

# 12 Chakra Energies and Our Spiritual Rights

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**7 Crown.** Energy: To know our relationship to the universe and Universal Spirit. Rights: To live in the present moment; to know we are made of Universal Spirit; to receive our spiritual rights.

**6 Third Eye.** Energy: Intuition, mental processes. Rights: To use our whole mind; to hear my spirit above the chatter of our mind; to receive wisdom and knowledge from the Universe.

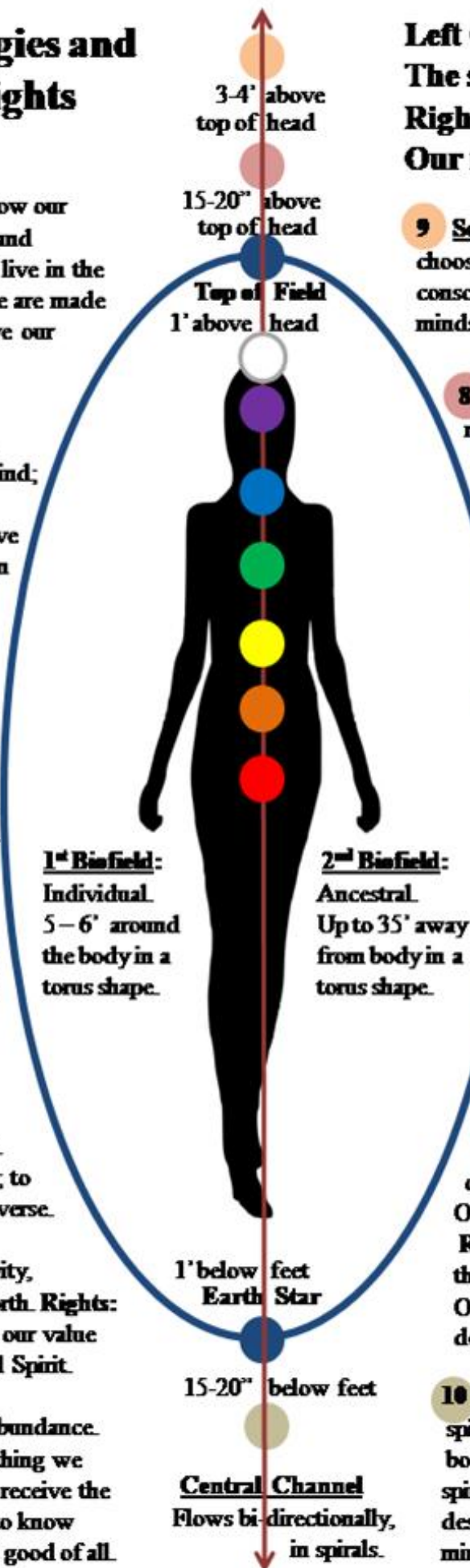
**5 Throat.** Energy: Expressing our truth; communication. Rights: To express our spirit above the confusion of the mind; to hear Universal Spirit speak to us and know what is said.

**4 Heart.** Energy: Giving and receiving love. Rights: To know Universal Spirit's love for us; to know we are love; to love ourselves and others.

**3 Solar Plexus.** Energy: Personal power, self-esteem. Rights: To claim our power; to receive the power of the universe.

**2 Sacral.** Energy: Creativity, sensuality, intuition, self-worth. Rights: To create our lives; to know our value as integral parts of Universal Spirit.

**1 Root.** Energy: Safety, abundance. Rights: To know that everything we need is within us always; to receive the abundance of the universe; to know everything is for the highest good of all.



**Left Column:**

**The seven main chakras**

**Right Column:**

**Our five spiritual chakras.**

**9 Soul Purpose.** Energy: To choose to live as spirit. Rights: To consciously choose to live the mindset of love that our spirit is.

**8 Life Purpose.** Energy: To recognize when we are at the choice point of living as spirit or reacting from our mind. Rights: To desire to hear our spirit; to know when we are at the choice point between mind and spirit; to align the mind to hear our spirit.

**11.** Just inside the outer edge. Energy: Communication with the universe. Our 360 Degree Sensing System; light waves condense to become the connective tissue of our body. Rights: To give and receive communication; to flow in harmony with the wisdom and abundance of the universe; to know the universe is always working in our favor.

**12.** Just outside the outer edge. Energy: Knowing our Oneness with Universal Spirit. Rights: To know we came from the Oneness and will return to the Oneness; to fully express the desires of my spirit.

**10 Energy:** Embodiment; spirit beings with temporary physical bodies. Rights: To know we are spirit beings; to know we are designed for our spirit to lead our mind.