**Chakra Twelve Overview**

**Location:**  In the body and aura connected to each of the 32 points with the twelfth chakra

**Life Skill:**  Choice and Accountability

**Color:**  Subtle translucent colors containing all colors

**Crystal:**  Moldavite

**Element:**  Metal

**Body:**Transforms and eliminates energy

**Young Living Essential Oils**:  Smell*Frankincense*, use *Awaken* or *Inspiration* on the bottoms of the feet, *Dream Catcher* on the crown chakra, *White Angelica* on the shoulders.

**Age Developed**:  49-56

**Key words and phrases to use in meditation and journaling**

Our ability to have our secondary chakra system activated and open allows more of our spiritual essence to enter the physical body.  The 32nd secondary chakra is in the center of the Earth and belongs uniquely to each individual energy system.  Being fully connected to this point in the center of the Earth is a major factor in accepting and utilizing our spiritual essence and allow our physical survival to tap into certain Earth elements.

The focus of this time period is about bringing in wholeness and unconditional love into being human.  Within this age span Chakra Twelve is activated and also Chakra Five so when you are processing this age span you want to process both the Twelfth and the Fifth chakras.  During this age span is the only time the Twelfth Chakra is the main theme or energy center of focus.  The Fifth Chakra is where we hold issues about self worth, responsibility, and the right to manifest and communicate our needs and beliefs to others.  It stores our frustration, pride, disillusionments and grandeurs.

1.  Legs

2.  Buttocks

3.  Coccyx

4.  Sacral vertebrae

5. Lumbar vertebrae

6.  Thoracic (dorsal) vertebrae

7.  Cervical vertebrae

8.  Cranium

9.  Silver cord to the soul

10.  Bubbling springs in the feets

11.  Ankles

12.  Knees

13.  Thighs

14.  Hip bones

15.  The navel and sexual organs

16.  The appendix

17.  Kidneys and adrenals

18.  Large and small intestines

19.  Pancreas

20.  Liver

21.  Gallbladder

22.  Spleen

23.  Stomach

24.  Diaphragm

25.  Arms

26.  Bubbling springs in palms

27.  Wrists

28.  Elbows

29.  Clavicle

30.  Throat, larynx, thyroid, tongue

31.  Upper brain (spiritual orientated functions, cerebrum, pineal, pituitary, hypothalamus, and thalamaus glands.

32. Center of the Earth

Twelfth Auric Level:  The twelfth auric level binds the twelfth chakra which is a collection of secondary chakra points.  These points connect outside the body through a series of fibers with another glowing energy forming a mesh of atoms that I perceive to be the gridwork that moves and connects us to our source, our spiritual beginnings.

Working with this level calling in spiritual energy for people will instantly bring in healing energy to the body and work with all the secondary chakras at once.