CHRISTINE MARCELLA: Hi, come on in. Take a seat. Grab your mat, a drink or a snack. Whatever it is that will make you comfortable in the next hour. If you have a moment and you would not mind answering the pop-up that has appeared on your screen and tell me where you are all from. We like to get an idea of where everyone is joining us in the outreach of the audience. We are going to get started in just a few minutes. My name is Christine Marcella and I am the integrative therapist in ERY D 500. I am also the corportative accounts manager here at Yoga Alliance. I want to thank you so much for joining us in Deepening Of Your Understanding Of The Chakra series. I would like to take a brief moment as you are coming in and getting settled to go over a few housekeeping issues that may or may not happen. We do know that there is a potential we will work to make sure you have the best quality of sound and video available for this webinar today.

What we would like for you to do is pay attention to the questions that have already been asked and you have the opportunity to vote those up. Give those a thumbs up if those are ones you would like an answer to... Our guest today is Shola Arewa. Please welcome her now. And we are so happy you're here.

SHOLA AREWA: Thank you. Can you hear me? I am Shola Arewa. We are going to be speaking about the sacral chakra. It is a special, particularly like working with the center.

Let's start with a breath. So just take a moment and I'm going to invite you to take your breath in and breathe down into that lower part of your belly right into your sacral center. Just take a breath, just to arrive in just to be here now and present in this moment.

Once you do that just close your eyes and allow your body to be still but in that stillness pay attention to the movement, to the flow, to the movement in your body as you are still. Taking a breath, a nice deep abdominal breath, opening your eyes. We started last week with the root chakra. The root chakra is the foundation. It is really about the basic things that we need. Having a roof over your head. Having money in your pocket. Having food on your table. It is the foundation. Now, when we have those things that allows energy to move up. As energy moves up it's going to move up to the sacral chakra. The sacral center. This is a water chakra. It is water energy. If you think, what is it that you know about water, what do we already know about water?

I am in the UK and we have a little bit of a heat wave. If it ever gets hot here we consider that to be a heat wave. One of the things I know for myself and many people when there is a heat wave the first thing you want to do is get to the water. You want to get to the coast or go walking by the river. You want to be with water. One of the main qualities of water is peace and calm. We rely on water for that. In the tradition we will say that water has no enemies. Nobody doesn't like water. We all love water and we all need water.
Water is also energetically it relates to our emotions. When I think of the word emotion I break that into E for energy. And motion. So emotions are simply movement of energy. That is why I asked you to be still but still tap into that movement. We can actually be completely still because there is so much going on. So much is going on physiologically in the body and also those types of motions. Those movements of energy are also a constant.

What we want to do is deepen our understandings of chakras and start to pick up this more subtle movements of energy. The sacral chakra also relates to the moon energy. We know that the moon, herself, has a 28 day cycle. She will be very, very still, dark for three days not doing anything and then she will continue her movement until she completely shines in all of her kind of magnificent and all of her beauty. I like in the sacral chakra to that.

Now, you might talk about mood swings because we are not always so positive about all of our emotions. But the moon knows that for three days she can just lay still. She is not really coming out she's not coming out in dealing with anybody. But she will come back into her fullness, into her greatness. It is the same with us. We can allow ourselves times when maybe we just need to be still. We are not out there shining, we are not doing anything. Instead we are just coming back home to self, we are being still and quiet.

The sacral chakra I think of it as the sacred home of self. Or the sacred home of I. If you think about where it's position. It's positioned a couple of inches below your navel. So at the front is a womb area that creates an area and at the back is the sacrum. And of course the sacrum is coming from the word sacred. Sacral chakra is the sacred home of I. Is a place that we went to return to. We want to come back to that place of knowledge that resides deep within.

In order to do that we need to be able to still the waters. We know that in terms of water, when water is a little murky, it has mud in it or it's not very clean we know that that water if it's toxic that in order to cleanse it we need the water to move.

So in that movement that water can be cleansed. We also know that when that water is cleansed if that water then becomes still. So there are no ripples in that water, that water is still that is when we have the potential to see our reflection in the water. Now, grandma talked about feeling things in her waters. That's the energy of the sacral chakra.

