

## 13 CENTRES OF ENERGY CONSCIOUSNESS

**Collective Group Consciousness  
13 Energy Centres**

Universal	13	13	13	13	13
Soul	12	12	12	12	12
Causal	11	11	11	11	11
Crown	10	10	10	10	10
3 <sup>rd</sup> Eye	9	9	9	9	9
Throat	8	8	8	8	8
Thymus	7	7	7	7	7
Heart	6	6	6	6	6
Solar Plexus	5	5	5	5	5
Navel	4	4	4	4	4
Sacral	3	3	3	3	3
Root	2	2	2	2	2
Earth	1	1	1	1	1

### CHANNELLED SYMBOLS AND MESSAGES

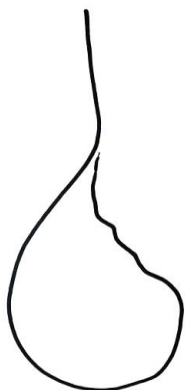
Below you will find two columns. In column to the **left side** you will find symbols and messages for each of the centres, up to the Crown Centre. The symbols and messages are channelled, drawn and written by Lucille White. It shows the collective energetic resonance of the group for each centre in the **1<sup>st</sup> phase "Stress Phase"**.

The column to the **right side** these are channelled resonance symbols and messages, which Lucille has drawn post correction and group healing. It reveals the centres in a rebalanced state – **2<sup>nd</sup> phase, healing phase**.

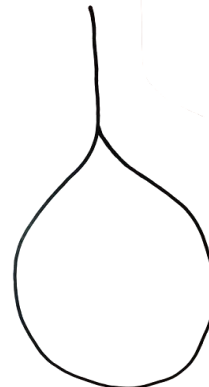
During each session Lucille downloads new light frequencies for each centre. These light frequencies gets translated into a script which is used to facilitate the group session. They are also embedded within the symbol, which is personalised for each group. Each groups frequencies will differ depending on the consciousness of the group.

### TRIAL GROUP SESSION

Currently Lucille is running a trial group consisting of all females. Below you will see a summary of symbols and messages for centres she has completed. Please note the last three centres are still to follow. These symbols and messages are specific for this particular trial and as an example only. This is not to be used for personal usage as the frequencies for each group will be different.

**PHASE 1 – ENERGY IS STRESSED STATE****1<sup>ST</sup> CENTRE: EARTH**

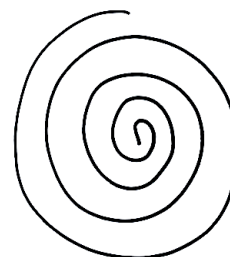
There is a seed deep within the earth that belongs to you. When you call upon this seed, it brings forth all that is rightfully yours. However, I feel your hesitation. I hear your resistance. I see you quiver at the face of it. Why are you so shy? Take me in to your being. You are me – I am you.

**PHASE 2 – ENERGY IN REBALANCED STATE****1<sup>ST</sup> CENTRE: EARTH**

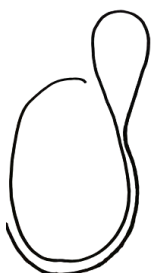
I am the seed expressed deep within my being. I remember my path that brought me to this place. I embrace it openly. I caress it, taking in all the softness that it offers me. My wide-open eyes can see it perfectly now. I am one with it now.

**2<sup>ND</sup> CENTRE: ROOT**

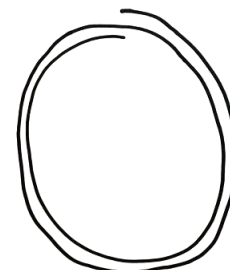
When I discover my inner stillness deep within my being, I am welcomed with a sense of warmth. But often that inner stillness starts to unravel and I am pulled away from my centre.

**2<sup>ND</sup> CENTRE: ROOT**

There is a place deep within my being that holds my stillness. From this place I am firmly held and supported.

**3<sup>RD</sup> CENTRE: SACRAL**

I am unable to centre my position which I rightfully hold.

**3<sup>RD</sup> CENTRE: SACRAL**

When I am centered in my position, the path laid out before me is clear and obvious.

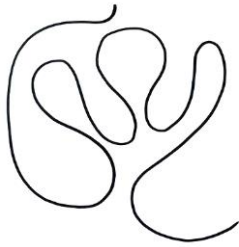
**4<sup>TH</sup> CENTRE: NAVEL**

There are so many people I need to support there is very little left for me.

