

8th, 9th & 10th Chakras**Earth Star Chakra:***Spirit of Mother Earth*

The Sanskrit name for this chakra is **Vasundhara**. Located approximately 30cm/12inches below our feet, it is our connection to the earth and the wisdom Mother Earth holds for us. We can use it to anchor ourselves to the heart of Mother Earth in order to move in harmony with her. At the highest level, the earth star chakra is the grounding point of the entire chakra system. It connects you to all of humanity and some believe it connects us to past lives. It is copper or bronze in colour and the frequency of this chakra is 68.05 Hz.

When the earth star chakra is blocked/weak/depleted (chakra spins slowly or not at all):

Limits our ability to live an abundant and prosperous life; anxiety; blood circulation problems; instability in life; lack of balance in various aspects of life; eating disorder; problems relating to the legs, knees, hips, and ankles; hallucination; constant unknown fear or phobia; lack of spirituality; tendency to lose balance; lacking a sense of safety and security.

When the earth star chakra is balanced/healthy (chakra maintains equilibrium and spins at correct vibrational speed):

Connects to inner peace; sees the wider perspective of all situations; security; a feeling of being grounded and protected; peace of mind; good physical health as well as etheric health; divine connection with Mother Earth; work for a greater cause; brings you closer to the sacred energy of Mother Earth.

Affirmations: * I am grounded and stable * I release all old beliefs and negative patterns into Mother Earth * I powerfully connect with Mother Earth and allow her energy to ground and recharge me * I am safe, grounded, loved and supported by Mother Earth * I allow Mother Earth's life force energy to protect, nurture and sustain me * I release all unwanted emotions to ground deep within Mother Earth *

Soul Star Chakra:

Insights to Heaven

Referred to as **Vyapini** chakra in Sanskrit, sometimes called the 8th chakra, the soul star, which is seen as a three-dimensional star, is located approximately 20cm/8inches above the crown of the head. We can tap into its energy to awaken deep soul wisdom within us and access the insights of heaven. Also known as “the seat of the soul”, this chakra stands for divine knowledge and cosmic wisdom. It is the doorway between your immortal soul and your earth-bound personality. The colour of this chakra is magenta or crystalline and its frequency is 272.2 Hz.

When the soul star chakra is too open/overactive/congested (chakra spins too fast):

An excitable soul star chakra can leave us feeling restless and frivolous, yearning for grounding.

When the soul star chakra is blocked/weak/depleted (chakra spins slowly or not at all):

Feelings of purposelessness; anxiety about our life's path

When the soul star chakra is balanced/healthy (chakra maintains equilibrium and spins at correct vibrational speed):

Allows us to see the swirling, cosmic connectedness between ourselves and the universe; a sense of purpose; a profound understanding of our place in the universe, our gifts and talents and our zest for life; potential to allow us access to our memories of past lives/akashic records.

Affirmations: * I have a right to know my soul's purpose * I connect deeply with the I AM presence * It is safe for me to receive and connect with ancient wisdom * I hold unwavering faith in the process of life * I choose the direction my life will take * I am more than my emotions, thoughts and body * I am one with all * I am a spiritual being of divine intelligence * I have access to divine wisdom *

Stellar Gateway Chakra:

Connection to the Cosmos

Found 30cm/12inches above and beyond the head, the Stellar Gateway is not only a spiritual energy centre but a vortex of light that allows us to access the creative matrix that is stored in the cosmos. This chakra contains and holds all the experiences we have across all the lifetimes and is a gateway to what we call The Source. It is beyond colour – it looks like a galaxy of stars and its frequency is measured at 448 Hz.

When the stellar gateway chakra is too open/overactive/congested (chakra spins too fast):

At times of accelerated personal growth, this chakra receives a great deal of energy from the cosmos. This may put it temporarily out of alignment as it adjusts to the new light.

When the stellar gateway chakra is blocked/weak/depleted (chakra spins slowly or not at all):

Spontaneous uncontrolled out of body experiences; uncontrolled spontaneous movements of physical objects; uncontrolled healing ability; uncontrolled inner visions; disorientation; confusion; fear of large or open spaces; lack of acceptance of what life brings our way; inability to appreciate the wonder and mystery of life.

When the stellar gateway chakra is balanced/healthy (chakra maintains equilibrium and spins at correct vibrational speed):

Communication with light beings; gives access to infinite energy and ascension; the direct line to the Divine Source; channelling of divine light into the soul star to be filtered throughout the entire body; a cosmic doorway to all of the light densities; enhances communication with enlightened beings existing beyond the physical realm; will facilitate conscious access of the ascension chakras; functions to receive, filter and harmonize the extra-physical bodies with the energy from the stars.

Affirmations: * I have a right to remember my cosmic origin * I connect deeply with the power of the cosmos * It is safe for me to remember, manifest and create * I am the doorway to the celestial heaven * I am pure divine light * I am that I am * I am the bridge to all that is *