So through our meditations and through our spiritual practice, we have the potential to see our true self. So all of those ripples on the water, they are like those patterns that we have the emotional center, in the psychological center, all of those kind of movements and ripples. Now when they become still that is when we see our true nature. When we see ourselves deeply reflected in that sacral center.

So one of the qualities of the sacral center is being able to elevate our sense of esteem, our sense of self, to be able to start elevating our sense of confidence. So the confidence really shines at the solar plex it begins in the sacral chakra. We have to think about how comfortable are we being we are in terms of our emotions and all of those things. Do we have some emotions that we dismiss?

Sometimes there are things like guilt and shame and hurt and pain and all of these things that can be buried deep in the sacral center. I mentioned last week or somebody asked a question
actually about trauma and I was saying that it relates a little more to the sacral chakra. Sacral chakra is a place where we kind of house the hurt of a lifetime. All of the pains, hurt and trauma that we experience can be buried in the sacral chakra. We use the diaphragm, if you think of it as a sheet of muscle, like an umbrella of muscle and of course we use it as we breathe. Now, any time that something pains us or hurts us in some way, in order to restrict how much we connect with that emotion or connect with that feeling we hold on to the diaphragm so we limit the movement of the diaphragm.

Now anytime when someone says how are you and we say I'm fine, I'm good. Actually we are feeling something quite different underneath. We have to use the diaphragm to kind of hold on to what we are really experiencing or what we are really feeling. Now, that is fine if it happens once or twice but what tends to happen in a lifetime and I don't think any of us really escape this but what happens in a lifetime is that it would happen numerous times and eventually so much could be buried there that we no longer have access. We no longer have ease when it comes to knowing what we are really feeling. Been in contact with our emotions. Knowing who we are. Loving we are. Being comfortable with who we are.

So all of those things can become imbalanced in the sacral chakra. It's really about our sense of self. You can think for yourself if you kind of scan as you go through your life where has there been moments where you felt less in contact with your emotions or your feelings? Maybe if you brought your journal make a note for yourself of when those times have been.

Now, in terms of yoga, I often think that people will come to yoga at times when they are feeling fragmented inside. At times of breakdown we will look for something to support us to come up again. The sacral chakra will figure around the time many of us begin our yoga journey. The sacral chakra is really important.

I said it was one of the chakras that I really love. I'm talking about some things that can be buried underneath but essentially sacral chakra is really about our sensuality, sexuality, creativity. It's about beauty. So all of those really lovely things relate to sacral chakra.

Now if we have buried all kinds of other things there we may not be able to access some of the beauty of the sacral chakra. So sometimes it's a center that is really important to work on and to work with.

The color that relates to sacral chakra is orange. So again you can ask yourself do you have orange in your wardrobe? Do you have it in your environment? Do you have the color in your food? We want these colors, these rays of energy we want them to begin our lives. Some colors you might find you don't like this color are that color with this color that color. That will tell you something about what is happening energetically. That is a very superficial way of looking at energies in the chakras. Just from color. It's a simple way to access the different chakras and frequencies of energy and how we resonate with any one of them.

Sacral chakra, when we get that foundation and we have the basic things we need when energy moves up we then start that sense of relationship with other. It could be sexual relationship. We are kind of re-creating self. We have the potential to re-create self in the sacral chakra. That sexual energy could also be used in other aspects of creativity. It is the most powerful energy that we have. The yoga path that is associated with sacral chakra is tantra yoga. Tantra yoga is
not just about sexuality. Tantra yoga is really about freedom and liberation. That is what tantra actually means. It is about our experience of pleasure in different areas. I think the understanding was is that when we exhaust all of these pleasures of the flesh that will then cause our energy to then elevate. We will transcend, we will go beyond. Tantra yoga and some ways is a kind of yoga of indulgence. It allows for us to really expand on the physical level in order to transcend, to go beyond. Let me see what else I want to share with you.

