



**FREE
ENERGY
TOOLS
STEP 3**

SPIRIT

We are — as far as we know — the only part of the universe that's self-conscious, we could even be the universe's form of consciousness. We might have come along so that the universe could look at itself... It's such a lucky accident, having been born, that we're almost obliged to pay attention."

- Mark Strand, "Creativity: The Psychology of Discovery and Invention"

To us spirit is an ethereal embodiment of love, of dreams, of inspiration; a higher vibration of existence, something that reflects the universe in our bodies and expands the limits of the human mind. It's an abstract membrane that is energetically connected to our bodies and minds.

What is it for you?

Connecting to higher chakras

Your spirit and your energy are as powerful as your meditation and awareness get. You connect to it as you move up the network of your seven chakras: after the first three comes the fourth chakra - your heart, a bridge between the material and the spiritual. After that you go into your throat where there is your self-expression; forward to the third eye, where there is your truth and inner knowing; finally you reach the top of your head, where there is your channel of communication with the cosmos.

The three higher chakras govern your spirituality, all-absorbing universalized love and intuition. This is your connection to the energy of pure consciousness, intelligence of the universe, the feeling of the unity with the world. The more you explore yourself meditating, the more open this chakra becomes, allowing you to see through conditional thinking. In the completely peaceful state of mind, sincerely not caring for other people's opinions, not dreaming that your life might have been different than it is, not worrying about your physical survival, this is where joy and peace lay.

Love in meditation

In order to survive you need food, water and sleep. It's easy. To flourish and thrive, you'll need to add love and meditation. It's magical. There are all kinds of love that we are capable of feeling: in the lower energy centers the love is a primal instinct programmed for reproduction. In the chest area love becomes purer. It's the unconditional love toward your parents and children, love of friends and happy experiences. The three higher chakras, when aligned, transmit through you the universalized love, which is not limited to loved ones and those who love you in return. It is the compassion for the stranger; it is the loving kindness for the greater human family. This love is purely altruistic.

You don't have to wait for any love, you can create it. As you sit in silence, watch your breath. Breathing out, imagine that you are exhaling love into existence; breathing in, existence is pouring love into you. As you start to notice the changing quality of your breath and areas in your body that awake in this interchange, your being gets tuned in to the higher frequencies on which your spirit is most free and elevated.

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When you connect to your mind and body, how do you perceive your spirit? Does it talk to you? To hear that voice takes time and practice in awareness, as well as embracing the fact that there are no boundaries between your human form and your omnipotent cosmic nature: you can see more than your eyes see, you can affect your life with your thoughts just as with your actions, you yourself can define the rules of your existence. Tap into the passions that elevate your spirit, the emotions that you'd like to have in your life, feel that the life is complete as long as you are complete and loving yourself. As a conscious being with access to the chasmal vessel of life energy, you have all the power to live the life to the fullest. There is a spark in you that's been waiting for a cue to ignite. Once you follow the path you're meant to, you shine from within illuminating others as well. It's a chain reaction that can make the world a better place, and remember that it needs your light!

Want to go even deeper?

Join the journey. Sign up for our free 7 day Energy Makeover and ignite your life!



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