These are the five elements. We've kind of reached the end, if you like, of the trackers that relate specifically to the elements. Also, we're on Wednesday, which is Mecredi, which is Hermes, mercury and Hermes. There are lots of auspicious things. 29-29-20 adds up to 13, which is auspicious for goddesses. So the whole thing is really special. So today we should expect to have a wonderful session. I want to thank people as well who have reached out to me, people who have joined us in wellness, revolutionaries, people who gave wonderful feedback, asked brilliant questions and just supported the sessions to be as fabulous as they are unfolding. I want to thank you for that. Let's do our E or for L banners. Take your right hand, bring it to your heart center and take your left hand, bring it to that sacral chakra and just breathe. Just kind of arrive, breathe. Just take a deep breath. Nice deep abdominal breath. Release your hands, open your eyes. I'd like to call that a two-minute vacation. So far, we have covered the root tracker, kind of grounding, sacral chakra, centering solar plex, which is our inner power, inner sun, heart chakra, and now we've reached the throat chakra. I'm curious: How many people have been with us throughout? Just let me know in the questions if you have been here for the whole five so far. I'm also curious what people are taking away from these sessions. I'm also curious to know whether it's kind of really extending how you think about the chakras. A different way of looking at the chakras. What are some of the things that you're learning? What are your take-aways so far? I'd love to hear some of those things when we open up. Just let us know. The throat chakra, I think of it actually as an ether element. So we know that ether is like primordial space. It's in the beginning. Everything came out of that ether. I often think of it as original cyberspace. So you know that right now, I'm all the way over in the U.K. and we're all tuning in magically via Zoom. So our computers allow us to gain lots and lots of information. They let us tap into all sorts of different things. The throat chakra and ether element, I believe the ancients also had a way, maybe using crystals and different kind of technologies, to also tap into everything that ever was, is, or shall be. And they did that through the throat chakra and through the ether elements. So ether element gives rise to everything else. So it's the most subtle of the energy centers, of the chakras. It's the most subtle. It's kind of still in body, if we think this is the head, this is the body, then this is at that kind of junction between the head and some of the transpersonal -- the first of the transpersonal chakras. It's an important energy. It's interesting. When we think about chakras chakras, we often think of them in kind of real metaphysical and spiritual terms and maybe even psychic terms, and really this is the first one that has that kind of energy. So the other is a much more kind of practical and physical, it's really creating that foundation for energy to move up. So we've taken this kind of amazing journey through the chakras and reached this subtle energy at the throat. The color is actually sky-blue. But I like turquoise. Because I think this is a color of communication. And the throat chakra is all about communication. Now, it's about how you communicate with yourself. So that means how you communicate with the sacral chakra. It's also about how you communicate with others. So that's heart chakra, so how you communicate with the sacral chakra, how you communicate with the heart chakra, interpersonal, others, and also how you communicate with that which is greater than us. So that's the crown chakra, the transpersonal chakra and above. I want to read a little something that is in opening to spirit. I
know lots of people have opening to spirit now. If you do, I'm going to read a couple of paragraphs from page 216. So if you do have the book, you can have a little look. The main function of the throat chakra is communication. From the ancients, we learn that the universe was created from a single sound. That sound was om. Sounds are responsible for bringing everything into being. The universe is created from pure vibrational sound. Sound travels through the ether and gives rise to the other four elements: air, fire, water and earth. Visuddha chakra is situated in the throat region. The vocal center of the body. Spinning of the throat chakra brings forth communication, which in the broader sense of the word is a function of this chakra. Sound and hearing from all planes of existence come together in this center. Visuddha means purification. So it's a purification at a higher level. As we ascend the chakras, purity of the Nadis -- so you know the energy pathways that we have in the body, of which we have 72,000 Nadis -- purity of the Nadis, an energy body, becomes increasingly important. This is due to the higher frequency of the chakras. If toxic energy exists, it will cloud communication. And we all know how that is as well -- and limit experience at this level. Fasting, cleansing, Pranayama, a pure vegetarian diet, positive thinking and extended time spent in spiritual practice all enhances throat chakra work and helps to develop our psychic abilities. Or helps to develop intuition. And being able to kind of tap into something that is a little bit more than. So that's the quality. That's the kind of energy at this chakra. So intuition is here. It's not intuition. It's still kind of physical, but it is different -- it's more subtle than the others. If you think about it, earth is very solid. Water, you can kind of feel it. It has a different entity. It can be water, it can be steam, it can be ice. Fire, and even air -- so air becomes more subtle, and then ether is even more subtle still. In Sanskrit it's called a cache. It's It's also called Defa. And in the kind of Roman, Egyptian, it's ether element. So it's also about space. When I've been speaking to you about maybe not talking as much in classes, creating more space in class, even for the people who are body workers, creating space in sessions when you're working on clients, lifting your hands, allowing space, letting people breathe, the reason we do all of these things is to support us to tap into that ether element. So do it now. Just take a breath. Close your eyes and just be in that space with awareness.