Ways of working. So obviously Tantric yoga is one way of working. So also the seated postures. Forward bends really work well for the sacral chakra. In the work that I do we have a couple of exercises that are a little unique. Energy exercises. There is one that if you think about the posture, I'm trying to think of the Sanskrit name, I'm not remembering it. The Cobbler pose where you basically have your feet together and you have your knees out to the side but in this position you actually take your feet a little bit away from your body. There is a gap between your feet and your pelvis and then what you do is you move your body like this you walk towards your feet. That is a great exercise for working with the energy of the pelvis. Energy exercise.

Let me share with you something else that is a really beautiful way of working, really simple and helps us to connect with the sacral chakra. This might be something that you do anyway. But you may not have, you may not have looked at what it's really doing so let's look at that. Let's take the right hand which we know pushes energy and put it onto your heart center and take your left hand which receives energy and bring it on to your sacral chakra. And just rest. You are changing your breath in any way. Are just being present. And your right hand is over the cardiac plexus and acting as a general tranquilizer system and your right hand is also over the thymus gland giving a gentle boost to your immune system.

But most of all you are sending love, compassion, and life-giving energy from your heart to yourself. So this is an act of self love. And it is also a way to soothe your system. It is like giving yourself and embrace. So if, as any trauma or anything that is kind of trigger, this is a simple exercise that you can use just to see your system and sending love to yourself.

It is a short exercise. Sometimes I think of it as a two minute vacation. When you are ready have an awareness, just releasing your hands and just be aware of how you feel different. Taking two minutes and I call this energy for life. You are getting energy from your heart, your self and to your sacral center. To yourself.

Just taking deep breaths and just releasing your hands when you are ready. Let me just share, in terms of the different body parts as well that relates to the chakra and water element, they relate to sacral area...the feet and the breast area which relates to cancer so the water areas relate to sacral chakra.

Let me see how people are doing. Let's see what kind of questions there are.

SPEAKER:
Let us start with some basic and kind of start at the very beginning. Someone did as is the sacral energy center feminine? Show and yes it is.

SPEAKER:
Yes it is.
SPEAKER:
Someone mentioned during. How do I say that? (unknown term) she was as mighty during and she would like to know what is the difference or connection between the chakras and other traditions around the world?

SPEAKER:
That is a really big question. And actually it is possible can you just break it down? What is it you actually want to know because that is quite a big – that's a huge question?

SPEAKER:
(Laughs)

SPEAKER:
You are going to have me still next week answering that question, so just tell me the things you would really like to know and I could try and speak to exactly what you want to know.

SPEAKER:
Perfect. While she is typing them back into the Q&A someone else said there's a synchronicity between the chakras and the coaches -- (unknown term)

SPEAKER:
Yes there is that they are also different so if you are working with those energy and working with those, and if you are working with chakras, because the chakras are going to have more or less if you like so work with you (unknown term) and with the chakras.

SPEAKER:
Can you please expand on the concept of Tantra Yoga, please?

SPEAKER:
In relation to the sacral chakra the reason that Tandra relates to this sacral is because sacral is at the pleasure center, it is about all kinds of pleasure and particularly sexual, sensual and just be kind of present in your body so you can experience. I spoke last week from embodiment to enlightenment and that whole idea of coming back home to sell.

Coming back home to the body and can draw is a path -- Tantric yoga is a path of yoga that supports that movement of being present in the body and think about it, many kinds of yoga tend to seek us -- tend to take us out of the body. Let me think.

If it is yoga of devotion and that is so we aren't really coming out of the body, but we want to be at one with the Creator, act one with God and we are using that path of devotion so each chakra will have a different path of yoga and the root chakra is to do with the physical body and the practice because that is what helps us to kind of restore the physical body and also come back home to it to really be embodied within it and the sacral chakra is different. It's a different kind of energy. It's a different frequency so it is one of feeling, it is one of a motion and it is one of pleasure.
She has come back and she said she knows it is a huge question, specifically looking at the connection between yoga chakras and different energy and elemental systems and African religion, can we find connections between those beliefs and practices and she understands it is still a very broad question but feels it is worth knowing?

SPEAKER:
You made it a little bit easier for me. You did make it a little bit easier. So there is overlap. There's so much overlap. An actual fact, only to spirit, the book that I wrote about this subject is like 360 pages. It is a lot.

