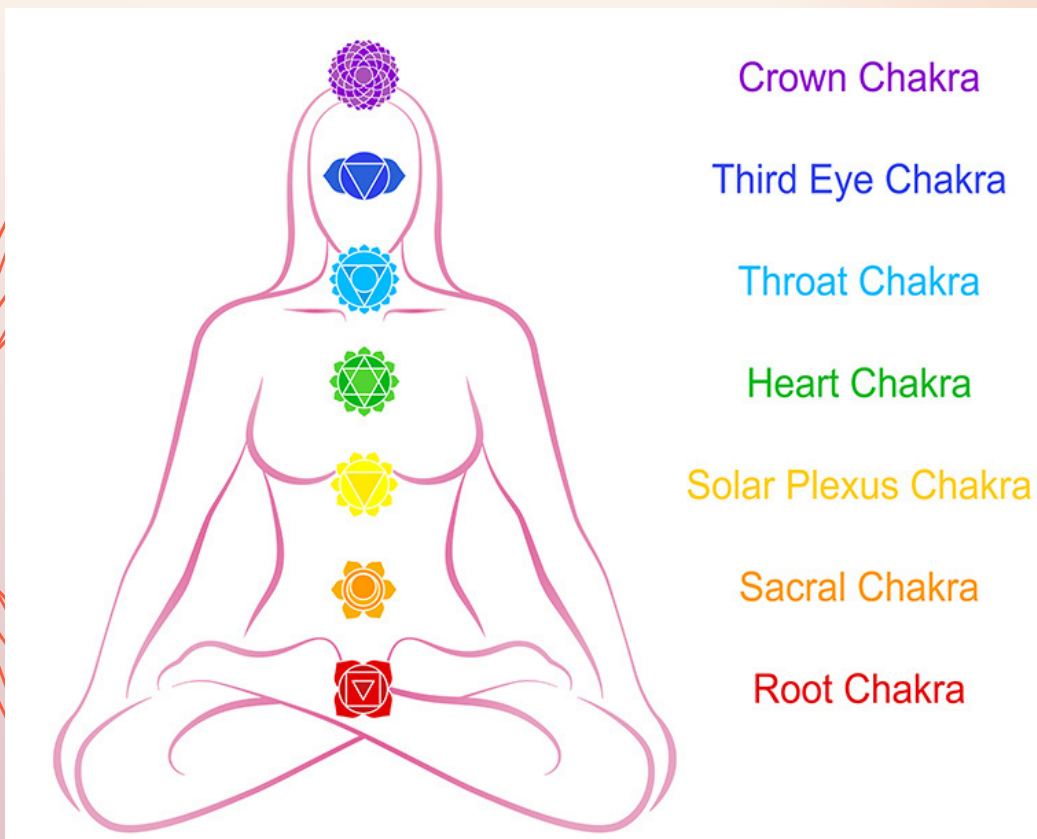
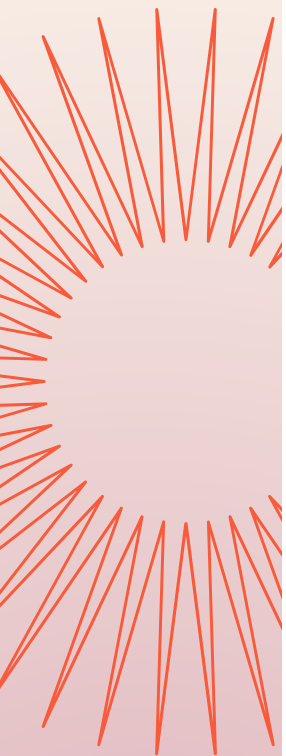


DIVORCE & THE CHAKRAS



PAMELA PACETTI - THE DIVORCE SAGE



TABLE OF CONTENTS

- 01. Root Chakra
- 02. Sacral Chakra
- 03. Solar Plexus
- 04. Heart Chakra
- 05. Throat Chakra
- 06. Third Eye Chakra
- 07. Crown Chakra
- 08. Alignment of the Chakras
- 09. Your Alignment Process

Overview

There are seven major energy points or chakras. The Sanskrit word, “chakra,” means disk, or wheel, and refers to energy points in the subtle body. The concept of chakras and their functions can be found in many different cultures. The chakras are always in movement, and appear as wheel-like vortices of pure energy. The seven main chakras are located along the spinal column. When they are in balance, they align with the spinal column in a straight line. When one or more chakras are not in balance, their position may appear to spin to the right or left of their centers, or perhaps to the front or back of their centers.

