. Women have lived within discrediting cultures; what they know is not enough, what they do is not enough, who they are is not enough. They have been the backbone of everyone's life and yet discounted and treated as less valuable than men. Their own life has been unattended.



And in this crippled system, their Voice of Authority and Vision has been discounted.

There has been no one guarding the Divine Family on Mission. And even more devastating, no one safe-guarding the Souls in Male Body Suits. Their willingness to carry two ownership contracts left them under ownership of the Outsiders and their agendas of Control, Greed, Domination, Violence and Usury.

The **Original Female Mission** has been decimated, hidden. Because of Female's intended Power, the Outsiders have used the Male Body Suit to rape and torture them into submissive victimhood.

And, the those on **Original Male Mission** with their assurance of protection crippled, have been left to be used and damaged. The Outsiders have used the Male Body Suits to accomplish their Agendas.

Our Mission Force has lost our way and we haven't known it.

A Win For the Outsiders



The Outsiders must be very pleased with how Humanity has interpreted what is happening on the Earth. The common accusations have crippled us:

Females have been damaged by Men.

Men, especially White Men, are the cause of the Evil on this Planet.

The Original Chakra systems were re-engineered by the Outsiders, changing the wiring to bypass the Heart in the Male Body Suit and the Solar Plexus of Wisdom and Authority in the Female Body Suit. The corresponding DNA was crippled to leave two strands, the Base and Sexual Creative. This allowed Survival and Procreation, just what a Slave Race would have. **The 7 Chakras we currently use represent the system of Survival put in place by the Outsiders that replaced the Path of Mission and Evolution.**

As we continue to work with these **7 Chakras**, we are actually energizing the Outsider's system of control and certainly we have missed the benefits of an Organic, Natural enfoldment into Mission and Evolution to Our Divine.

The Strengthening of Our Chakras

Each of the Power Center need a complete range of Life Force Frequencies. What that means is that they each need a steady flow of All Color and a Wide Range of Sound Vibrations.

When they are feed with just one color, such as the color Red we have been taught to flow into the Root/Base Chakra, that Center is unbalanced. It is like giving your body Vitamin A capsules instead of a balanced Multi-vitamin. The body becomes imbalanced instead of gaining benefit.

Our Chakras are able to “reach” for what they need and we have not kept up with our ability to understand the language of Energy and of Spirit.

What You Can Do?

Waking Up From the Sleep

“Hypnos, God of Sleep

“Please awaken us.

“While we sleep Ignorance takes over the world.

“Take your spell off us.

“We don’t have long before

“Ignorance makes a coup d’état of the world!”

Gary in Mindset by Carol W. Dweck

We cannot continue to go blindly into a Dark Night. We must wake up and then wake up Our Soul Family members in Physical Body Suits.

Reclaiming Our Path

The Chakras are like the Tree that gives Life. They were designed to bring us to our Mission and to strengthen us as we moved into Service. Service would require our connection to Our Personal Inner Path which would lead us back to our Divine Ability to Expand All Good.

Begin with Body Suit Mission

So, begin by claiming and anchoring the Mission of the Physical Body Suit into which you birthed. There was a reason that, in this lifetime, you were either in a Male Body Suit or a Female Body Suit. The diversity beyond that is very individual as to Higher Purpose. Begin with the basic.... Male - Female.

You, a Soul in a Physical Body Suit, has more power and authority on this Planet than the Angels!

Speak your word! Hold and Declare! Wake up and Move Mountains!



Reality Statements and Brain Balances

On Earth, each individual has responsibility for his/her life. The authority to place imprints into Your energy fields for their manifestation into your life lies with YOU. *

Here are some suggested Reality Statements. Feel free to work with the words until you sense that the Statements are “just right”.

Reality Statements:

- My Spiritual Teachers and Guides have the qualities and values of _____. (name those that are of value to you, i.e. wisdom, committed to Divine Good, honest, stable, etc.)
- I claim the Divine Mission held with the Male Physical Body Suit that carries my Soul to connect with the Greater of All Possibilities and Active the Heart Center Guidance that is my Right.
- I claim the Divine Mission held within the Female Physical Body Suit that carries my Soul to vision and create systems that Benefit all in the Web of Life and to declare Removal of all that threatens the Good as discerned through the sensitivity of my Solar Plexus, Belly of Wisdom.
- I claim the upgrade of the Original Chakra System and affirm that it is the Foundation to which my DNA and Chakra Centers resonate.
- I am in a world that values the visions, voices and authority of those on Female Mission.
- In my world, Souls in Male body suits are guided by their Heart Center and are in total, strong support of the Designs that Women on Mission Vision.
- The Transformation from Cultures of Domination, Control, Greed and Violence happened effortlessly as the Power and Authority of Female Voices Stood in the Strength of Discernment and Clarity.
- Divine Family Agenda of Good Dissolved what seemed impossible and Opened Doors that were not there.
- An immense Collaboration of Spiritual Teams of Good added their Strength in answer to My Call.

