

Cycles of the Chakras

This cycle is a separate cycle than all of our physical cycles. Our physical life moves in 7-year cycles corresponding with each of the 7 chakra centers located in our light body, as opposed to the 7 chakras of our physical body, even though in the totality of makeup the chakras are the same.

We will be using the table attached within this document. Within these 7-year cycles we climb another 7-chakra ladder (corresponding to the top row of chakras on the table and the columns they represent) which takes us from The Root chakra to the Crown Chakra. These influences affect us (ideally) on a yearly basis. Every cycle begins with fear (the root chakra) and every cycle ends with spirituality (the crown chakra).

There is one dominant chakra for each cycle, corresponding to each row of the table. In the first 7 years of life (age 1-7) we are influenced by the root chakra, from ages 8-14; the sacral chakra, from 15-21; the solar plexus, and so on and so forth. At age 50, we start the cycles over again. After completing a 7 year cycle, we enter the first stage of the next 7-year cycle.

There are occasions when you will be under the influence of 2 of the same chakra centers – this is indicated by the gray boxes in the table. These are the years that that particular chakra is most dominant in your life and you should ensure you are balanced and paying close attention to the events in your life.

Each chakra in this table is represented by these key themes associated with each energy center:

The Root Chakra: **Fear**

The Sacral Chakra: **Feelings**

The Solar Plexus: **Proactivity**

The Heart Chakra: **Harmony**

The Throat Chakra: **Philosophy**

The Third Eye Chakra: **Wisdom**

The Crown Chakra: **Spirituality**

CYCLE ONE

1 year (**fear+fear**): Survival

2 years (**fear + feelings**): Preferences

3 years (**fear + proactivity**): Questioning

4 years (**fear + harmony**): Social

5 years (**fear + philosophy**): Understanding

6 years (**fear + wisdom**): Wisdom

7 years (**fear + spirituality**): Unknown Nature

CYCLE TWO

8 years (**feelings + fear**): Desires

- 9 years (feelings + feelings): Out of Control
- 10 years (feelings + proactivity): Understanding Relationships
- 11 years (feelings + harmony): Motivation and friendships
- 12 years (feelings + philosophy): Gender
- 13 years (feelings + wisdom): loyalty, honesty, and morality.
- 14 years (feelings + spirituality): Meaningful relationships

CYCLE THREE

- 15 years (proactivity+ fear): Fears of Self
- 16 years (proactivity+ feelings): Finding Pleasure
- 17 years (proactivity + proactivity): Desires Love
- 18 years (proactivity + harmony): Understanding Everything
- 19 years (proactivity + philosophy): Philosophizing and opinions
- 20 years (proactivity + wisdom): Realizations
- 21 years (proactivity + spirituality): Conscious Development

CYCLE FOUR

- 22 years (harmony+ fear): Fear of life
- 23 years (harmony + feelings): Understanding Needs
- 24 years (harmony + (proactivity): Motivated Focus
- 25 years (harmony + harmony): Desires Stability
- 26 years (harmony + philosophy): Purpose
- 27 years (harmony + wisdom): Parent Philosophies
- 28 years (harmony + spirituality): Leave their Mark on the world

CYCLE FIVE

- 29 years (philosophy+ fear): Future Fears
- 30 years (philosophy + feelings): Proving Worth
- 31 years (philosophy + (proactivity): Justify actions and reasons
- 32 years (philosophy + harmony): Life Purpose and Career
- 33 years (philosophy + philosophy): Dimensions of Development
- 34 years (philosophy + wisdom): Cultivates Abilities
- 35 years (philosophy + spirituality): Significance in life

CYCLE SIX







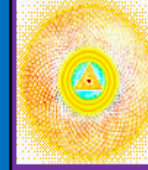






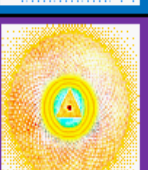
- 36 years (wisdom+ fear): Fears loss of balance
- 37 years (wisdom + feelings): Controlling Senses
- 38 years (wisdom + (proactivity): Activating Wisdom
- 39 years (wisdom + harmony): Seeking New Systems
- 40 years (wisdom + philosophy): Proving Their Point
- 41 years (wisdom + wisdom): A Wise Individual
- 42 years (wisdom + spirituality): Seeking Something Higher

CYCLE SEVEN

- 43 years (spirituality+ fear): Immersing Life
- 44 years (spirituality + feelings): Spiritual Pleasure Seeking

- 45 years (spirituality + (proactivity)): Mentally Systemize
- 46 years (spirituality + harmony): Communication Harmony
- 47 years (spirituality + philosophy): Philosophy Development
- 48 years (spirituality + wisdom): Advice Driven
- 49 years (spirituality + spirituality): Passing on Knowledge

BEGIN CYCLES AGAIN

CHAKRAS			ROOT	SACRUM	SOLAX PLEXUS	HEART	THROAT	THIRD EYE	CROWN
			FEAR	FEELINGS	PROACTIVITY	HARMONY	PHILOSOPHY	WISDOM	SPIRITUALITY
									
ROOT	FEAR		1. Surviving	2. Awakening of feelings (I want, I don't want)	3. Active discovery of the World. Asking "What's that?"	4. Happiness of socialising, body is stabilised	5. Attempts to understand the World	6. First experience and teaching others	7. Craving for the mysterious and the unknown
SACRUM	FEELINGS		8. Misunderstanding of new desires, awakening of hormones	9. First love. Feeling are getting out of control	10. Establishing relationships with the opposite sex	11. Friendship in different forms	12. Understanding of the difference between the sexes. Interest in studying the philosophy of friendship and love	13. First stable understanding of loyalty, honesty, and morality	14. Attempts of spiritualization of the relationships with other people, possibly in poetic way
SOLAR PLEXUS	PROACTIVITY		15. Fear of love, fear of the future, fear of studying away from home	16. Sweet 16. The time of engagement in an active form of love, a relationship. The age that one is first able to find pleasure	17. Selfish love. Don't care about anyone!	18. Desire to get understanding from everyone	19. Philosophising about love, idea of family life	20. First realizations, possibly first divorce	21. Search for the spiritual side of the partner, or development together
HEART	HARMONY		22. Fear of living together whole life, fear to stay alone for the rest of the life	23. Respecting others feelings, understanding about the needs of people	24. Care about every aspect of your life and family members	25. Stability and harmony in life. First signs of boredom	26. Thought of the destination and meaning of life	27. Foundation of the philosophy of mother and father	28. Desire to raise benevolent kinds and leave a mark in this World
THROAT	PHILOSOPHY		29. Fear of the future, realization of your silliness	30. Attempts to prove yourself that you can be happy through your feelings	31. Justifying your activities, its importance and indispensability	32. Attempts to combine your destination and work	33. Maturation of the philosopher	34. Ability to change and adapt in your work place and family	35. Spiritualization of your work, family life etc.
THIRD EYE	WISDOM		36. Fear of socializing with the conscious people, fear of losing balance of life	37. Control of feelings, joy of first philosophical realizations	38. Active socializing with wise people	39. Finding yourself in the system of wisdom	40. Ability to prove your point to others	41. Wiseman is ready	42. Understanding that wisdom leads to spirituality
CROWN	SPIRITUALITY		43. Fear before getting involved in spirituality	44. Spiritual pleasure, spiritualization of the feelings	45. Systematization of spirituality	46. Search for spiritual harmony and connections	47. Understanding of the philosophy of the spiritual development	48. Ability to give spiritual advices	49. A teacher of the highest ideals