The chakras assist us in receiving, transmitting, and processing life energies, and each corresponds to a particular area of consciousness. They play an integral role in how the mind, body, and spirit operate as one holistic system. Each chakra is recognized as a focal point relating to our physical, emotional, mental, and spiritual energies. Each of the seven chakras, and the aspect of consciousness they serve, is briefly explained in the following paragraphs.

01. The Root Chakra

The first chakra is known as the Root chakra, which is located at the base of the spine; it is associated with the color red, and the element of earth. On the color spectrum, red has the slowest vibration. This chakra forms the basis of our foundation, our sense of security. It deals with our survival instincts, our will to survive and our basic needs. It contributes to our self-awareness that we are human beings. The Root chakra controls the life force we receive from the earth, and is also the place from which our desires and imagination become manifest. When this chakra is balanced, we feel safe and supported -- our perception of success and our placement in the world is neutral and stable, we feel content, and our roots are well-seeded and nourished. The chakras located above this energy point find their support from the anchor of a strong Root chakra and will likely experience fluctuations in their overall alignment if there is a weak foundation. When we feel the steadiness below our feet, we are able to work with the upper chakras with greater ease, and our ability to find clarity is enhanced.

When our Root chakra is out of balance or blocked, we may experience fear, anxiety, negativity, delusions, greed, and an overall feeling of instability and insecurity. We begin to lose our connection to the here and now, and we walk lightly rather than firmly on the ground. The lessons associated with the Root chakra concern our security in the material world, our stability, how we view and interpret our identity, our relationship with money, and how we characterize success. This chakra dictates our level of courage, our sense of balance, and our ability to offer patience and temperance to ourselves and others.

The Root Chakra during Divorce

For those in the process of divorce, the Root chakra is the first affected. Although this will not apply to everyone, divorce naturally stimulates fear. Many will experience feelings of abandonment; they feel alone in the world, with no support. They feel as though their entire foundation is crumbling. Many lose their balance and become lost in a cycle of focusing too much of their attention on the past -- and/or projecting negativity toward the future -- rather than focusing their attention consciously. When we are grounded, we are focused on the here and now; therefore, if we can suspend our worries about the future and/or our failures in the past, we can more easily make decisions that are grounded in truth. For some, the thought of dividing marital assets can trigger strong survival instincts, regardless of the amount of wealth the family has accumulated during the marriage. For others, the idea of losing custody or having to share time with their minor children can trigger fear. For still others, the realization that they will need to receive or pay spousal support may trigger such fear.

For many, all issues present in the divorce process will serve as triggers. Once panic sets in, many have a hard time calming these emotions until the process is over, and accordingly, decisions are made from fear rather than from a place of clarity. It is important to be grounded from the beginning of the divorce and to maintain this grounding throughout the process.

02. The Sacral Chakra

The second chakra is known as the Sacral chakra, located two to three inches below the navel. This chakra is associated with the color orange, and the element of water. This chakra governs our raw emotions and creativity as well as sexuality and reproduction. This chakra also controls the flow of emotions and thoughts. When this chakra is balanced, we are enthusiastic, passionate, and creative. We experience joy and self-respect, and are self-sufficient and resilient. Our relationships and ability to collaborate with others are in harmony. When this chakra is out of balance, we may experience inner conflict, issues with our sexuality, and an inability to express or process emotions. We might also experience jealousy, confusion, or begin a pattern of overindulgence. Addictions to food, sex, drugs, alcohol, and co-dependencies are birthed from an imbalanced Sacral chakra. The lessons associated with the Sacral chakra deal with our ability to give and to receive freely, and to learn the virtue of tolerance and appropriate surrender.

