

The Core Perspective - A Still Point of View

Is it difficult to connect to more than one element/core value?

I have been trying to connect with the Fire Element/yellow and Solar Plexus Chakra, as well as, Throat Chakra/blue. Is it difficult to connect with more than one Element/corevalue at the same time? Should I just centre on one for a time?

It is good to focus on more than one energy sphere. They are highly related and if you look to nature you can get clues. For example while you are amplifying the Ether Element you are creating more space for yourself and this in turn allows the other four active elements more space to flow. If you are amplifying perseverance or the energy of fire that can be a result of creating more space for this option to exist. If you picture in nature that space has been created and a fire has begun you may find that you will be drawn to the Water Element next or the Earth Element to contain this fire or you might find yourself being drawn to the Air Element/heart center which will actually fuel this fire. You may start to see patterns etc. Always remember that the Universal Law of Engagement, as I term it, is always helping you to work towards balance within.

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