

A High Vibrational Journey through the Hawaiian Islands & How they align to the 7 Chakras of the Body

Empower & connect to your own innate healing capacity & trigger your inner guidance so you can confidently lead a life of Unlimited possibilities and THRIVE as the Invincible Healer!



Introduction

I've developed a unique energy pathway that leads you along the Hawaiian island chain. As you journey along, you will connect deeply to your inner guidance system and truly empower your spiritual self, enabling you as a Healer or Lightworker to connect to the Divine Universal Energy Source in a deeper capacity which will greatly assist your work & self-care in abundant ways!

Enjoy!

AS MANY OF YOU WILL KNOW, this inner guidance is also known as the chakra system. Each chakra corresponds to a different aspect in your life.... it is my Intention that this unique Vibrational Island Pathway, is a “Check in Tool” to help you Clear Charge and Balance your 7 Chakra’s, allowing you tap into the invincible Healer that you are!

Using this tool regularly will enable you to Thrive using your Inner Healing powers for both yourself and those you Work with. Resulting in Navigating your way through Life Easily & Effortlessly! Who wouldn’t want That!!!!

What Makes the Hawaiian Islands So Unique?

The Hawaiian Islands are the most isolated, inhabited pieces of land in the world. They are located almost 2400 miles from California, 3800 miles from Japan, and 2400 miles from the Marquesas Islands - from which the first settlers arrived in Hawaii around 300-400 AD. This explains why Hawaii was one of the last inhabitable places on earth settled by man.

Given its remote geographic location Hawaii is a very unique place in terms of landscape, geography and natural energy of the islands. All of the islands were formed by a hotspot in the earth's core. As the Pacific Plate continues to move west-northwest, the older islands move away from the hotspot. This hotspot is currently located beneath the Big Island of Hawaii.

What I’ve found here is that each island has a very different sense, feeling and energy vibration. Those vibrations relate to the energy and vibration in our chakra system. The chakra system just like the islands, providing a stepping stone through life. Energy has both a light and color wavelength along with a sound vibration. I use my Crystal Singing bowls as healing tools to clear, charge and balance the energy in each of these chakras.

You will hear the sounds of my bowls in a moment as we progress along the Vibrational Journey together.

Setting the Scene & The Tone

“In a modern world half got mad, a clue surfaces to unlock the mystery. Yet for most it remains hidden. Not afar in some obscure horizon but within. It is a piece of a puzzle within a broken spiral of a memory of who we are and where we really came from. Come pierce the veil and rediscover the key. Turn away from the wall the adventure to see. Remember your friends from a long time ago around an old camp fire, a song for the soul. The stewards of paradise beckon you home to solve the mystery that first caused us to roam. No path is straight for they all take a bend, to spiral around starting over again. All things above are like that below , the greater it is, the smaller you go. So quiet your head and follow your heart. The spiral of the circle comes back to the start. A doorway opens that’s always been sealed. Secrets and mysteries finally revealed. “(from the book The Secrets & Mysteries of Hawaii A call to the Soul By Pila)

What to Expect

This is a 15- 20 minute Guided Journey through your body with accompanying Sound & light Images, to help reconnect with Yourself, Boost your Energy and Create Greater Self Awareness.

You may want to use this at the start of your day as a guided meditation helping you to identify your thoughts & emotions, so you can clearly focus your intentions, OR perhaps at the end of your day to Ground and Rebalance. Self Awareness as a Healer or Light Worker is vital for your own Spiritual Growth and Soul Development!

I invite you to find a quiet place, without any distractions, Sit Back, Relax and ENJOY!

(Please do Not Listen to this if you are Driving or Operating Heavy Equipment)

Chakra One – The Island of Hawaii (The Big Island)



The first chakra is called the Root or Base. The corresponding island is Hawaii otherwise known as the Big Island. This is the most southerly located island in the chain. The root chakra relates to the Element EARTH, the Color RED and the musical note “ C” . The Key Word is Presence.

This is the foundation, structural support system for our life relating to career, money & family. The location is where the legs meet the torso at the base of the spine.

The Big Island is the newest of all the islands and was formed by [five volcanoes](#): Kohala, Mauna Kea, Hualalai, Mauna Loa, and Kilauea. The later two are still active. The Big Island grows a few centimetres each day because of the activity of Kilauea. You can check this out at the volcano national park nr Hilo. It's still spewing out the red hot molten lava into the ocean and planting its seeds and strengthening its foundation.