The Sacral Chakra during Divorce

Those in the process of divorce who are experiencing an imbalance of the Sacral chakra may be unable to allow their emotions to flow naturally. They may become stuck in a particular emotion, or else be unable to feel at all. Despite how a party may have experienced the relationship with their spouse during the marriage, the end of the marriage can signal a loss of identity. In this state of mind, a party is unable to visualize a future after divorce, and consequently he or she may have trouble engaging in the free flow of proposed options during settlement discussions.

03. The Solar Plexus Chakra

The third chakra is known as the Solar Plexus chakra, located between the navel and Sacral chakra, and is associated with the color yellow, and the element of fire. This chakra is the second emotional chakra and the seat of our knowingness, our power center; it is where intuition, or the “gut instinct,” is formed and housed. Information or programs are received and transmitted from here, and we digest information and emotions from this chakra. The Solar Plexus chakra also governs our self-identity, our confidence and willpower. Our emotions are indicative of how aligned we are to our truth, who we really are and where our soul’s journey is leading us.

When the Solar Plexus chakra is balanced, we have a healthy self-esteem, we are self-disciplined and confident in our choices and action. We exude radiance, warmth, and acceptance of others. A silver cord connecting the spirit body with the physical body is located within this chakra; when in balance, we experience a sense of immortality and know the truth of who we are. When this chakra is out of balance, we might experience overall dissatisfaction, anger, anxiety, depression, low self-esteem, procrastination, the inability to make decisions, the need to control or to exert power, and we might display uncontrolled emotional outbursts.

The Solar Plexus Chakra during Divorce

Those in the process of divorce who are experiencing an imbalance of the Solar Plexus chakra may feel helpless, or show signs of irresponsibility. They might feel a loss of purpose and cannot visualize their future, or become hyper-focused on details and fail to see the big picture. Some might become overly fearful and even aggressive, demanding settlement terms that may not actually be in line with their integrity. People may become withdrawn, unable to identify their needs and might accept settlement terms not in their best interests. A party might feel the need to stall the process for as long as possible. When one's self-esteem is low and the connection to one's higher truth is jeopardized, a person remains unable to tap into their intuition, or knowing, of what is right for them. He or she may have no confidence in their decisions, and therefore have a hard time making a firm commitment.

Severe imbalance of the Solar Plexus chakra can create a tendency for a party to accept something they said they wanted, but then immediately change their mind. They may experience an uncontrollable need to exert power, without any concern for how it may affect them long-term. In addition, a party may be operating from an inner program they learned from their family, their culture, or religion, whereby they believe divorce is bad or sinful. As a result, they may not be self-confident throughout the process and may experience shame, distress, and feelings of unworthiness.

A party may be unable to process the amount of information they are given in a timely fashion. In addition to the legal information they must digest with each issue, a party must also respond to discovery requests, whether formal or informal, and be able to make sound decisions in terms of what they need; this is true whether they are in litigation or engaging in an alternative form of resolution. They also may have a hard time letting go of the marriage, and believe that their acquiescence to their spouse's demands of settlement will somehow change their spouse's desire to divorce.

04. The Heart Chakra

The fourth chakra is known as the Heart chakra, located at the center of the chest. This chakra is associated with the color green, and the element of air. It operates as the bridge connecting the lower emotional chakras to the upper chakras. The first three chakras deal with the physical self; the Heart chakra deals with the spiritual self. It operates as an anchor to the life force that radiates from our higher-self to our lower-self. The Heart chakra is the seat of our healing, and our soul's destiny. It governs divine unconditional love, compassion, forgiveness, our generosity, and the ability to show respect and understanding to others.

