

INTRO TO...

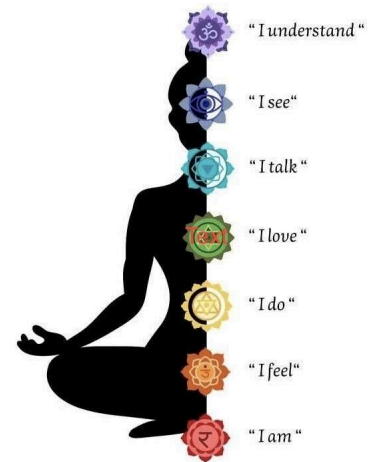
NAVIGATE YOUR INNER WELS



Traditionally wels are referred to as chakras. Here we discover how your inner environment shapes your outer world. By exploring the chakra system we trace the blueprint of the human soul. The chakras are not just energy centers, they are sacred vortices where the four energy bodies — spiritual, emotional, mental, and physical, merge to shape our human experience and offer us limitless potential. The Akashic Records reveal that each chakra is a harmonic key, a portal to cosmic understanding, evolution, and inner liberation. Your chakras are like tuning forks — vibrating frequencies within you that attract corresponding events in the outer world. In this transmission we will use the term 'wel', since wel is the origin word for chakra.

A blocked wel = distorted frequency = repetitive struggles in outer life.

A harmonic wel = clear frequency = outer life aligns with ease and flow.



Welcome to Your Inner Wonder-World

In this transmission you will learn about the seven fundamental wels (wels 1-7). A holistic energy system, connecting physical, emotional, mental, spiritual, and cosmic aspects of the human experience.

After exploring each of the seven wels in more depth, we'll take time to reflect and listen to the body's subtle responses. Through this process, we'll uncover where each wel's natural qualities may be suppressed or wounded, and then gently apply tools and practices to bring them back into harmony and integration.

Integration Across All Wels (Chakras):

- In order to build awareness of each wel's unique energy, I would suggest focussing on one or two integration practices per day. Same goes for the reflection questions.
- There is no rush. Less is more. If you find yourself drawn to spend an entire month exploring a single wel, honor that call. Deep understanding cannot be hurried.
- Give yourself permission to linger. To repeat. To sit with one wel until you feel genuinely complete, genuinely integrated, genuinely ready to move forward. Let it reveal itself to you gradually, layer by layer. The practices, the meditations, the journaling—these are all invitations to know yourself more intimately. When you rush

through them, you miss the subtleties, the whispers and the gentle shifts happening beneath the surface.

- Return to whichever practice calls to you when you need that wel's medicine most.

Remember: there's no "perfect" way to do these practices. Trust your own intuition and adapt them to what feels right for your body, your environment, and your spirit.

Introduction: The Basic Concept and Teachings of The Wels (Chakras)

Each wel is associated with a specific body region and life theme. When we experience physical discomfort or injury in a particular area, it can be viewed as a potential signal about which aspects of our emotional, mental, or spiritual well-being might need attention. Remember, the entire universe is conspiring to help you heal. Our five basic senses cannot comprehend or explain the mechanics behind the unfolding of events in our lives. This intelligence far supersedes all logic. When you truly grasp that everything happens for a reason, being involved in an "accident" no longer comes as a surprise because you naturally start looking into the corresponding wel to understand the deeper cause. The universe works in mysterious ways. It is up to us to be present in awareness, reflect, contemplate and decode all the information that comes into our field.

The Body as Your Intuitive Compass

Your body serves as the most direct gateway to understanding your intuitive guidance. Unlike your mind, which can rationalize poor decisions or filter information through ego-driven logic, your physical body operates on spiritual principles and provides honest feedback about your energetic state.

How Your Body Communicates

When you're aligned with what serves your highest good, your body responds with ease - you feel relaxed, energetic, and physically comfortable. However, when you're making choices that compromise your spirit or find yourself in harmful situations, your body sends warning signals through various physical symptoms like tension, pain, fatigue, or illness.

Reading Your Body's Messages

Different body parts often correspond to specific life areas. For instance, leg problems might indicate insecurity. It could be related to career, relationships or spirituality. Digestive issues could reflect feeling overwhelmed by circumstances you can't process. Heart problems often relate to difficulties with giving and receiving love, and throat issues may suggest challenges with expressing your truth.

Personal Warning Systems

Each person develops their own unique physical warning system. The key is learning to recognize and trust your individual signals rather than ignoring them.

By paying attention to these bodily cues and making necessary adjustments, you can restore harmony and return to a more peaceful, stress-free state.