But when we look at the elements and we look at the different methodology that is when we can see how that relates to the cultures, energy and to the chakras, so for example, when we are thinking about water element within the Indian system there are the energies and (unknown term) relate to the sacral chakra and also (unknown term) relates to the sacral chakra but if you look at the (unknown term) tradition then you also see (unknown term) and that also relates to the sacral chakra.

Within the chakras there are also different animal energy within the chakras. If you look at the symbols. So we often use these symbols but you can also get more complex symbols. Now within those symbols are also different animals…energy of different animals. Now the animal from (unknown term) is a crocodile and also the animal of the sacral chakra is a crocodile.

In the crocodile is a animal for this area because a crocodile, if you think about it, what it does is it moves on both water and unplanned. -- And on land and when I did my teacher training and others may have as well in India and there is literally a huge dam right there. This is going back 30 some years. And we were told to not go in the water because there are crocodiles in it.

I don't need to be told that twice. I'm good with that. There's crocodiles in it. I'm staying out of it but somebody went in it and they got bitten by a crocodile and so then one of our teachers then call that person crocodile for the rest of the training. So when I think about crocodiles I still think about that person.

But that energy…and if you look in (unknown term) you can find mythology that relates to the crocodile so these things to have like a common kind of ground and I hope that answers your question.

SPEAKER:
That was a great answer. I loved it and I hope that helps you also. I have a couple questions from people who are interested in the colors and one person wanted to know why when meditating do we see color? For them they felt flooded by orange and someone responded said they see light or whack and wasn't sure why anyone sees color so I will let you handle all of it.

SPEAKER:
(Laughs) just to say in terms of color there is no right or wrong. In terms of what people see when they are going to the meditation or do any kind of practice there is not a right or wrong because some people are visual. Some people are not. Some people will see color and some will not. Some say you have to see orange and if you can't see it…let's not look at it is such a
simple way and also if you are teaching, guiding people and doing visualizations recognize that not everybody is visual. So they can be challenging for some people. Some people are more auditory and some are more kinesthetic and so we should not get to kind of restrictive in terms of the colors either we see or anyone that we are working with.

And also the colors, in terms of the rainbow colors, in relation to the chakras that is not really ancient. That is a newer addition. There was always color and I remember myself and I was writing an opening to spirit I needed to make a decision about which particular color in relation to the chakras that I was going to use in the book and I actually went with the rainbow colors because it makes no sense to me in that I think of the chakras themselves as an inner rainbow.

Because if you think about a rainbow it arcs. A rainbow arcs and it actually connects to the earth on one side and it connects to the heavens, the universe, the skies on the other side. Now likewise the chakras within us is also an inner rainbow. It connects is at the root to the earth and then it will go up to all of the colors and connect us to the heavens, to the sky, to God's at the crown and sue the chakras themselves create an inner rainbow. And that is why my copy on the Opening Spirit we have these rainbow colors on the site.

Maybe keep a journal so when you are working you can keep notes of the different colors you are experiencing.

SPEAKER:
We have a lot of questions and this happened last week two and people are very concerned about traumas and I'm sure because of the times are experiencing so we will narrow it down and that at some to be more specific so people are feeling emotional are there specific pulses assisting us in balancing the sacral chakra? -- Are there specific opposes assisting us in balancing the sacral chakra?

SPEAKER:
Yoga teachers are not therapist, psychologist and psychotherapist so we need to know first and foremost our own limitations. Actually I am a psychotherapist and psychologist and some others may be, but for those who are not be real clear because boundaries are one of the things that keep you safe. They keep you safe and they also keep your students our clients save as well.

So we need to kind of stay in our lane and know what we are doing. That is really important. With that said different things can happen. The body itself is absolutely incredible in terms of its ability to self regulate.

It doesn't need is always kind of on its case around some aspects of trauma. Itself will self regulate and that's what you may see sometimes. For example, you might have someone in your class and edges during (unknown term) and lying down and they are crying for a little dear. I remember myself sometimes little tear would kinda fall down on the side of your face and you're like oh my God everybody can see that but you are there, you are present and you are entering a different level within yourself and your body is healing and it doesn't need any interference of anybody. It is just there. Is healing. So we really want to honor that in ourselves, we want to honor it in our client. Let me know if that makes sense to you.

