



## The 7 Causality Loops

There are seven basic causality loops we may be stuck in and we can see these affecting each chakra. When we see which ones we are subtly playing out we can begin to come out of them by questioning them. We are already the Self but to live as that consciously we have to allow that light, love and wisdom to pervade the chakra and energy system. Fear blocks each chakra and stops the flow of the Self recognition pervading and reflecting in our life. We will look at each one in turn and each one of us has one, two or many of these based on our karmic patterns. It flows downwards from Crown to Root so we must start by seeing what we are.

**Crown Chakra** - Here the belief that we are separate to the Self/Divine/Noumenon pervades us and we fear the Self/God/Awareness and may imagine some final moment where we have to disappear, die or merge into that One Being. That causality loop here is a feeling of it not being safe to merge with and in the One/Self/God. We can never solve this problem and feel safe enough to merge because we are ALREADY what we are trying to merge into. We may feel sadness, grief, depression or apathy.

**Third Eye Chakra** - Here the belief is that it is not safe to see everything clearly and we may fear spirits, supernatural/siddhic abilities or be scared of anything we cannot see or explain logically. We may hide in reason, logic and rational thought. We do not see that we are already seeing God/Self everywhere we look. We may feel a lot of fear.

**Throat Chakra** - Here the belief is that it is not safe to express ourselves. We may have a deep seated feeling that who we are is not good enough and that if we be our authentic self that people won't like us or will reject us. We may become social chameleons or people pleasers and lose touch with who we are and what we want. We do not see that effortless abundance is our natural state and we may have a deep distrust of life. We may be unable to speak up for ourselves. We may feel shame, guilt or unworthiness.

**Heart Chakra** - Here we feel it is not safe for us to be open, innocent and unguarded and we may fear judgement, rejection and being hurt. We may close our hearts off to love and feel it is a dangerous thing to do to try to get love. We may only know how to love conditionally and feel deep down that the love of God/Self is judgement rather than love. We may not know how to love ourselves or let others love us unconditionally and we may even reject this due to feeling unworthy of it. We may reject the love of the Self. We may feel lonely, sad or vulnerable.

**Solar Plexus Chakra** - Here the belief is that it is not safe to have power and that we will be corrupted by it. We may deeply feel we cannot get what we want and we may feel angry all the time under the surface. We may try to control others and our world without realising it in an attempt to feel safer. We may not know how to allow others to help us and even may perceive that as a weakness for us to overcome. We may not be able to see that power is not dangerous and it is not something we have but something we ARE. WE may feel anger, frustration or even rage.

**Sacral Chakra** - We may fear intimacy with other beings, emotional, mental or physical intimacy and we may struggle to connect with anyone. We may feel it's safer to be alone and we may feel deeply affected by other beings - being positively lifted up when in contact with some beings and drained by others. We may not be able to see that we ARE those beings and there really is only One of us. We may feel fear and safer when alone.

**Root Chakra** - We may feel life is not safe and that we are in danger. We may be unable to keep control of our finances and anything else that helps us feel stable and grounded. We may not feel we know what our place is in this world and we may even try to escape by many methods. We will feel a lot of fear and have a general distrust of life and other beings. We may struggle with anxiety in all kinds of situations. We will not be able to see that there is nothing other than us to hurt us and we may see potential danger everywhere. We may feel fear and anger.

With each one of these we can deal with it and open up the chakra system by seeing it as just fear. We can ask "is it really true I am not safe?" or a more specific question for each chakra based around fear.

If all this is too complicated just discard it as it is only to help explain more clearly how the root feeling is that of feeling separate to other beings and things and then we experience fear in many ways. You do not need to know any of this to transcend it all and it's just for curious minds

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