

# HIGH VIBE TIMES

~ Our mission is to empower individuals to heal, awaken and expand. ~

## UNDERSTANDING THE CHAKRA SYSTEM: PATHWAY TO HOLISTIC WELLNESS

In our journey through life, we often search for a deeper understanding of our purpose and a connection that goes beyond the ordinary. By understanding our chakra system, we can expand our perception and attain greater physical, emotional, mental, and spiritual wellness. Within the Aura, our personal electromagnetic field, lie the Chakras, which are energy transformers made of finely woven, invisible substance. The term "Chakra," derived from Sanskrit, translates to "Energy Wheel." These Chakras are intricately placed at various levels of the Aura, managing the interactions of energy produced by consciousness. Acting like power stations, the Chakras transform energies from the etheric (spirit) level and transmit them to the lower astral levels. Each Chakra, composed of pure light energy, operates like a flower, with a nucleus that emits pulsating light rays. The Chakra rotates continuously, influenced by the strength of the Kundalini flow. The petals of the Chakra flower represent the spokes that bundle and transform various energies from the ether, transmitting them to the corresponding aura levels. The simpler lower Chakras, such as the root and sacral chakras, have fewer petals and more basic structures and functions. In contrast, the higher Chakras are more complex, with numerous spokes to handle their manifold functions. The Crown Chakra, positioned above the head, is also known as the 1,000 Lotus Leaf due to its myriad responsibilities. Each of the seven main Chakras plays a crucial role in our health and well-being.

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# Self CARE

## IDEAS TO NURTURE YOUR BODY AND SOUL

- Forgive others, forgive yourself
- Drink high quality water
- Break from The News
- Control your thoughts
- Practice yoga
- Break from Social Media
- Walk in nature
- Write in a journal
- Listen to music
- Get a massage
- Cook a healthy meal
- Practice deep breathing
- Send love to your plants
- Visualize your goals
- Offer assistance to others
- Give thanks for another day
- Reflect on your achievements
- Organize a part of your home
- Enjoy a sunset or sunrise
- Read a High Vibe book
- Visit a new café or restaurant
- Connect with High Vibe people
- Create a cozy reading nook
- Watch a documentary
- Light scented candles
- Drink herbal tea
- Listen to the sound of water
- Celebrate small victories
- Connect with a friend
- Visit a museum or gallery
- Try Acupuncture
- Practice gratitude
- Stretch your body
- Go on a short trip
- Take up gardening
- Try drumming
- Use Essential Oils
- Do Affirmations
- Nap
- Volunteer
- Be mindful
- Try Laugh Therapy
- Practice Tai Chi
- Try Chakra Dance
- Set personal goals
- Give yourself a facial
- Try Reflexology
- Sing
- Do positive self-talk
- Declutter
- Make a vision board
- Dance
- Meditate
- Have a bath
- Spend time in the sun
- Try a new workout
- Stargaze
- Join a class
- Dance

*"You are not your feelings.*

*You just experience them. Anger, sadness, hate, depression, fear. This is the rain you walk in. But you don't become the rain. You know the rain will pass. You walk on. And you remember the soft glow of the sun that will come again".*

-Matt Haig



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## THE GABRIEL MESSAGES #25

Strengthen your conscious awareness of other states beyond the physical, communicate deeply within yourself and learn to trust in your own answers.

You are here on this planet to develop yourself fully. When the ancient philosophers stated "Know Thyself," they were talking about the power of Self-awareness. This means not just one's consciousness of the physical, or even of the mental and emotional selves. To truly know oneself means having real discernment of who you are as a multi-dimensional being. You have the power within you to know planes of reality beyond the physical world in which you live. In fact, developing an awareness of these other states of consciousness creates a link to the joy and love so many are seeking.



by Shanta Gabriel for Archangel Gabriel  
ShantaGabriel.com  
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The deeper qualities you truly desire in life are beyond the physical plane. They exist in the expanded state of consciousness that is your bond with God, the Source of your very being. To commune within yourself is to find these qualities. It requires a willingness to see beyond your outer self, and to take the time necessary to create conscious awareness of the love and light within you.