**4<sup>TH</sup> CENTRE: NAVEL**

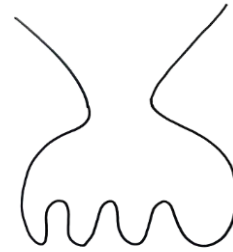
When I make contact with my Inner connection, I am always fully supported.

**5<sup>TH</sup> CENTRE: SOLAR PLEXUS**



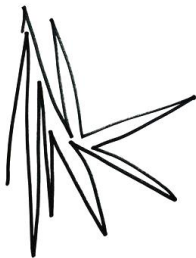
When I am torn this way and that way, I am unable to experience the fullness of me. I long for wholeness.

**5<sup>TH</sup> CENTRE: SOLAR PLEXUS**



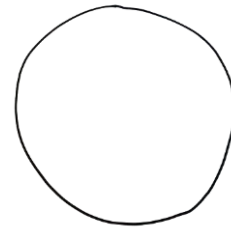
When there is space enough for me, I am able to expand the fullness of my being in a more whole way.

**6<sup>TH</sup> CENTRE: HEART**



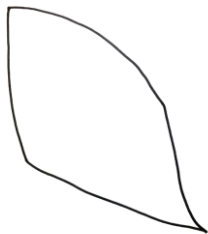
I feel so crunched up. Every time I want to get into my heart space and expand, I am faced with so much rejection and defeat. It is so hard for me – it is so hard. Sometimes all I want to do is cry.

**6<sup>TH</sup> CENTRE: HEART**



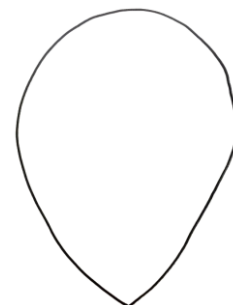
When I open myself up to love, I know I have the inner strength to carry me through areas that I may have unconsciously tried to avoid. I love my love and feel rewarded by its presence within every single cell in my body, throughout my entire being.

**7<sup>TH</sup> CENTRE: THYMUS**



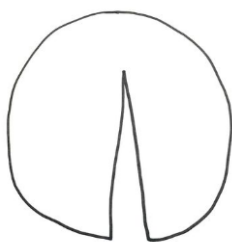
There is no value in forcing what I know, as it contains too much energy. Then the energy becomes more impactful than the information that is contained within it.

**7<sup>TH</sup> CENTRE: THYMUS**



There is a better balance between what I receive and what I give, if my inner projection is balanced.

**8<sup>TH</sup> CENTRE: THROAT**



I am unable to bring forth exactly what I am wanting to express in a way that translates my core knowing to the surface.

**8<sup>TH</sup> CENTRE: THROAT**



When I take my expression from a place of quiet contentment, I am able to translate the heart of what I am wanting to say in a more articulated manner.

**9<sup>TH</sup> CENTRE: THIRD EYE**



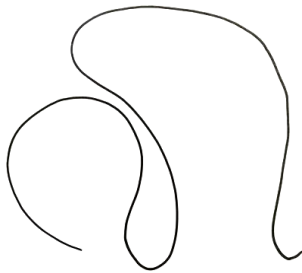
I am too distracted by everything outside of myself to be 100% present in the moment. Only when the moment presents itself, can I realize how distracted I have become by everything outside myself.

**9<sup>TH</sup> CENTRE: THIRD EYE**



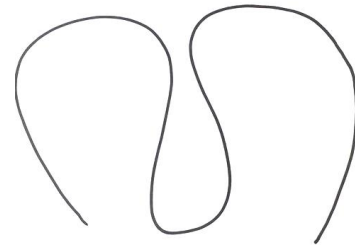
When everything is me and I am everything, there is very little to be concerned about. The only point of focus is the focus that I allow myself to bring into existence.

**10<sup>TH</sup> CENTRE: CROWN**



When I am in the middle of my flow, doing what I love, something always happens, and I am forced to leave it. I find it difficult to maintain balance between what I love, and what is expected from me.

**10<sup>TH</sup> CENTRE: CROWN**



I am centered in my being, knowing that my natural flow runs through me constantly, whether I am conscious of it, or not. I can no longer be inhibited but fully expressed in all my divine essence. When the time is right for me to release all that is me, I do it unconditionally.