It's a very transformational energy and this relates strongly to the vibration and color of the first chakra.

So let us take a moment to check in and think about the quality of the energy in this area – the feet & legs, spinal column & bones and our immune system what's the quality of your energy here? How supported are you in your life from Family, Friends & loved ones?

- Do you feel aches , pains , heaviness, tension
- Are you legs, weak ,swollen ,lower back tight, sore
- Do you have a feeling of not knowing where you are going in life, which direction to take, unsettled, vague, and anxious resistant to change?
- These are all indications the flow of energy through this chakra is restricted and weak.... And needs strengthening...
- If you sense all is well here, focusing on the visualization technique & Breath is very beneficial to do, it will maintain the energy flow, strengthen your Healing work & prevent Energy Depletion!
- Imagine you legs like Roots of a Tree going deep into Mother Earth. visualize sending these roots deeper into the soil to create a really strong connection
- Next send a beautiful RED color down your legs ,through the bottom of you feet ,deep into the ground...creating a strong “grounding” visualize the volcanic Hot Red Lava flowing...
- Breathe 1 ,2, 3 while you listen to the Magical vibrations from the Crystal Singing Bowl - a “ C’ note....You are Safe & Supported.
- Hot Tip for maintaining balanced energy in the First Chakra - Spend some time in Nature, daily , waking bare foot, or hugging a tree.. You will be amazed at how Centered, balanced and Revitalized you are!

Chakra Two – Maui



This is the Second chakra, the island of Maui also called the Valley isle. On this beautiful island there are glorious, crimson sunsets, cascading waterfalls and abundant fresh fruits of papaya ,amongst other things, all creating a magnificent color spectrum of Orange. Corresponding to the energy of the Sacral or Second Chakra.

This Energy center relates to the Element of Water, Color Orange and musical note “ D “

This is the seat of creativity and our sexuality, emotions & our inner child. Situated below the navel it deals with the sacrum, the hips, the abdomen, lower back and all of the reproductive organs.

Maui is an amazing island that resonates with the vibration of recreation and sexuality .The energy of this island assists with manifesting our ideas and creativity, bringing them forth easily to this world.

So Let us take a moment on our inner Journey, to look within and sense what is the quality of the Energy here, in the Second Chakra?

- Do you have Aches, Pains Tension in your Hips, Sacrum, or Pelvic area?
- Irregular ,imbalanced Reproductive cycle, menstrual cramps infertility, impotence & Prostrate problems (for men)
- Do you have concerns with your Bladder or Urinary tract ?
- Poor boundaries, a victim mentality, or trouble finding pleasure?
- If any of these “speak “to you, it is an indication of an imbalance of energy flowing through this Chakra.
- Maui and the Second Energy Center are related to the element water- so imagine how the quality of water is for you in this area?
- It is stagnated, dry, dehydrated?
- Or is there too much water flowing, sloshing around?
- Lets take a moment to breathe a magnificent Orange color flowing easily though this chakra , with just the right amount of water to purify and cleanse the energy here... Visualize a beautiful amber sunset on Maui... feel the gentle trade winds blowing. All Is well
- Breathe and Listen to the high vibrations of the crystal singing bowls playing the note “D”

Chakra Three – Lanai



As we continue our energy journey through the island chain we reach the Third Chakra – The Solar Plexus and the Island of Lanai – known as the Pineapple Isle.

This Chakra relates to the Element Fire, the color Yellow and the musical note “E”. It is the seat of our Self Worth, Self Esteem and Will power.

Thanks to Dole Plantation that started cultivation of pineapples here, this island is showered in a color of golden yellow pineapples. The word Lanai means conquest of the sun so the translation gives us a deeper understanding of the energy, power and color of this chakra and the Island itself.

What is the Quality of the Energy for you here? The Solar Plexus is situated just below the Rib Cage and governs the Pancreas, liver, Spleen, Gall Bladder, Kidneys and mid spine.

- So gently take a moment and press under the ribcage and see how easily you can push your finger tips into the tissue.
- Is it hard and sore or is it perhaps a little soft and spongy (outward aggressive)
- Can you sink your fingers all the way in? (Inward withdrawal the victim)
- Are you in your power or are you giving it away?
- Do you have digestive problems, diabetes, Gall stones?
- All of these are indications of distorted energy in the Third Chakra
- To balance the Energy here Breathe , Fill the entire area with the Golden Yellow of the Pineapples on Lanai feel sense Smell this color knowing it is balancing and strengthening your personal power. Like an internal Fire burning strong. All is Well
- Listen to the Vibrations of the musical note“E’ from the Crystal Singing bowl for a minute or two.
- Hot Tip move your body to keep the energy balanced and flowing in this Chakra – Yoga,T’ai Chi , Pilates are all wonderful !

