

In 1986 I passed through a rapid extended shift to a stable place in a high level of Consciousness. Seven years later, there was no memory of what it was like to operate at a lower, more ordinary level of vibration, and subject to the roller-coaster drama of karma and attachment. Many who came before me as a Guru were describing life situations I could no longer relate to, or even remember, let alone comprehend why anyone would even have such difficulty.

In 1993, during meditation, this book started to write itself. Although I still couldn't relate from my perspective, I could at last understand why some were presenting the way they were at certain levels of vibration. They had no Inner Voice! No continuous spontaneous certain knowing. No significant quiet in-between moving interior direction and direct experience of the Absolute.

I began to find myself descending temporarily into lower chakras, sometimes for a few hours, days, or weeks. It was horrible; truly a nightmare! No deep Stillness to rest in, but instead lots of cluttered thoughts, dramatic emotions, and body sensations all charging through, clamoring for equal time, like living in the middle of a constant rush hour traffic intersection. Lack of detachment made every input seem equally a priority communication.

Always the Light showed forth so that I could observe what I was to see. I recorded what I observed myself and in others who were stuck at various chakra centers. Various spiritual practices did not all work at every chakra level or with the same level of effectiveness. Some required a level of trust in GOD that does not exist within the lower three chakras. This workbook describes how we experience life in each chakra and which spiritual practices work there to get you back into Higher Consciousness. **Grace is always present on every level. OM**