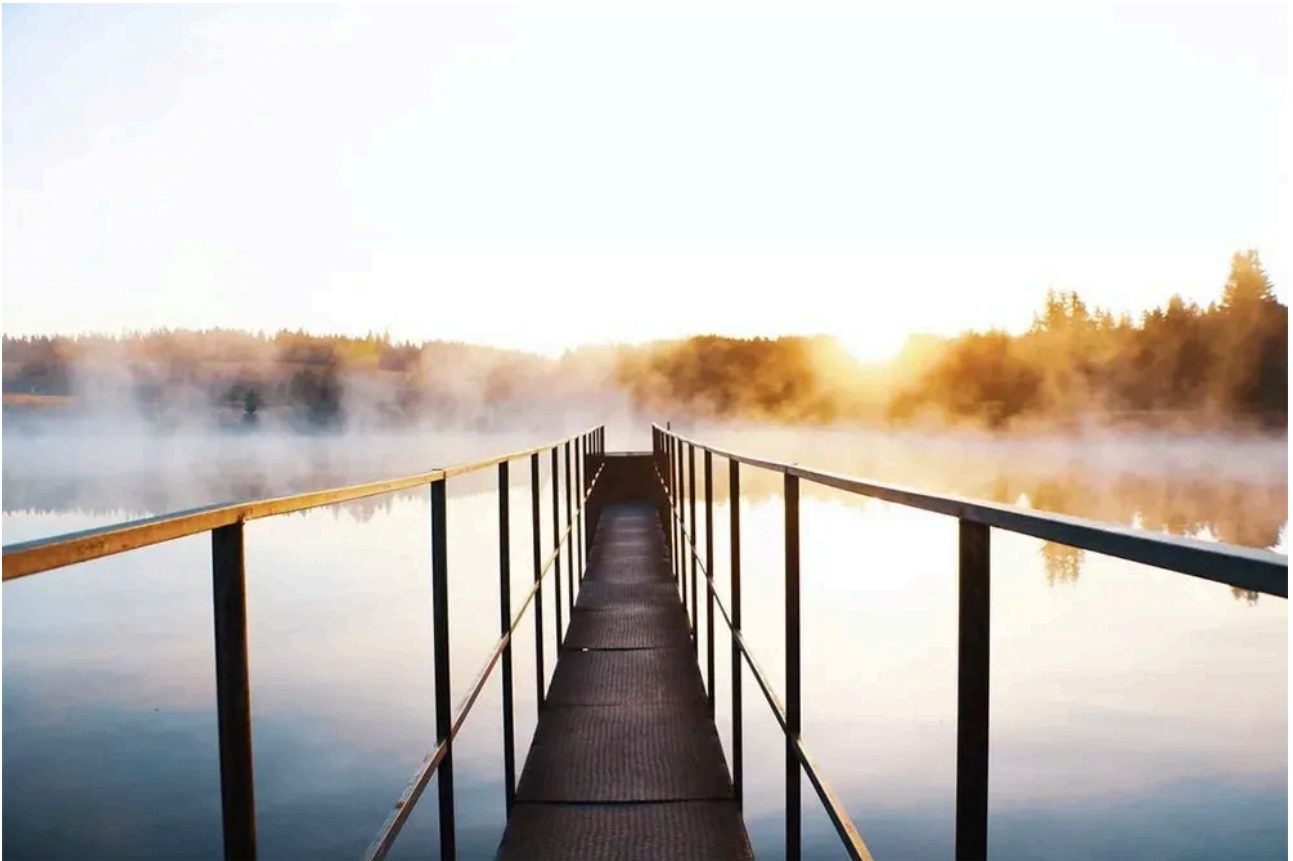


Ascension Update August 2022: Chakras



How our Chakras are changing during the Ascension.



In this article:

- **What Are Chakras?**
- **How Many Chakras Do We Have?**
- **Chakras Open and Expand as We Ascend**
- **Can Chakras Close?**
- **How to Open Closed Chakras**
- **How to Keep My Chakras Open**
- **How Do I Know if All 12 of My Chakras are Open?**
- **If I Resonate for 12 x 12 Chakras Am I Fully Ascended?**
- **How Have the Chakras Changed in the World?**
- **Global Average Open Chakras Now 6.6**



Ascension Update August 2022: Chakras

This is the first in a new series of articles where we use Resonance Testing to measure our Ascension progress by continent, by Chakras, DNA, Chakras, integration and current timeline for full ascension. We go into a lot more detail in our Article published in May 2022 titled [Ascension: Our Observations](#).