Chakra Four – Molokai



So we journey onwards to chakra number 4 and we visit the island of Molokai, the Friendly Isle. This Energy Center, The Heart Chakra is the link between the lower Three chakras – our connection to Earth and the Upper Three our connection to the Infinite. The color is Green (the High Heart is Pink) the Element Air and the Vibrational Note “ F “.

Legend says this is the home of the Menehune the little people. But in recent history it's become known as the island of the leper colonies. Molokai is interesting because it's the only one in the island chains that has never been overpowered. So she really is the heart of Hawaii. The Heart Chakra is the center of Unconditional Love & Healing and so it is on the Island of Molokai. It relates also to the Lungs, Ribs, Upper Back, Thymus, Arms and Hands.

Let us take a moment and see what the quality of the energy is like here...Place your hands over your Heart and let's look inwards.

- Take a deep breathe in and see how easy it is to expand the air in the heart cavity.
- What is the quality like in here? Is the air spacious or stagnant and empty?
- Does the Air flow easily or is it restricted?
- Do you suffer with heart problems, Allergies, Tension between the shoulders, Arm and Hand issues?
- These are all indications of unbalanced energy flowing in the Fourth Chakra
- Let's take a moment to Breathe Fill your heart chakra with a loving vibration and the beautiful color of green. Imagine you are hiking through the Lush Tropical Landscape of Molokai. All around you a vast foliage of green – feel, sense smell this energy knowing it is balancing your Heart Chakra.
- Take a moment to enjoy the Healing Vibrations from the Crystal Singing Bowls playing the note “ F “ You are able to Give and Receive Unconditional Love
- Hot Tip for Balancing the Fourth Chakra – get a Pet or spend time amongst animals they help us to open our Hearts making it safe for us to love again.

Chakra Five – Oahu



So we journey onwards where the vibration gets higher and faster. We reach the island of Oahu, Known as the Gathering Place.

This is the Fifth energy Center called the Throat Chakra. It is where we express our choices and communicate who we are. It relates to the color blue, the Element of Sound and the musical note “ G “

Oahu, Honolulu is the capital of the Island chain. It truly is the voice of the islands. 80% of the island population lives here. This voice is changing from a masculine energy towards a more divine, feminine energy, the softness that is the origin voice of the island chain. The Energy center governs the Neck, Mouth, Nasal Sinuses, Ears, Thyroid and Hypothalamus.

Imagine the beautiful, Aqua Oceans on Oahu, look up to see the pure clear blue skies. So take a breath and release with a sound and let's explore the energy of the fifth Chakra.

Place your hands gently above the Throat

- See how easy is it to breathe the vibration of air within you. And make a sound
- What is the quality of sound that echoes through here?
- Is it difficult for you to make a long, clear sound?
- Can you easily communicate and express your truth to yourself and others?
- Do you suffer with TMJ, swollen glands in the Throat, Neck Problems, Chronic Sinus, disorders of the Mouth, Teeth or Gums?
- Are you anxious in social situations, Hesitant to speak or Stutter?
- These are all indications of imbalanced energy through this Chakra.
- So take a moment to see and sense into your true voice.
- Know you can communicate easily and Lovingly
- Imagine a beautiful Aqua Blue light filling your throat
- Take a Deep Breath and exhale with a sound – Repeat this two or three times
- Listen to the soothing vibrations of the Crystal Singing bowl sounding the note “ G “
- Hot Tip for Balancing the Throat Chakra – Expressive writing, journaling and Singing!

Chakra Six – Kauai



So we journey upwards, heading North through the island chain to Kauai the Garden Isle .This Energy center is called the Third Eye , it relates to the Element of Light ,the color purple and the note “ A “ .The Vibrations are much faster and Higher here .Here we get in touch with our inspiration, insight and Vision.