I know that's a lot but that's really important to me to have that feedback. The other thing is how
we work with the body. If you remember last week I talked about the energy and anatomy in terms of negative in the back of the body, positive the front of the body. Why is that? The back of the body if you think about it is all big muscles. And bigger in others. It is all the muscles that proposals forward whether trapezius muscles, whether that is the glutes, you know the back of the body it is going to move us forward.

The front of the body is receptive, it is feminine so the front the body is where we feel. In actual fact, we started out in terms of our development on all fours like other creatures. We were on all fours as mammals...four legs but because we got real smart and stood up, when we stood up exposed our underbelly that was protected otherwise by the spine and that means our emotions and feelings are not protected in the same kind of way.

How does that relate to the question I'm being asked? Is that any postures that cause a kind of expansion and opening this way, have the potential for releasing, tapping into, triggering a motion. Any postures where we close and we go in and remove this way are more likely to allow us to feel safe.

Now, therefore, when you're structuring your class or sometimes if you see something you might want to take people into (unknown term), take people into child pose because that is a protective posture. And have people take a few breaths in that posture and then continue.

So have an awareness of the kind of energy anatomy, and awareness energetically and psychologically and emotionally of how the postures might affect people so that you can build that in your class. So it's not so much about getting into a motion with people. I wouldn't do that. So is not about getting into stories, and getting involved in traumas and those kind of things. Is about having an awareness of how you start your class and how you respond to anything that you see in the moment so you want to honor the person and under that process, so if I am in my yoga class and maybe I shed a couple of tears. It doesn't mean something is wrong it actually probably means that what I'm doing -- what I am doing is working well so if someone is going to approach me, the approach we will wait the different.

I hope that answers and that is a whole subject in itself and we could do almost another series looking at the kind of emotions in terms of yoga and the psychology of yoga. It's a little bit different.

SPEAKER:
We have so many questions to get you. We have a lot of people asking more about what you were speaking regarding animals and the relationships with chakras and a lot want to know the correlations with the root, but the sacral and then we had an interesting one with regard to almost the astrological Association if the feet are Pisceswhy would the root chakra be earth?

SHOLA AREWA: The very first thing that will come out of my mind for that is we actually start in water. We actually start with reptiles to begin with in terms of our development, in terms of humans, we start out on all fours crawling around. So we come out of water before we meet the earth. That is the first kind of thing that comes out of my mind in terms of feet and Pisces in their root chakra. I'm not astrology though, maybe somebody is on the call.

CHRISTINE MARCELLA: I think mostly they were concerned about policies -- Pisces as water
but it began at the feet with the root chakra. Another person has asked, I'm trying to place these in an order that will help you. The parallel between the Yoruba and Hindu traditions regarding oceans and crocodile. Her question is are there any other concepts or names for chakras in the African languages?

SHOLA AREWA: There are. There are not any that I personally use. I use English for the chakras actually. But I am sure there are some in the (unknown term) tradition.

CHRISTINE MARCELLA: And then Erika has asked if you practice the (unknown term) yoga?

SHOLA AREWA: Do I practice and then what...

CHRISTINE MARCELLA: She loves connecting (unknown term)

SHOLA AREWA: That's really nice. I have been doing yoga for 35 years. I think I have practice pretty much, I don't want to say all of it, but a lot. A lot of different paths. And that amount of time in 35 years you can go through all of them. So, yes, there was a time when I was into that yoga, different things. Different paths of yoga. Tantric yoga. Working with different types of teachers and different things. So in those years I personally have practiced a lot. Shanga for a people of time and then other, many. It gives you insight. Then you're not seeing yoga as one thing. It's incredibly broad and deep. And I know people know that but it's about really coming to a deeper understanding of what that really is, you know. It is a lifestyle. It just incorporates so much.

I remember when I first finished my yoga teacher training and then I went off and was studying different types of therapeutic traditions and psychology, rituals, all kinds of things. After I was doing them I kept thinking actually this is not yoga. So many different things. There are so many paths of yoga. There's just so many paths of yoga.

