

EARTH STAR, SOUL STAR & MINOR CHAKRAS

EARTH STAR

The earth chakra is located approximately 12 to 18 inches below the soles of the feet. It is not within the actual physical body but is part of the etheric body. It is believed to coordinate the “grounding cord” for one’s light body that leads to the earth’s core and when functioning properly in coordination with the first chakra (the muladhara chakra), allows one to be grounded and centered.



Its strong properties keep you grounded and protected, and secures your aura within the physical world. The earth star chakra meanings relate to the very foundation of your being, within everyday life. It also relates to energy and is your anchor into physicality.

This chakra’s meaning is all about the idea of 'grounding', especially in a metaphysical way. This chakra is where you connect to Mother Gaia to resource and re-ground your body. As you reconnect to her energy, you do two things. You draw from the earth the vibration that enables you to become grounded... and discharge into the earth your excess energy. It is important that you regularly make the connection to the earth through your earth star chakra... to ground yourself. A grounded person feels centered, balanced, supported and secure within themselves.

SOUL STAR CHAKRA

This chakra is situated above the highest point of the physical body... and is approximately a hand width above the head... or around six inches, and up to two feet in some people.

It is the first transpersonal chakra. Although there is a gateway between it and the crown chakra, commonly called the Stellar Gateway... this is the next chakra above the Crown Chakra in the etheric body. The Soul Star holds the information of your soul's blueprint. It is the template for the various lessons you have contracted to learn, what you will accomplish, who you will travel with, and it contains your soul's mission in this lifetime.

It is sometimes called the seat of the soul, as it is the point where spiritual energy... and Divine love, enters the body. Via the gateway, Divine light and energy filters down into the crown chakra for distribution throughout the body. The eighth or soul star chakra meanings relate to infinite energy, spirituality, supreme Divine wisdom and spiritual compassion. It also is associated with the origin of enlightenment and ascension, and to the ideal... 'I transcend'.

It is where God exists in us and is "out of time", meaning it is beyond space and time, it is eternal.

This chakra's meaning is a lot about the idea of 'letting go' and allowing the Divine light of Spirit... and the white ray... to fill your life. This chakra is the area where we connect with our Higher Self... and through this



connection, we develop spiritual abilities. One of the reasons we do not normally have access to this information... is that it may also be quite confronting. It allows you to let go of old attitudes that may otherwise have held you back in your current life. If you succeed in gaining this information... it may be powerful to aid you to make momentous changes in your way of thinking and living... when you integrate lessons that you learned in prior lives.

MINOR CHAKRAS

Even though we are referring to these chakras as “minor”, they are still very important to balance to achieve overall health and well-being.

Feet & Hands - the chakras are located in the center of the feet and hands. If a person has grounding issues, check that their feet chakras are open. And if a person has issues with giving (right hand) and receiving (left hand), check that their hand chakras are open.

Knee chakra – this chakra sits in the space between the knees.

The **Navel point** is a very important chakra that I recommend checking in every session. It is the place where your umbilical cord once was so there is a lot of energy associated with the navel. In the manipura chakra, we are holding our hand over the solar plexus area but we also want to work with the navel (belly button) itself.

The **Spleen chakra** is located about 2 inches under the left armpit and on the left side line of the body. The spleen is located under the ribcage at that point. The spleen is our psychic organ and it is responsible for a calm mind. An imbalanced spleen will lead to mental anxiety and eventually, blood disorders. Excellent self-care is needed to balance the spleen and it's word is "nurture".

The **High Heart Chakra** is 4-5 inches above the heart chakra and sits between the heart chakra, and the throat chakra. It bridges what is in the heart with our ability to communicate. Our heart chakra is the center of our love and empathy. The throat chakra is all about honesty and communication. The high heart chakra connects these two chakras, allowing us to speak what we truly feel and be true to our heart and the deep feelings that reside there.

There are said to be 88,000 minor chakras in the body, so I recommend that you have fun playing with holding your hand over different points of your own body and channel to see how it affects the different areas. I call these Points of Light, or (POL).