What Are Chakras?

Chakras are energy centres which act as portals. We compare the Chakras to plug sockets which enable us to access a source of electrical power for an appliance. In the same way, Chakras enable us to connect fully with the multidimensional energy grid. However, whereas plug sockets are one-way linear power sources, which allow electricity to flow into the appliance, Chakras are two-way multidimensional energy openings that allow universal energy including information of the all-that-is to flow through us and allow our consciousness to connect with the all-that-is.



How Many Chakras Do We Have?

We always thought we had 7 Chakras but discovered accidentally through Resonance Testing that we have 12. Our Article [The Chakras: All 12 of Them!](#) goes into greater detail. What we discovered is these 12 Chakras are spaced evenly apart, rather than having big gaps as in the 7 Chakra model.



Chakras Open and Expand as We Ascend

Not including the children who are being incarnated as fully ascended beings, we discovered that when we are born not all of our Chakras are open and these begin to open as we experience life. You will learn more about this in our Article [The Chakras: All 12 of Them!](#) As we journey through our ascension path, our Chakras continue to open until each one is open and fully functional.

We also discovered that while going through the ascension process that each of our 12 Chakras opens into 12 aspects, giving us 144 energy centres. We don't yet know the function of these 12 aspects as our awareness has not yet expanded sufficiently to access this information.



Can Chakras Close?

It is also possible for someone's Chakras to stop functioning fully and also sometimes to close down completely. We have noticed that fear and stress seems to be one of the biggest causes of Chakras closing down, particularly the lower Chakras as these emotions tend to make us live in our heads, over-think, analyse and disconnect from source where no thinking or analysis is needed. We have discovered also that if someone spends a lot of time with their attention in a virtual world, so for example on phones, computer, TV, then their consciousness can begin to move up into their heads and their lower Chakras can close down.



How to Open Closed Chakras

As our planet goes through the ascension and our levels of consciousness increase and our DNA light strands develop, so too do our Chakras open. You can help the process by allowing the light in simply by being present and opening your heart. When you live in the present moment and are consciousness of your connection to Mother Earth and all-that-is, each of your Chakras naturally opens and this in turn allows more light into your body. We wrote more about your Chakras in our Article [*The Chakras: All 12 of Them!*](#)

If you would like us to open your Chakras and to fully restore them, then then book in for a 30 minute **Energy Boost** service. We open all your Chakras and we have also found that in the process, your levels of consciousness can increase significantly.



How to Keep My Chakras Open

The one thing to be aware of is that we have found that it is helpful to ensure that you remain fully present and grounded throughout the day so that your Chakras are open and fully functional. If you are in a job that requires prolonged attention in a virtual reality, such as on a computer screen, phone or TV, then take regular breaks every hour to maintain your presence. Eventually you will be able to stay present whatever you are doing but it takes practice!



How Do I Know if All 12 of My Chakras are Open?

When all of your 12 Chakras are open, your energy levels will be continually high and yet in a calm and expanded sense. This is because you are fully connected with the energy grid. You will notice particularly when your groin Chakra, which is the same as the Root Chakra in the 7 Chakra system, is open as you will find your day is more synchronous and no longer a struggle. It is a wonderful feeling to connect with Mother Earth's energy as you have full access to her nurturing, protective energy field.

It is possible to use Resonance Testing to check the status of your Chakras. The statement is:

- *My groin Chakra is open*

If this tests negative then take some time to breathe deeply and to expand your awareness through your body, bringing your consciousness down from your head, where it tends to rest for many of us, into your groin Chakra. Then take it down through into Mother Earth and feel it expanding outwards. Now allow her energy to flow back into you and direct it into your groin Chakra. Feel it being nourished and allow it to expand outwards until it fills the room and beyond. When you have restored your groin Chakra you will feel a massive increase in energy and aliveness within you.

Now test the statement above again to check that your groin Chakra is open.

Once your groin Chakra is open, you can Resonance Test to see how much it is functioning with the following statement:

- *On a scale of 0-100%, my groin Chakra is functioning at least <10%>*

If this tests positive, repeat for <20%, 30%, 40%, 50%, 60%, 70%, 80%, 90% and then 99%>.