CHRISTINE MARCELLA: There are a lot of questions for materials. I don't know if they can reach out to your website. We have people who would like to know if you have suggestions for yoga psychology? Some people who are just interested in becoming more acquainted with the chakras what are the materials you would recommend they start with and discovering the chakras and then all kinds of stuff on one of the sounds and scents connected and how do we open and a lot of people would really like to practice more with you today.

SHOLA AREWA: I would really encourage people to have opening to spirit. The kind of don't want to show this because this is an original copy of Opening To Spirit. The one you get will not look like this. It's a great big text and it has all the mythology from all the different cultures and it. Different stories that relate to the chakras, all of the work on the elements. It has loads of stuff on ways of working with each chakra whether it is working with crystals or sound or whether it's working with different yoga postures, all of that is in here. It has so much in it. It has so much in it that when I spoke to the publishers originally they wanted to change the name of the book from Opening To Spirit to Encyclopedia of the Chakras. That is what they wanted to call the book. I said you can't because Opening to Spirit is a title I received so it needs to stay like that and so it did.

CHRISTINE MARCELLA: I just want to let everybody know because they are asking about the
book it is available on her website. I believe this is the 15th anniversary edition of your book, the update is that right?


CHRISTINE MARCELLA: The link to the website is in the chat. You can definitely get that through her website and I'm actually very excited because I was saying to someone the other day as I can't imagine I've been a student for decades and studying the chakras for over 30 years and I like how have I been -- missed this book from this amazing woman? Where has it been?

SHOLA AREWA: You would be interested to know then that the endorsement on the back is from her, she is endorsing the book as well. All those years ago. She is well aware of this book.

CHRISTINE MARCELLA: Let's go back to a couple more questions. We have people who want to practice an open and balance the chakras and maybe we can do that before we end. We have some people that are interested in sent and the scent of small with the sacral chakra. What type of essential oils would be associated. What sounds and scents are connected to the sacral chakra? Lots of people wanting to know about the essential oils.

SHOLA AREWA: I am literally going to look here myself because I cannot remember exactly.

CHRISTINE MARCELLA: Are there scents that you know that would come straight from, other than the seed sounds, other other sounds that you would associate with the sacral chakra?

SHOLA AREWA: With the essential oils, surprise surprise… Orange and some of the other citrus oils relating to sacral chakra. Let me see if there are any other ones. They are going to be like florals as well. Some of the floral oils would resonate with sacral chakra. Sage, anyone who is an aroma therapists. Jasmine, rose and sandalwood.

CHRISTINE MARCELLA: And then I do want to --

SHOLA AREWA: Stones are... Opening to spirit as I have used it there is a reference book and a lot of people use it that way as a reference book. Let's take a couple more questions if we have time.

CHRISTINE MARCELLA: Yes, we have some others. I just want to let you know that those of you asking specific trauma questions some of the questions are a bit too vague for us to go into. She would have to do an intake and quite a bit more information she would have to have before she could say you should do this posture or that posture. Is that correct or do you think you could answer?

SHOLA AREWA: I would never, you know, make suggestions based on bits of information and nor should you or anybody do that. Trauma has become a little bit of a buzzword and that can be problematic. It can be really problematic. We do not want to add it to this kind of, you know, the way that we see yoga going and I'm not talking in a positive way a slightly negative way. Where we see yoga going where it becomes very simplistic. You can't have that with people's life experience.
Also we have to understand in terms of trauma I actually like the work of Thomas Sachs and he talks about everything as he has a book called the Myth of Mental Illness. He sees everything as part of the journey. And everything is part of an unfolding. And that often everything we go -- some of the things we go through in life will actually support us who we are to become in life as well.

We want and honoring, not a reducing of trauma, if you like, but certainly you need the skills to work with people and it's not a simplistic thing that we would do and many of the things that we are seen as traumatic and so on nowadays are things that the body, mind and spirit as well -- is well capable of dealing with in dispersing through intense spiritual practice. Remember yoga is something that should not be practiced on a Thursday evening between 7-9. That is a have a yoga class. That is a different thing. Yoga is a lifestyle and it's something that we bring to every waking moment particularly Tantric yoga. That's what it's about. It's about everyday ritual. It's about how we can bring the sacred to everything we are doing and so it's not something that just takes a couple of hours every week. It is something we bring into daily practice and when we do that we undergo transformation and that transformation is like an alchemy and it will support moving beyond places of trauma and coming into our greater higher self, more whole self. We move from that place of fragmentation where we hold trauma to a place of wholeness.