**Practice:** As you sit quietly and breathe balanced breaths deeply and slowly, there are immediate results in mind, body and spirit. Imagine that you are sitting in a pillar of golden light joining Heaven to Earth through you. This allows you to enlarge your consciousness raising your vibrational frequencies to match your dreams. When you add prayer asking for what you want in your life, you allow the grace of the Angels to work for you. On this free-will plane of existence, you need to ask for their assistance or they will not interfere. This does not necessarily mean a formal prayer. Asking can be as simple as saying the words for the qualities you want in your life, such as Love, Peace and Freedom. Meditating on these qualities can literally change your life and create a more abundant, joy-filled existence.

It allows you to tap into your Higher Self and your guardian Angels, so you are communicating with the deepest levels of your being.

From this place, the answers you receive will be from a level of Divine Order, and all that follows will be for the highest good of all concerned. You will receive intuition and know the actions and words that will best assist you with the challenges you face.

Once you begin to act on your intuitive guidance, you will start to trust yourself. Life will feel easier. You won't need to continue looking to others for the answers. With every fiber of your being, you will know what is Truth in your life.

Trusting in yourself does not mean you are alone, for you are never alone. At all times, you have with you Angels to assist you. Some have been with you for eons of time. Working in harmony with the Light of God, they know you at the deepest level of your Soul. It is comforting to know that you are always wrapped in their wings of pure love and cared for beyond your capacity to understand.

It is this link within the self that most people are seeking. They hunger for knowledge of the love that is within them. It is readily available through prayer and taking time to sit and breathe in a conscious manner. So give yourself the gift of sitting in light and love every day for five minutes. It is a simple thing that will provide you with wondrous joy. The Angels are ready now to lead you into the light of your true Self.

Create a conscious relationship with your Higher Power and find the joy you so desire to have. Ask for assistance from the Angels. Begin to do this every day and miracles will surely occur, for miracles are your birthright and the natural state of your being. Know that you deserve to have your life filled with Love, Joy and Miracles. Learn to communicate within and trust in your own truth. This is the way you will live to your fullest potential and fulfill your highest destiny on Earth. The Angels love you and bless you with all that is good.

### Disclaimer:

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# Time for You

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# GROW YOUR LIFE

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## KICKSTART YOUR NEW YEAR WITH A VISION BOARD

One effective method to manifest your desires and keep you motivated is creating a vision board and placing it somewhere you will see daily. It's a simple yet effective way to stay focused, inspired, and driven, helping you embark on the new year with clear intent and enthusiasm.

## THE PRACTICE OF THREE PAGES DAILY: UNVEILING THE ARTIST WITHIN

Read *The Artist's Way* by Julia Cameron and you will be invited to embark on a sacred ritual that has the potential to transform your life: the practice of writing three pages every day. This practice, known as *Morning Pages*, is not merely an exercise in writing; it is a profound journey into the depths of your creativity, consciousness, and soul.

*Morning Pages* are a gateway to the creative flow that resides within each of us. By allowing your thoughts to spill onto the page without censorship or judgment, you create a safe space for your creativity to flourish. This daily habit helps to clear the mental clutter and pave the way for new ideas, inspiration, and artistic breakthroughs.

Writing three pages each morning serves as a mirror to your inner self. It is an opportunity to explore your thoughts, feelings, and desires in a raw and unfiltered manner. This practice fosters a deeper understanding of who you are and what drives you, leading to greater self-awareness and personal growth.

The practice of writing three pages every day is a gift you give to yourself. It is a sacred ritual that nurtures your creativity, heals your soul, and unlocks your true potential. Try this with an open heart and mind, and be open to the insights you learn.



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