

# Opening Up to Our Wider Self – Our Widefulness



*"The voyage of discovery is not in seeking new  
landscapes but in having new eyes"*

*Marcel Proust*

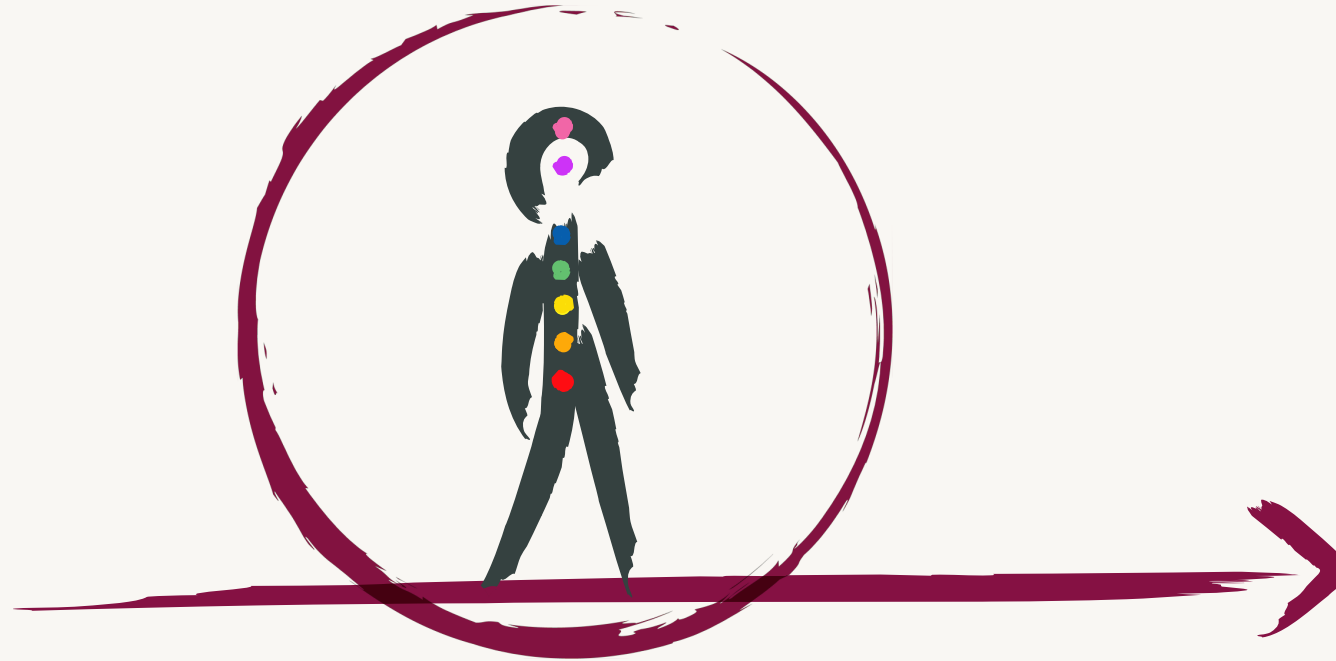


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Linear time perspective: past, present and future as separate units



Holographic perspective: combining linear life journey with energetic levels of consciousness



## The Root Chakra

### Physical consciousness

- \* Located in lower hips, genital area
- \* Represents our foundation and roots, our connection to earth and to our tribe. It relates to the physical body through which we manifest ourselves
- \* The element is earth
- \* This is the survival place in us, influenced by our history, childhood experiences, intergenerational memories and more
- \* The challenge here is to feel safe in this life and to experience manifestation



## The Sacral Chakra

### Emotional Consciousness

- \* Located in abdomen
- \* Represents our emotional world, holds our experiences in relationships, feelings, desires, sexuality and more
- \* The element is water
- \* Through this chakra we can learn to move freely and listen to our senses and feelings
- \* The challenge here is to release limiting beliefs and paradigms that limit our movement inside and out



## The Solar Plexus Chakra

### Individual Consciousness

- \* Located in base of sternum
- \* Represents our inner power, our will, the power to choose and to find our unique way
- \* The element is fire
- \* From earth and water, stillness and flow, to the fire that takes all our energy and transforms it
- \* The challenge here is to be connected to our deep wanting and unique journey



## The Heart Chakra

### Social Consciousness

- \* Located in chest area
- \* Represents the energy of love, compassion, forgiveness, giving and receiving unconditionally
- \* The element is air
- \* Takes us to a more spiritual realm, connecting sky to earth
- \* The challenge here is to expand our heart, to learn to love ourselves and open up to others



## The Throat Chakra

### Creative Consciousness

- \* Located in the throat
- \* Represents our communication with ourselves and others, affecting our lives physically, psychologically, emotionally, spiritually
- \* The element is ether
- \* We bring our specific voice, sound and frequency, creating vibrations that ripple through the universe
- \* The challenge here is to use our words and our silence wisely





## The Third Eye Chakra

### Mystic Consciousness

- \* Located at the forehead
- \* Represents the world of seeing, imagination, intuition, dreams, psychic ability and mysticism
- \* The element is light
- \* From here we can open a door to a holographic perspective of life, containing infinite life times
- \* The challenge here is to see the big picture of our lives and our interconnection to the whole



## The Crown Chakra

### Universal Consciousness

- \* Located at the crown
- \* There is no single element here. It holds all the elements
- \* From here, we can experience pure qualities like love, freedom, peace, silence. It is our direct connection to the divine, beyond space and time. It is a place of endless possibilities





The integration of all levels of consciousness brings a whole perspective to our widefulness – giving us a new way to live, new ways to heal, and new meaning



For further information:

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