

## **HOW WE OPERATE AND NAVIGATE THRU THE EARTH**

There are, I believe, basic ways we translate thought patterns and energy. While we may think of our life-changing moments as simply unusual and certainly rare, these moments are more akin to true reality than the many we've learned to call normal and therefore allow us to feel safe.

Being in touch with ultimate reality is sometimes referred to as a Mystical Experience. Self awareness (mystical experience), being aware of your own spirit and soul is a general raised awareness to life itself.

William James wrote in his book '*Varieties of Mystical Experiences*' that there are four commonly accepted attributes to mystical experience:

- 1) Heightened Intellectual Discernment.
- 2) Ineffability-The experiences are not easily verbalized.
- 3) Transience-The recognition and experience of these events is short-lived.
- 4) Divinity-Many attribute these experiences to a divine force higher than the individual.

On the next few pages, I've provided some information that can prove to be useful; you might choose to participate in the exercise which follows the info and you may benefit on a personal level.

### **4 INNER TOOLS/GIFTS WE USE TO TRANSLATE THOUGHT PATTERNS AND ENERGY AND THE CORRESPONDING COLOR VIBRATIONS**

#### **PROPHECY**

THOSE USING THIS GIFT COMMUNICATE THRU INNER KNOWING. UNABLE TO EXPLAIN HOW ONE KNOWS, JUST KNOWS. MAY OFTEN RESPOND TO NEW INFORMATION BY SAYING "I KNOW". THESE PERSONALITIES SOMETIMES KNOW THINGS LIKE WHO IS ON THE PHONE WHILE IT IS STILL RINGING. THEY ARE TALKERS WHO ARE COMPELLED TO SPEAK.

*VIBRATING COLOR: PURPLE*

## **INTUITION**

THOSE OPERATING IN THIS GIFT DISPLAY LEADERSHIP QUALITIES AND MAY HAVE AN UNUSUAL UNDERSTANDING OF LIFE ITSELF, BUT LITTLE OR NO TIME AND PATIENCE FOR THINGS THEY ALREADY KNOW OR THE DETAILS SURROUNDING THEM. THESE PERSONALITIES ARE MORE CREATIVE THAN TRADITIONAL OR CONVENTIONAL. IF THEY LIKE MUSIC, THEY MAY HEAR SONGS WHICH ARE PERTINENT TO CURRENT LIFE SITUATIONS. THEY MAY BE THE TEACHERS IN THE COMMUNITY; THEY ARE ABLE TO LEAD AND GIVE CLEAR AND SIMPLE INSTRUCTIONS WHICH CAN BE EASILY FOLLOWED.

*VIBRATING COLOR: **RED***

## **FEELING**

THESE ARE VERY WARM PEOPLE. THEY HAVE A NATURAL NEED AND TENDENCY TO TOUCH PEOPLE AND THINGS. THEY EXPRESS THEMSELVES WITH BODY LANGUAGE AND WORDS. THEY HAVE GREAT PATIENCE AND PERHAPS THE GIFT OF AUTOMATIC WRITING (PSYCHOMETRY). THEY QUICKLY PICK UP THE FEELINGS OF OTHERS; THEY MUST LEARN TO DISTINGUISH THEIR OWN FEELINGS FROM THOSE OF OTHERS. THEIR GIFT OF TOUCH CAN BE HEALING.

*VIBRATING COLOR: **BLUE***

## **VISION**

THESE PERSONALITIES HAVE THE NEED TO SEE THINGS. THEY HAVE THE ABILITY TO ORGANIZE AND ARRANGE THINGS IN ORDER TO CREATE AN ATMOSPHERE OF BALANCE AND HARMONY IN AN ENVIRONMENT. THEY MAY SEE THINGS VISIBLE ONLY IN THE SPIRIT REALM, AND MAY HAVE A PHOTOGRAPHIC MIND. THEY HAVE AN EYE FOR DETAIL IN EVERYTHING, SOMETIMES TO THE POINT OF BEING THOUGHT OF AS BEING ANALYTICAL. THEY PREFER SEEING PEOPLE FACE TO FACE AS OPPOSED TO TELECOMMUNICATIONS.

*VIBRATING COLOR: **YELLOW***

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I believe that all tangible or physical things have a spiritual root or source (essence vibration). Let's now examine our natural (physical) bodies. The body can be said to have Seven (7) Energy Centers (Chakras) which are located over the seven endocrine glands that regulate the seven bodily systems. Each center has a vibratory color signature.

## **ENERGY CENTERS OF THE BODY-THE 7 CHAKRAS AND THEIR LOCATIONS**

- 1) *Reproductive* – Red; (*Root/Spot Between Genitals & Anus*) Base of the Spine
- 2) *Elimination*-Orange; (*Sacral*) Below the Belly Button
- 3) *Digestive*-Yellow; (*Solar Plexus*) Above the Navel
- 4) *Circulatory*-Green; (*Heart*) Center of Chest
- 5) *Respiratory*-Blue; (*Voice/Speech*) Hollow of the Throat
- 6) *Autonomic Nervous System*-Indigo; (*Pineal Gland*) Between the Eyebrows (Third Eye)
- 7) *Right/Left Brain Synchronization*-Violet; (*Crown*); Top of the Head

When these glands secrete too much or not enough of the hormones they produce, the excess or lack thereof creates physical and emotional imbalances.

### **ASSIGNMENT/EXERCISE**

Considering all the information just given, answer the question...***Who Are You?***

This is a personal exercise, and it may be revealing to you. I pray you learn something about yourself and can then shower yourself with abundant love.