When balanced, we feel harmonious with others, we tender love and care to ourselves and to others, we are content, at peace, and feel connected -- we have an awareness of our oneness with all life. When the Heart chakra is out of balance, we may be suspicious or jealous of others, we may fear intimacy and feel disconnected. We may feel unworthy of love or unable to receive love. We might also have an overactive ego, which breeds selfishness.

The Heart Chakra during Divorce

Those in the process of divorce experiencing an imbalanced Heart chakra may be detached from their higher truths. The seamless integration of their physical or earthly aspirations is disconnected from their spiritual or higher aspirations. Accordingly, they are unable to manage the challenge of divorce from a place of love, compassion, and appropriate discernment. They can become overly defensive and experience victimization, or they can feel the need to be a savior to their spouse, and fall victim to martyrdom. For these individuals, the ability to find peace through the act of forgiveness is blocked. Forgiveness is the key to successful settlement negotiations; it also produces the wings we need to fly, following a major life transition such as divorce.

05. The Throat Chakra

The fifth chakra, known as the Throat chakra, is located in the center of the throat. This chakra is associated with the color blue, and the element of ether. The Throat chakra is the center of expression, communication, and creativity. It governs our ability to speak truthfully, both verbally and non-verbally; it is our source of self-expression. Our inspiration and ideas are processed and conveyed from this center. When balanced, we communicate clearly and authentically. We are considerate and speak with compassion, understanding, and honesty. We share our wisdom with another without fear of judgment. We are good listeners. When our heart and mind are aligned, we use our will appropriately and make decisions with skilled discernment and clarity.

When the Throat chakra is out of balance, we may be afraid to speak or express ourselves; or, we may speak without discernment or clarity. We may have an overactive ego that craves attention and needs to be heard. We may fail to listen, and therefore misinterpret the motives of others. We might misuse our wisdom and insight, and allow our uncalibrated ego to drive our will.

The Throat Chakra during Divorce

Those in the process of divorce experiencing an imbalanced Throat chakra may be unable to express their truth. They may experience fear of speaking, and fail to speak up when something does not feel right to them. Alternatively, they may speak too much without a discerning filter, and fail to listen to others. They may be unable to tap into their higher wisdom, which will inhibit the natural flow between their connection to Spirit and their heart. The ability to be authentic and to speak clearly, the ability to use discernment and heightened listening skills, and the ability to see and hold a vision, are critical attributes to a successful negotiation process. An affirmation for the Throat chakra might be, "Within me is the courage to speak my truth in love -- and my words will be received in love."

06. The Third Eye Chakra

The sixth chakra, known as the Third Eye chakra, is located in the center of the forehead between the eyebrows. This chakra is associated with the color indigo, and the element of light. The Third Eye chakra is the center of insight or inner vision. It governs our inner knowing -- our ability to understand higher truths so that we may have clarity of thought, sincere self-reflection, and self-responsibility. When this chakra is balanced, we are guided by our own intuitive wisdom and have peace of mind. We have a healthy imagination. Our inner vision extends far beyond what our physical eyes may perceive. When out of balance, we might experience cynicism, we may lack concentration, become judgmental, intolerant, and fail to show empathy for others. We may lose our common sense, and be unable to understand, or become disillusioned by, higher spiritual truths.

The Third Eye Chakra during Divorce

Those in the process of divorce experiencing an imbalance of the Third Eye chakra may lack the ability to get past the physical distraction of the divorce, so they can tap into their inner sight, their inner knowing, their wisdom, and can sense the subtle shifts in energy. They may lack the ability to relax their mind enough to allow a shift in perception from their ego-mind to the mind of their soul. They may be unable to pick up the subtle signs that are there to move them towards a future vision and dissuade them from illusions.

07. The Crown Chakra

The seventh chakra, known as the Crown chakra, is located at the crown of the head. This chakra is associated with the color violet, and the element of thought or will -- or, as understood by some, emptiness. It is the Crown chakra that allows us to extend beyond our physical body and to experience the sacred oneness of all. It is where we experience enlightenment, and where our higher truths are downloaded. It is where we meet the divine self, divine will, and where we receive divine wisdom and inspiration. This is our direct line to Spirit. It is where we begin to understand the absence of duality, and the interconnectedness of all things.