When something physical happens, or even when you get a trigger, you might ask: "Which wheel is this area of injury or trigger associated with? What aspect of my life might need attention right now?" This becomes a starting point for self-reflection and creates a foundation for understanding and inner growth. Working on the emotional or spiritual aspects you've identified, combined with appropriate physical care, may support your body's natural healing abilities and help speed up the recovery process.

Lesson 1: Root Wheel (Chakra)

Origin of the Root Wheel (Mūlādhāra)

The word **Mūlādhāra** comes from Sanskrit, one of the oldest spiritual languages known to humankind.

It's a compound of two words:

- **Mūla** → *root, base, origin, foundation*
- **Ādhāra** → *support, base, substratum, resting place*

So Mūlādhāra literally means "root support" or "foundation of existence."

It represents the energetic base of the human system, located at the perineum or the base of the spine, and governs survival instincts, a sense of security and connects us to our Earth Star.

Root Wheel (Muladhara) — The Teacher of Trust & Belonging

- **Location:** Base of the spine, perineum, pelvic floor.
- **Element:** Earth
- **Color:** Red
- **Sound/Vibration:** Letter A, Pronunciation AH
- **Archetypes:** Mother Earth (light), The Victim (shadow).
- **Endocrine Link:** Adrenal glands (fight/flight survival response, low immune function, fatigue and brain fog).
- **Biological Link:** Legs, bones, immune system, blood.
- **Psychological Themes:** Safety, security, belonging, primal trust.
- **Shadow Expression:** Fear, scarcity, blaming, conflict, insecurity and tribal disconnection.
- **Higher Expression:** Grounded presence, vitality, trust in life, trusting yourself, financial stability, resilience.

- **Outer Reflection:** If inner security is weak, outer reality mirrors financial instability, housing challenges, lack of groundedness. If balanced, life feels supported, abundant, and steady.
- **When blocked:** You may feel constant anxiety about finances, housing, or survival. Life feels unstable. You may either cling tightly to material security or sabotage it unconsciously.
- **When harmonized:** You feel safe, protected and stable. You trust that life supports you and that you belong here. Abundance flows naturally because your frequency no longer vibrates scarcity.
- **The Teaching:** *"I am safe. I am supported. I trust that the Universe will provide. I belong to the Earth and to existence."*
- **Life lesson:** Ground into your body. Heal ancestral survival wounds. Learn that true security is not outside, but inside your being.

Questions for Reflection

Gather a journal and pen and get comfortable.

Your root wel is your energetic foundation—the center of stability, safety, and belonging. The questions below invite you to reflect deeply on how you can nurture this vital energy center and bring it into greater harmony and alignment.

Consider sitting with each question thoughtfully. You might journal about them, meditate on them, or simply allow them to unfold in your mind throughout the day. There's no rush to "answer" them perfectly. Rather, let them guide you toward greater awareness of what your root wel needs from you right now.

- What areas of my life feel unstable or unsafe, and what would it take for me to feel more grounded?
- Where do I struggle to feel like I belong, and what would help me cultivate a stronger sense of home—whether in my body, my relationships, or my community?
- How do I currently relate to my physical body, and what practices would help me feel more present and embodied?
- What beliefs about security and survival might be limiting me, and what new perspectives could I adopt?
- Where in my life do I need to establish firmer boundaries or take more concrete action to support myself?
- What does true safety feel like to me, and where am I already experiencing it?
- How can I deepen my connection to the earth and to the physical world around me?
- What basic needs am I neglecting, and how can I honor them more fully?
- When do I feel most secure and at home, and what are the elements present in those moments?
- What legacy of safety, or lack thereof, did I inherit, and how is it shaping my present?

Integration Practice

- **Guided Meditation:** Refer to “Root Guided Meditation”.
- **Body Connection:** Practice mindful movement — walking barefoot, gardening, or practicing slow squats. Feel gravity holding you.
- **Physical Nourishment:** Eat organic root vegetables (carrots, beets, sweet potatoes), hydrate deeply with ionized spring water, and keep warm.
- **A Ritual of Release and Forgiveness Through Fire:**

Element: Fire

Fire is the element of transformation, purification, and release. It transmutes shadow into light, density into radiance. This practice invites you to forgive yourself across all stages of your life and witness fire's sacred alchemy of letting go.