If the statement tests positive at 99%, then you can test as follows:

- *My groin Chakra is functioning at 100%*

Now you repeat this Resonance Test for all Chakras. If you would like to learn how to Resonance Test our Article [How to Do Resonance Test Step 1](#) shows you how to get started. If you would like us to teach you then book in for one of our **Learn How to Resonance Test** Services.



If I Resonate for 12 x 12 Chakras Am I Fully Ascended?

What we have found is that along with our 12 Chakras opening and expanding into 12 aspects there are many processes involved in ascension which we have written about in our two previous Articles in this series on [Levels of Consciousness](#) and [DNA](#). Our Resonance Tests have shown that, excluding the children who have been incarnated as fully ascended beings, there are currently around 42,000 people on the planet with 12 open Chakras of which just 3 are fully ascended.



How Have the Chakras Changed in the World?

The past 2 or so years have seen a significant increase in the average number of Chakras that are open. We started off 2019 with a global average of 2.5 of the 12 Chakras and then in July 2022 this level had increased almost 3 fold to 6.3.

For this series of Ascension Update Articles, we look at the change over the past 8 months. This is because we first started testing levels of consciousness in the world in November 2021 and we wanted to compare the ascension markers over the same period of time.

You can see what our average levels of consciousness were in our first Article [Global Levels of Consciousness by Country: November 2021](#) and you can follow the progress in our bi-monthly updates.

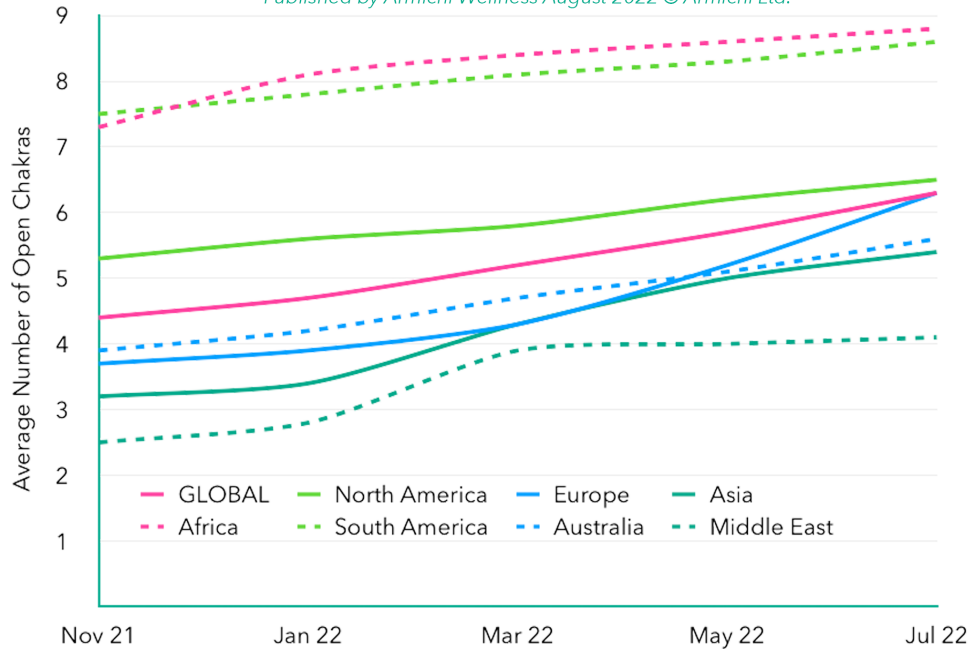


Average Number of Open Chakras: November 2021 to July 2022

The chart on the following page shows you how the average number of open Chakras have increased by 50% in just 8 months! As with the other Ascension markers, levels of consciousness and DNA, you can see that Africa and South America lead the world with the Middle East again trailing behind in some respects.

Average Number of Open Chakras November 2021 - July 2022

Published by Armichi Wellness August 2022 © Armichi Ltd.



Global Average Chakras Now 6.3

That means that in just 2 years, we have reached a point in the world where around half of our Chakras are opened. Further testing revealed that the average percentage functionality of all Chakras is just 5% meaning that half of our energy sockets have been made but we are not plugged into the energy grid yet!



We hope this has been an interesting read. The next Ascension update will be about how we are becoming more integrated.

Please send a link to a friend who you think will love to read this Article or you can download it as a PDF from our [Research Articles](#) section to share or upload onto other sites.



Published by Armichi Wellness, August 2022

Please feel free to quote or republish this article with a link back to this site, thank you.

Related Articles

[Ascension: Our Observations](#)

[What Are Chakras?](#)