I invite you to contact me for a FREE Clarifying session. I'd love to share more with you,

*Sharon Riegie Maynard
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TAG Processes

Reality Shift Process:

This is the tool to use to redesign and expand your life. Unlike an affirmation, the Reality Shift works from the Higher realms and is directed by your Soul design.

It is very important to focus on what you desire and sometimes that is clear because of the experiences you no longer want.

There are five steps:

Step 1. Describe your ideal world as if you are experiencing it now. This is similar to an affirmation but need not be specific. Write a sentence using personal and present tense, i.e., "I now am...." You are choosing your next experience and in the process old patterns can be transformed.

Step 2. Say to your Spiritual team, "Please align every aspect of my consciousness and the consciousness and all to whom I am loving connected into this chosen reality and experience." pause and breath

Step 3. Next, ask your Spiritual team, to "TAG, Transform and Remove every energy imprint that would sabotage or prevent this reality and experience, whether the beginning was, Galactic, Group, Genetic, Personal, Inherited, Contractual, Outsider or Other created." pause and breath

Step 4. Ask your Spiritual team, "Create the codes for the Highest Expression of this Reality and download the program into the 1st Dimension of my Earth fields and Activate its resonance into the entire 64 dimensional energy fields our Galactic Families." pause and breath

Then you can know That It Is So!

Step 5. Now that you, as the commander for your life, have chosen a change, a new possibility, it is up to you to feed it. You can begin by taking just 5 minutes periodically, but especially as you drift into sleep, to imagine yourself in this Reality and FEEL all aspects of it. How does it feel in your body? What colors and shapes are there? Who is in that Reality with you? Build the fire! and here is a video that can help.

A Reality Shift can be repeated three to four times for the first three days. Treat this energy field like you are building the fire to keep yourself warm. Imagine the outcome. Give thanks for the new experience, etc. You can also create a card with your reality statement to post on your mirror, refrigerator, in your office, etc.

You can anchor and integrate new Realities into your brain and neurological system. It only requires using movements that speak to your brain, just as they were designed to do to program a child's brain. Here is one movement that will work.

Brain Balance:

A. Read the Reality Statement.

B. Cross Crawl....March in place crossing the meridian of your body, left hand to right knee and right hand to left knee. As you Cross Crawl, keep your face forward and move your eyes as if they are paintbrushes that you are using to paint the wall in front of you.

C. Puppet. March in place lifting right hand and right leg at the same time and then left hand and left leg at the same time. As you do the puppet, move your eyes like paintbrushes as in step B.

D. Visualize the Reality Statement as if you were in the experience.

E. Hold both hands out to the side at shoulder height. Each hand symbolizes one hemisphere of your brain. Gently, lift your hands above your head and interlace fingers. Then bring the linked hands down to through the chakras and draw energy into your hands from the earth.

F. Cross crawl to anchor the reality into the body.

Here is a shortened version of a Brain Balance can be done in bed, at your desk, in a bus, etc.

- A. Cross your legs at the ankles.
- B. Cross your wrists and interlace your fingers.
- C. Roll your laced hands up to your chest.
- D. Touch your tongue to the roof of your mouth.
- E. Think through your Realty Statement.

Also, any movement or dance will work as a way to anchor the new information into the brain and neurological system.

Chakra Balance Process:

It is important to have a process to maintain stable, strong and balanced Chakras.

The TAG System of Transformation is created using Universal Laws. The Law that puts the power of request and command in the hands of the Soul in a physical body suit to foundations the TAG Process. You ask and Spiritual Beings of the Highest Integrity will respond for your Highest Good. There is a group of requests that make up the Basic TAG Matrix. Included in those requests is one that requires Spiritual Healers to evaluate, activate, nurture and balance your Chakra System. When you are working with a TAG Facilitator, there is a lot of information that you will be given from each Chakra. When you request the activation of the BASIC TAG MATRIX, in behalf of yourself, the work is done to clear and balance the Chakra System.

What Does that Look Like?

You, as the authority for your body and life, will invite the TAG Healing Team into your space. Depending on your time and circumstance, you may need instant help and will just ask for the Matrix to be activated as you go about your day. Or, you may have more time to lie down, place some "nature stones" in your hands and/or on your body and then ask for the Basic TAG Matrix to be activated. Either way and the TAG Healing Teams will answer your request.

If you know Reiki, you can activate the Chakra balance within that system with the additional clarification that you intend for the Original Chakra System to be cleared and balanced.

Creating a Daily Practice will help you develop new habits.