CHRISTINE MARCELLA: Wonderful. We have a new question. Are you familiar with the Kabbalah in the different body parts and energies associated with those parts and if so would you be able to recommend a resource that compares the Kabbalah system in the chakra system?

SHOLA AREWA: Let me do a quick flick through this book. It has so much in it. There is a picture in here, I'm not going to find it unfortunately - of the ancient Kabbalah and its relationship to the chakras. It's already in here. Asked me another question and I will keep finding this.

CHRISTINE MARCELLA: How does the second chakra connect to the Howrah? I assume they mean that she and the Howrah line of the got.

SHOLA AREWA: It really kind of relates but I always, this is just personal, I kind of steer away from wanting systems to kind of superimpose on each other. Because I really – here we go – I want to really recognize and honor those systems. So when you look at the traditional Chinese system and you try to superimpose it on the Indian system in terms of chakras it's not going to work because they are very different. So although the positioning is kind of similar in terms of a couple inches below the navel is also kind of power center it is to understand where the similarity ends if you like and what they really differ and be able to honor both. Let me see if we can see this. This is in terms of the Kabbalah question. Can you see that?

CHRISTINE MARCELLA: Yes, they should be able to see.

SHOLA AREWA: In terms of the relationship between the Kabbalah and also you can see this is ancient Egypt. How that relates, there could be other books that do that memorial that I have but not books that I am aware of unfortunately. They may exist.

CHRISTINE MARCELLA: Kay asked if we feel drawn to certain colors like orange sat in were
seeking to balance the sacral chakra or it's already in balance and someone asked if I'm afraid of orange sat in my chakra is unbalanced?

SHOLA AREWA: Read questions. Wherever you want to not think of it in such simplistic terms. I'm doing that because my – I don't want my computer to die on us. Sorry about that. We don't want to look at it just simplistic terms of OK I like yellow. I don't like yellow. Databases chakra is unbalanced but it just gives us a glimpse and we had to cross reference that with our knowledge of the chakras.

So when you look at all the different characteristics whether they are different characteristics that are here or different characteristics I have listed you want to cross referencing. So let us say there are Tara -- 10 different characters and one was a color and you're kind of like we did not like the color but then you look at the element and you can see for yourself whether that is your dominant element or not dominant element, how those elements relate to your astrological chart and all those different things. The kind of yoga and is it when I can do more of so it is not simplistic. It is incredibly adept.

The only thing I could say to simplify because I know we love simple, a simple way of looking at it as well is you want to be able to have all of the colors. So if you are saying, for example, I don't have orange may be in the wardrobe and that is easy. We can have that and introduce that Ray or in the diet we can introduce that ray or in our environment can be introduced and it will give us a more full frequency and help us rebalance energy wise.

And so I would think let us introduce all these colors but I would not just say I don't like orange or that means that chakra is in balance. Because that doesn't really help us. It might tell you as a chakra that might – that you haven't paid enough attention to and now you want to pay more attention to it and it doesn't mean it is balanced – but not balanced or is not.

CHRISTINE MARCELLA: Thank you to all of our attendees. We are beyond our as we did last week and is just such a phenomenal time we get to be with you and I'm sorry if we did not get your questions so please visit the links in the chat for her book and her community – I believe you have a community if you want to speak about that and I will give you the last couple of seconds but thank you so much everybody overtime for today has finished and I will let Shola finish.

SHOLA AREWA: If you want to come over to my Facebook group that we can continue the conversation as well. And if people have things that are really delicate percentage things then by all means do reach out to me.

CHRISTINE MARCELLA: Thank you so much Shola for being with us and we will be back with you again next week and I cannot wait to see it and thank you so much everyone for coming.

SHOLA AREWA: Solar plexus.