



I don't even need to see you. I think of you and your chakra states appear in my mind:

- 1, 2, 3 blocked (not moving at all) and the rest depleted (slow moving)
- all blocked
- beyond blocked (a really constricted energy field)
- all open (healthy rotating chakras)
- beyond open (expanded field)
- 1, 2, 3 depleted, rest are open

Your chakras are rotating vortices that turn, turn, turn. The word chakra means a turning wheel. They rotate to create vacuum at the center which then sucks in the life energy around you into your system, which is then distributed throughout your body and field. They also create mini-magnetic fields which add up to your personal energy area/field. There are many many many chakras in your body. When I say 1, 2, 3 and the rest, I am talking about the seven main chakras, which have the largest vortices in your field. Without going into more detail, let's just say that 1, 2, 3 are located below your diaphragm, and the rest are between your heart (4) and crown (7). In general 1, 2, 3 deal with worldly survival concerns, and heart and above deals with spiritual and personal development concerns.

When I read people's chakras, I see where they are in life.

1, 2, 3 blocked rest depleted tells me that this person is on purpose choosing not to see something that they need to see and address to heal. This is the mom who pushes through to get things done, not taking a moment to reflect on her life because she feels overwhelmed and powerless. This is the grandma who accepted life and her involvement in it to be a certain way and is not willing to change even if

change would open her up to new possibilities (which is scary). This is the dad who pushes through his career not out of joy but from a place of obligation.

Then there is all blocked. It tells me that you have been continuing on without taking a break to the point of physical and emotional exhaustion. You have been feeling mostly uncomfortable with a feeling of weight, solutions and life don't come easily, you feel like you are in a fog. That ongoing cold will take you there. But it is more than that. You feel stuck in the cycles and patterns of your life and you are not sure what to change or how. Mostly, you get here when you don't listen in to the signals of your body and the universe, and don't address why you got into a constricted energy position in the first place.

Beyond blocked tells me that you had a major trauma in your past or you are going through a major change or shift in your life (loss, divorce, surgery, etc). This is a state of extreme stuckness and numbness in the body. Illness can present itself or it already is present. Unable to deal with inner and outer darkness and shadow. Prone to blaming others. Not able to properly take care of oneself.

All open. All is good in your world. You are where you need to be to fulfill your life purpose. You are in the moment. You enjoy life. This tells me that this person knows who they are in life and they are ok with it. They've made peace with what is. Most **Chakra Bliss Group Healing** participants experience this state during and after the healing. Believe it or not, you don't need alcohol, pills, food, or money to get to this state. Take a look at your playing children, they mostly exist in this state of openness and presence.

Beyond open. Most healers, shamans, lightworkers and artists exist here. This is

the state of expanding your energy field to create healing space for others. All who are called to heal humanity with the way they are and with what they say, think, do and create, know how to get to this expanded place.

1, 2, 3 depleted rest are open. This is one of my favorite states. These are usually the people who know how to regulate and reclaim their energy. Most of the time, they are all open. But when the earthly concerns weigh them down (safety, money, relationships, politics, etc), they pause and bring themselves to a more open place by focusing on the now, focusing on their breath. These are the people who know how to heal their energy states and if they choose to, they become great teachers and healers for others. My main goal in my consults, workshops and trainings is to give people this capability to be with whatever life presents at any given moment. Your field then takes care of its own healing.

Remember that this is a generalized outlook. Of course there a lot of other chakra reading possibilities, and the same chakra states may mean different things for different people depending on where/how the energetic disturbance originated and where they are in their life journey.

However in general, energy disturbances have two simple origins:

- You are stuck in an energy pattern (they way you see, relate to and interact with your reality)
- You are sending away your energy to where it doesn't need to go

These two have two really simple looking resolutions:

- Using your intuition to figure out where you are stuck (and how to get out of it)
- Training yourself to reclaim your energy in the NOW

If you are wondering where you are energetically right now, come to a

Chakra Bliss Healing. You will find out what your current chakra states are and receive a soul message related to each chakra/life area to bring healing and balance to your life.

If you would like to experience what open chakras feel like, come to my next **Chakra Bliss Group Healing** or join as a distance participant. This will show you exactly what it feels like to have healthy chakras and give you a starting point.

If you would like to learn how to read the signs of your body and the universe to be able to take action BEFORE you are blocked, take my online course **A Drop Of Om On Intuition**. I am teaching a special way of listening to your body intuitively in the course, it is called Whole Body Listening Meditation. You will also receive specific tools to take heart and soul guided actions. It is all about you discovering your own unique intuition style to be able to start communicating with your inner wisdom. The first module of the course is available for free [here](#). The full course is \$50 until the end of December (It'll be \$100 afterwards). [Click here](#) to begin to listen into your inner wisdom.

If you would like to reclaim your power and energy and go beyond your existing stuckness, stay tuned. I am working on a soul-project to get you there. In the meantime, **please reply back and tell me where you feel most stuck in life and where you think your energy is sucked into on a daily basis.** And if you need immediate help, consider working with me in a [one-on-one Consult](#) to answer your soul's needs.

With love and light,

Damla Aktekin