What You'll Need:

- A candle or small fire (in a fireplace, fire pit, or safely contained vessel)
- Pen and paper
- A comfortable seat near your fire
- Matches or a lighter
- Optional: journal for integration afterward
- Optional: essential oils like frankincense or myrrh to enhance the sacred atmosphere

Honoring the Element:

Before you begin, acknowledge the presence of fire. Speak to it, either aloud or silently in your heart. Thank fire for its constant presence in your life—for warmth, for light, for cooking your food, for transformation. Fire has been your companion through countless moments, helping to transmute density into radiance, shadow into illumination. Recognize fire as a co-creator in your human experience, a sacred ally in your healing journey.

Preparing to Write:

Gather pen and paper. Find a comfortable place near your fire where you can sit undisturbed. Take several deep breaths to center yourself. You might place one hand on your heart and the other on your belly, grounding yourself in your body.

The Letter: A Journey Through Time

Now, begin to write a letter to yourself. This is a deeply personal act of self-compassion and forgiveness. Move through the different chapters of your life, speaking directly to your younger selves:

- *To your child self:* Acknowledge the instability and insecurity you experienced. Perhaps there was uncertainty in your environment, inconsistency in your relationships, or fear about whether you were truly safe and loved. Forgive yourself for any ways you learned to protect yourself, for the walls you built, for the parts of yourself you learned to hide. Tell your child self that you see them, that their struggles made sense, that they did the best they could with what they knew.
- *To your teenage self:* Recognize the turbulence, the confusion, the intense insecurity that often accompanies adolescence. Forgive yourself for the choices you made, the ways you may have hurt yourself or others, the times you felt lost or unworthy. Acknowledge the courage it took simply to survive those years. Tell your teenage self that their feelings were valid, that their body was changing in ways they couldn't control, that the confusion they felt was natural and understandable.
- *To your young adult self:* Reflect on the uncertainties of early adulthood—the pressure to figure out who you were, what you wanted, where you belonged. Forgive yourself for the mistakes you made, the relationships that didn't work out, the paths you took that led nowhere. Honor the vulnerability of that time, the gap between who you thought you should be and who you actually were. Tell your young adult self that it was okay not to have all the answers.
- *To your adult self:* Acknowledge the complexities of adulthood—the responsibilities, the disappointments, the ways you may have abandoned yourself to meet others' needs or expectations. Forgive yourself for the times you weren't strong enough, wise enough, or loving enough—by your own standards. Recognize that you were doing the very best you could, even on the days when it didn't feel like enough. Tell your adult self that their efforts matter, that their struggles were real and worthy of compassion.
- *To your older self:* If you've reached this stage of life, reflect on the accumulated weight of years, the regrets, the roads not taken. Forgive yourself for the time you can't get back, for the version of yourself you might have become if circumstances had been different. Honor the wisdom you've gained through living. Tell your older self that their life has had meaning, that their presence in this world has mattered.

Weaving It All Together:

As you write, let your words flow authentically. You need not be eloquent or perfect—raw and honest is far more powerful. Write the things you've never allowed yourself to say. Acknowledge the shame, the regret, the self-judgment you've carried. And then, gradually, begin to shift your tone toward forgiveness. Write the words of release. Tell yourself: *I forgive you. I understand. You are worthy of love—especially my own.*

The Transmutation:

- When you've finished writing, sit with your letter for a moment. Read it aloud if you feel called to do so. Let the words land in your heart. Feel the weight of carrying all that pain, all that self-judgment, for so long.

- Then, turn your attention back to the fire. Thank it once more for its sacred work. Thank fire for its capacity to transform, to alchemize, to take what no longer serves you and transmute it into light and ash and renewal.
- Slowly, intentionally, feed your letter to the flames. Watch as the fire consumes your words, your pain, your forgiveness. The smoke rises—carrying all that you've released upward, outward, transforming it into something lighter, something freer.

Closing:

- As the letter burns completely, take a deep breath. Feel the shift in your body, in your energy. You have witnessed the transmutation. You have forgiven yourself. You have released what you no longer need to carry.
- Sit with the fire for as long as you need. There's no rush. Let the warmth of the flames remind you that you are held, that you are worthy, that you are being continually renewed through the sacred work of your own self-compassion.
- When you're ready, express gratitude one final time to fire, to yourself, to the courage it took to do this work. And carry this sense of lightness, this freedom, with you as you move forward.

Affirmation:

“I am safe, grounded, and supported by the Earth. I belong here.”

If this has sparked your curiosity, consider it a gentle nod of approval for the exchange. Be sure to purchase the full document on our website.

[PURCHASE NOW](#)

NB!!! Remember to add your name and email address as a reference