When the Crown chakra is balanced, we feel a sense of deep peace, clarity, and joy. We understand the vastness of the universe, and our connection to the sea of all consciousness. We desire to serve selflessly, and to assist others in discovering their own truth from a place of brotherhood and unity. Our faith is strong and our ability to remain in the “now” is uncompromised. When this chakra is out of balance, we may lose our faith, experience anxiety, and perhaps denounce our own spiritual beliefs and knowing. We may feel a sense of superiority and separateness from others, and may lose our empathy for ourselves and others. We may also experience a lack of meaning or purpose in our life.

The Crown Chakra during Divorce

Those in the divorce process experiencing an imbalanced Crown chakra may become disconnected psychically from their body and find it hard to physically engage in the divorce process at all.

They may lose their connection to Spirit, and may miss the divine wisdom and inspiration that is being shared with them. Spiritual guidance is the most valuable asset we have when making difficult life transitions. Therefore, maintaining our connection to Spirit and our higher self is vital to our wellbeing and how we navigate the journey.

08. Alignment of the Chakras

When our consciousness is balanced, we are in a state of equilibrium -- our health improves, and our overall state of well-being is transformed. When our life energy is free to flow unobstructed, the circumstances in our life begin to flow with greater ease as well. Acknowledging and attending to the totality of who we are serves to accelerate the growth of our soul's journey, and brings us into greater alignment with our chosen path. We will always be guided by our inner compass, our intuition; however, when we are fully aligned, we are less likely to stray, to get lost or distracted. With full alignment, we have knowledge of, and are in harmony with, our purpose, our mission, our reason for being here. We are less clumsy with our ego, and can quickly assess and appreciate the circumstances in our life for what they are, as well as for what they are not.

We vibrate with a higher frequency and can begin co-creating the life we, as humans, would like to experience during our sojourn on the earth, while at the same time, remaining true to our soul's overall intention. Once mastered, we can then experience true abundance in all of its forms. We will experience the freedom we desire, the unbridled joy we crave, and will rest with peace in our heart.

With a greater understanding of how complicated, yet simple, our energy system is -- and how it stimulates us to either thrive or decline -- we can begin to consciously maintain a natural equilibrium. Setting aside a few minutes each day to check in with the totality of our being, and taking immediate action to correct any variations or blockages, is vital to our perception of reality and to our overall evolutionary process.

There are many meditations and energetic processes that have been developed to assist us in the alignment of the chakra system. A simple Internet search will produce dozens of potential meditation options to choose from. There is no one-size-fits-all when it comes to processes intended to assist us in our healing efforts. We are each unique, and the way we respond is equally unique. Some individuals prefer guided meditations, and find it easier to follow the lead of the speaker. Some prefer a female voice while others prefer a more masculine tone. Some individuals prefer to meditate to soft music, without vocal prompts. It is helpful to try a few guided meditations until you find one that resonates with you. Still others prefer to sit, walk in nature, or lie down, all in complete silence.

It is important to stress that there is no set protocol for chakra alignment, nor is there a need to make it a complicated process. It is not necessary that we follow direction from a source outside of ourselves to accomplish this alignment. The best and most powerful, process, is one that is created from your own inner guidance.

In the beginning, it may be helpful to seek the assistance of a guided meditation or an energy healer to become familiar with feeling your own energy and understanding this new language. However, please trust that we all have the capacity to create a system tailored to us. I encourage you to sit calmly or lie down, with the intention of scanning the chakra system and balancing and clearing any blockages that may be present. The setting of this intention, coupled with simple visualization and relaxed breathing, is all you need to create an easy process that will work for you.