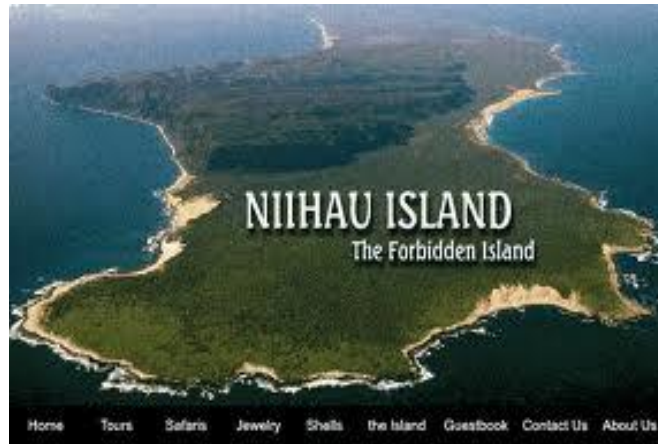
Kauai is the oldest island in the chain and one of the most Northernmost. It really is the island for meditation and Retreat. Historically, the island is where initiates came to become kahunas, who are ancient sorcerers in Hawaii, who came with all the wisdom and knowledge.

This energy centre governs the forehead, the temples, and the eyes and is the place of sight and our inner vision. So take a moment here to massage away any tension around the top of the eyebrows, the forehead .Imagine you are on the magnificent Island of Kauai, watching the hues of the indigo purple sunsetBreathe..Relax

Let's look within at the quality of energy in the Sixth Chakra.

- Visualize the quality of light that is held in this chamber. Is there sufficient?
- Perhaps it may be too dark, clouding our inner vision and sight.
- Or is there too much light, blinding our ability to see clearly?
- Do you suffer with headaches, bad eyesight, frontal sinus?
- All of these are signs of imbalanced energy in the Sixth Chakra
- Balanced energy gives us the opportunity to see beyond our normal vision and connect with our higher wisdom and our sense of seeing, often called clairvoyance or clear seeing.
- Allow this beautiful vibration of purple to float in and around our eyes, temple and forehead filling this chamber with the full spectrum of light.
- Listen to the High Vibrations of the Crystal Singing Bowl playing the note " A "
- Affirm I Can see Clearly all is well !
- Hot Tip for Strengthening The Energy in this Chakra – Meditate every day!

Chakra Seven – Niihau



Our journey now is almost complete as we arrive at the last island in the chain, and the last chakra in the series – number 7 the Crown Chakra identified with the island of Niihau. It relates to the color White (or Violet) our Consciousness and the musical note “ B “ .

The Crown Chakra at the Top of the Head connects us to spirit, our Higher Power and the Universe. It pulls in light from above and Illuminates our Awareness. It relates to the brain Pineal and Pituitary Gland, Central Nervous System and our Immunity.

Niihau is actually a private island. It's called the forbidden isle. The Robinson family bought this island many years ago and it remains private to the rest of Hawaii and the world to this day.

This island really represents the forbidden knowledge of the whole of the Hawaiians. So picture a beautiful crystal, a prism containing all the spectrums. It's pure, white quartz representing the knowledge of all the islands that have been forgotten.

Are you ready to take a look at the quality of energy in this Chakra?

- This Chakra is represented by the 1000 Petal Lotus – What kind of Lotus blooms at the top of your head?
- Is it open and in full bloom so the energy and light can be illuminated and flow easily through here?
- Or is it closed and tight and restricted like a bud, where no light can shine?
- Do you suffer with learning difficulties, Confusion , Apathy,
- Getting stuck in the Intellect or Ego, do you have Rigid Belief systems?
- Do you have Epilepsy, MS, and Parkinson 's disease?
- All of these indicate imbalances in this chakra
- Let's breathe a beautiful, white prism of light right through the top of your head, expanding and expanding up, up and out connecting us to our higher self and our connection to source.
- Imagine the pure White healing light of Niihau bathing your entire Crown feeling the warmth on the top of your head.
- Breathe and listen to the vibrations of the Crystal Singing Bowls playing the Note "B "
- Invite the Divine into your life by Prayer, Meditation and asking for Guidance from your Angels.
- We are all connected, we are all One. So It Is ...

This completes the 7 Islands and the Journey through your Chakra system. Please Take a few Deep Breathes and gently Stretch to come back into your Body fully...

I encourage you to drink some Water to integrate the new Healing energy and clear intentions into your entire Being.

It has been my pleasure to be your guide & fellow traveler...

I look forward to connecting with you soon and sharing some more ancient healing secrets of the Hawaiian Culture and Islands.

Please check out my “work with me page” for more information on how I can assist you further with your own Spiritual Growth and Healing Skills for your business Development.

Aloha !