

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

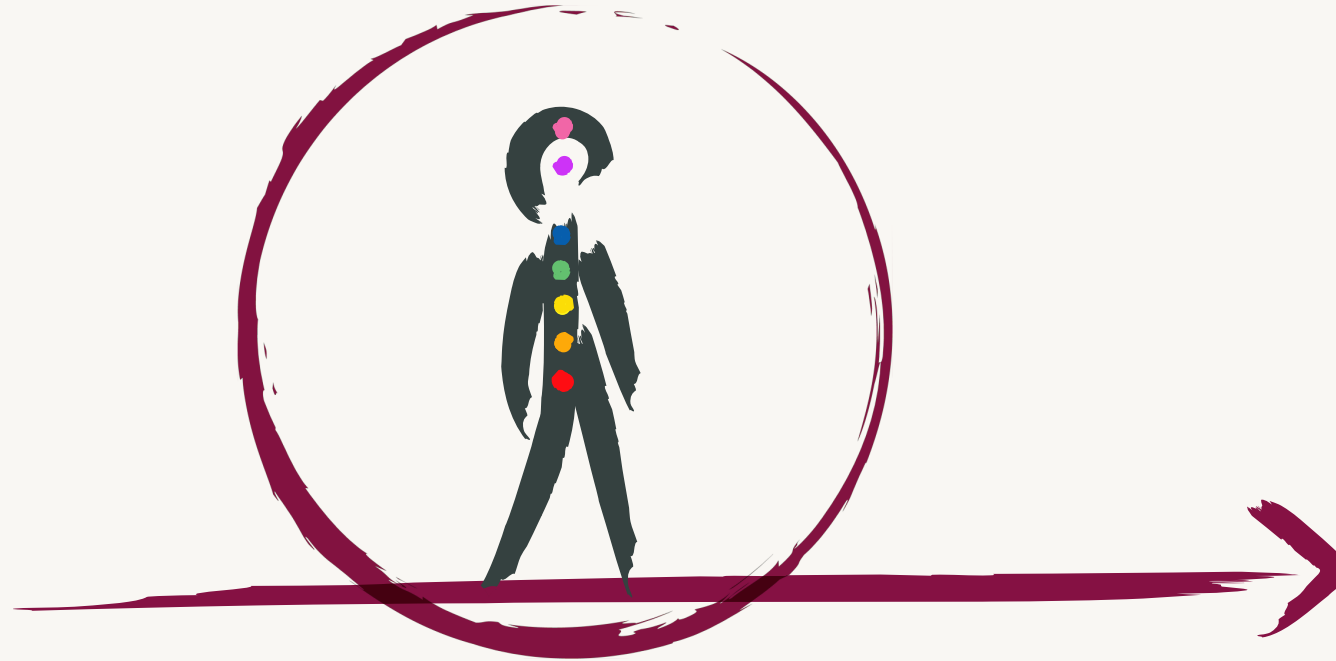


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Linear time perspective: past, present and future as separate units



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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