

## **A Taste of Awareness Tools**

The following is a brief taste of some of the tools A'ra expands on in her book, *Communing With the Infinite; A Path of Awakening Awareness*.

### **The THROAT CHAKRA is the energy field of self expression.**

When this chakra is activated, it's time to move your dreams into definite goals. This is where faith plays an important role. Faith in the Infinite; faith in yourself. Speak your intentions out loud. Let the power of your words attract all that is needed to bring your intentions into manifestation. A word of caution, if you have any attachments to the "how" or the "outcome," you are not in intention, you are in expectation. Our expectations take us out of *Communing with the Infinite* and place us in the middle of ego.

### **YELLOW is the color of truth.**

Are you noticing the color yellow in your life more often than usual? This means it's important to maintain your focus and expect clarity about an impending decision. Remember to keep your actions in alignment with your intentions. If you have not done your work to build strong self-esteem and self-empowerment, now is the time to start. Without faith in yourself and your ability, you can't [manifest your dreams](#).

### **FOUR indicates a time of compelling drive in a current project or mission.**

What project or mission are you presently dreaming of or pursuing? If the number four is continually showing up in your life, it indicates a need to keep your nose to the grindstone in order to complete your project. Whenever fear shows up, transmute that fear into love and gently persist.

### **AIR says; "Dream big, for I have the capacity to fulfill your deepest desires."**

The element of Air represents logic and understanding. It influences our thirst for knowledge and our mental curiosity. Air operates through reason balancing mental challenges with creative openness. The air we breathe feeds our brain, which tells our bodies to function according to the divine plan with little effort on our part. This same ability can be applied to our lives. Breath work can often move us into a more productive ability to manifest by helping calm the chaos and bring us back to Self. From there, our ability to "remember the future" can provide the insights we seek.

### **Our PHYSICAL expression, represented by our body, grounds us to the earth and the world of form.**

Keeping the body in optimal health is a choice we make every moment, so it's a choice we need to be aware of. There are three areas that help us maintain [balance](#) in our bodies: nutrition, movement, and body image. If any of these are missing in your life, now is the time to shift into a more positive focus in order to experience optimal health and fitness. This is the foundation and springboard for all other pursuits in life.

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