

YOUR DEFAULT CHAKRA MOC

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Here you are asking yourself HOW YOU ACTUALLY CHANGE (not what starts the change process; but how you actually do change)

- **1st CHAKRA MODEL**

- You let Life move your life. Whatever you change is served up just by living and you trust Life to support you. You follow the flow of Life
- SHADOW SIDE: You attract in life and death threatening scenarios to stimulate your change; you change by death and resurrection like the phoenix flying from the ashes

- **2nd CHAKRA MODEL**

- Sex; tantra; partnership; yin or yang preference
- SHADOW SIDE: you are so stuck you can't change; dead-ended; really electrically reversed; stuck; stuck; stuck; shame your way to change;

- **3rd CHAKRA**

- You change by empowerment; will; your work in the world is the vehicle for change; you self express to change (write; draw; paint); healthy competition; getting to the public eye
- SHADOW SIDE: You don't change because of dis-empowerment or you change via power struggles and or battles or war or unhealthy competition or ego inflation; unhealthy drive for fame and or power motivates your change

- **4th CHAKRA**

- You change via a model of love and connection; you need relational exchange; affection; appreciation encouragement; support
- SHADOW SIDE: you need to disconnect or separate to change; you collapse your boundaries and let somebody else take care of you

- **5th CHAKRA**

- You change things by telling the truth and being authentic and /or using concepts and understanding; you change by aligning to your soul purpose; you change by making history or by making new history in your family or ancestral line; change by clearing karma; change by alchemy
- SHADOW SIDE: you use deceit; sadism; dark plots/dark magic to change

- **6th CHAKRA**

- Your change process through flow; play; curiosity; delight; visions; dreams; inventions; intuitive insights; creativity or grace
- SHADOW SIDE: I don't know!

- **7th CHAKRA**

- You change by deep surrender to a Higher Power; or through acceptance; forgiveness and compassion; hope; spiritual detachment is your change model
- SHADOW SIDE: You change via major cut offs and or negations; curses drive you to change or you change things by losing hope (suicide)

- **8th CHAKRA**

- You create by engaging physical matter; healing in the body and the use of the body is your change model; you change with equanimity; faith is your change vehicle; change by nondual models
- SHADOW SIDE: you create by destroying; losing faith

- **9th CHAKRA**

- Evolutionary models; dreaming models with nondual; nonlinear change
- SHADOW SIDE: you devolve