09. Your Own Alignment Process

Begin with inhaling through your nostrils and exhaling through your mouth. As you inhale, consciously breathe in any negative thoughts and/or emotions you are experiencing -- then, consciously expel and release these thoughts and/or emotions as you exhale. Be sure that you are exhaling longer than you inhale. Repeat this mindful breathing several times until you begin to feel settled. Focus your awareness on softening all the muscles in your body from the top of your head to the bottom of your feet.

Once you are completely relaxed, your heart rate has slowed down, you feel settled in your body, and your breathing has become soft and natural, begin with the Root chakra. Feel yourself anchored fully to the earth and work your way up to the Crown chakra. Whatever you sense as you focus your awareness on each chakra is right for you at that time. If the color of the chakra seems dull, focus on the color assigned to that chakra until the color intensifies and you feel a sense of fullness.

If the chakra feels off-center, visualize the chakra -- however it may appear to you -- spinning easily and freely, and realigning to its proper placement. You can also focus on the most positive attribute(s) of each chakra. There is no need to force any of this; a shift will happen naturally. If you feel a negative emotion, or if a negative thought begins to surface as you focus your awareness on a certain chakra, welcome the emotion or thought and thank it for its service to your journey. Then visualize the emotion freely flowing down to the center of the earth, to be transmuted into a higher emotion for the healing of all.

Once you have worked with each of the seven chakras, pay attention to how you feel, and spend a few moments in this space becoming familiar with how you feel when you are aligned and in harmony. Extend gratitude to your body for working with you, and to yourself for taking charge of your own well-being.

The more you become familiar with how it feels to be in a balanced state, the easier it will be to know when you are out of balance. The more consciously aware you are of how you feel, the better you will be with knowing whether it is right for you to proceed with a certain action, or if you need to rebalance prior to going forward. The simpler the process, the more you allow your own inner healer to guide you. The more you become accustomed to working with your own energy, the quicker you can scan for imbalances and act in response.

Imagine how our interactions with others and our sense of well-being would shift if we each invested the time it takes to have a cup of coffee or tea each day to balance our own energy so that our mind, body and spirit are aligned and working collaboratively together. For those going through a divorce, this daily practice is so important. It is only when you feel aligned and your emotions are in a neutral space, that you should proceed with important matters concerning your divorce. The more you engage in this process, the easier and more natural it will become for you.

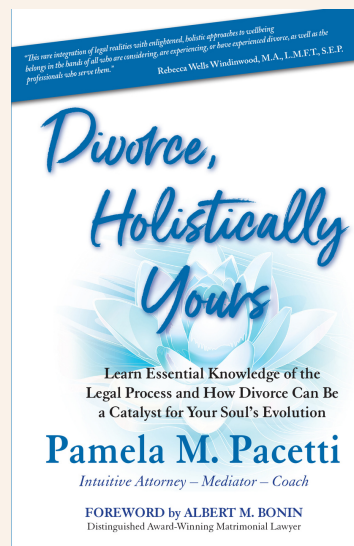
Thank you for reading, I hope this information will assist you wherever you are on your journey. Remind yourself often that, "All is Well with Your Soul!"

Hello, I'm Pamela!

As a divorce attorney who dared to integrate my intuitive gifts into my legal practice, I now work with spiritually awakened women experiencing divorce to gain the legal insights that empower them as well as the spiritual insights that shift the drama of divorce into a sacred journey -- a catalyst for the Soul's evolution -- so they can move through the process with clarity, grace and ease, find true healing, make aligned decisions, and begin co-creating and stepping into the life their soul is leading them to discover.

Content was taken from a chapter of my book:

"Divorce, Holistically Yours: Learn Essential Knowledge of the Legal Process and how Divorce Can Be a Catalyst for Your Soul's Evolution."



Reach out - I would love to hear from you!

www.pamelapacetti.com

info@pamelapacetti.com

Copyright 2021 / Bridges to Spirit / Pamela Pacetti

LEARN THE SACRED LOVE STORY BEHIND DIVORCE



www.pamelapacetti.com

info@pamelapacetti.com