

THE COMPASS OF LIFE

Spirit, Higher Consciousness, the All, God
 freely available all the time
 showering down on us
 Air
 Upper Chakras 5-7

HIGHER FREQUENCY

carries consciousness

PAST

PRESENT

PRESENCE

FUTURE

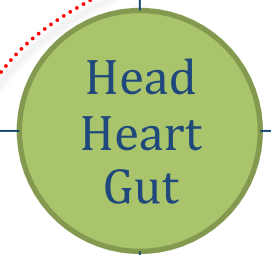
**connects spirit, body, mind, emotions
 & directs energy and intention**

BECOMES

4. Expressing

Letting in
 Being Responsive
 Intimate
 Personal
 Water
 Inner Contentment

3. Connecting



Expressing
 Reaching out
 Interacting
 Family, Friends, Herd
 Social
 Work, Community
 Fire
 Purpose

Heart Chakra 4 = The Bridge

2. Belonging

OUR LIFE FORCE

Connection, Alignment & Integration
 create Authentic Expression



1. Safety

Holding
 Foundation
 Embodiment
 Nurturing
 Earth

Lower Chakras 1-3

softens, brings safety & unites

Breath