

Crystal Clear Intuition

The Free Training Series to amplify, expand, enhance and take your intuition to the next level.

Base Chakra

by Hannah Andrews



Reality Awareness

"Awakening the Consciousness of Humanity"

Dedication

To all of the Beings on this planet, having this Human experience, I see you, I feel you, I am here for you. May you always remember your Human self and your Spiritual self both in existence at the same time, may you always remember who you really are and embrace every experience you have, for that, is what you came here for after all, to experience.

With gentleness, Hannah.
The Life Purpose Queen



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About Me

Welcome Beautiful Soul!

My name is Hannah and I am an Intuitive Healer and Life Purpose Mentor.

I have been working as a Healer, guide, teacher and more for many, many lifetimes. My gifts are strong, deep, very connected and run back a very long way, back through to Ancient times, when practises of magic, mysticism and Earth based spiritual practises were real, very active and accepted on this planet.

These gifts, live in my blood, they are in my DNA and it is here that I activate my awakening again this lifetime, to serve again, to the highest level of evolution to help humanity awaken back to their true nature.



Day #1: Base Chakra

MONEY MONEY MONEY

One of the biggest things right?

Very few truly work on their Base Chakra in the deepest of deep ways. Maybe they do, and maybe it is just my judgement, but from my authentic feelings?

You can sense and FEEL when someone goes there.... deep into there...

Base Chakra is:

- ~ Fear or TRUST
- ~ Money & financial reality, clarity and dedication
- ~ Sexuality, sexual fire, sexual creative fire
- ~ Life Purpose
- ~ Our Physical Reality
- ~ Where we take ACTION

It is just like - at the Sacral, we are gestating our new reality, whatever you are working on, whether a physical baby, or project, or new job, or new home, it takes dedication and tending to, usually with tender love and care and commitment.

At the Base Chakra?

There is MOVEMENT.

It is where our physical reality is birthed - and to birth that? To make that happen? Just like 'making a baby' - sex needs to happen and in that?

There is MOVEMENT.

So if things start physically moving this week after weeks, months and years of waiting for this to happen? I wouldn't be surprised!

Any of those items on the Base Chakra list above, make you uncomfortable? Make you cringe? If you are not CLEAR in any areas of your Base Chakra that are mentioned above, it will pull another side of your reality down/off/out of balance.



Day #1: Base Chakra

So if you are really clear in your sexuality and then don't like looking at your finances, it is going to be lop sided for example and wonder why things aren't working or manifesting.

It can be just as uncomfortable to look at sexuality as it is money. And both go hand in hand. If you are uncomfortable looking at your money and then wonder why you are having trouble with it - this is where the relationship building I always talk about comes in.

If you don't want to look at your money and wonder why that isn't even happening or struggling with it or otherwise, and then wonder why a relationship isn't coming in or having issues in your relationship - notice how - not looking at the relationship, or tending to the relationship with your money, also affects your physical relationship?

So, it brings in to ask - what are you needing to tend to in your Base Chakra? The first thing that jumps out at you off that Base Chakra list is important and needing the most attention and now. The faster you take action on clearing something in your physical reality, your energetic reality will shift too.

And money? That's just energy.

Just like everything else.

So if you aren't focusing time, attention and building a relationship with your money, then do you see how this is a block of energy?

You not looking at it - you're not focusing attention there?

So, how can more energy be there, how can more money be there, when you are not wanting to even look at/focus energy, on all the money threads in your life?

How do you do this?



Day #1: Base Chakra

If you are SERIOUS about looking at your money and SERIOUS about doing the work every single day and want to rapidly shift your money story aka LIFE - there is sooo much I can share about this - so much I created a COMPLETE training on it. It is called Power My Life Upgrade.

For this week ONLY, you can get it for \$19. It is on my website for \$49, but ONLY this week, is \$19 - click here for it: <https://www.realityawareness.com/p/power-my-life-upgrade-unlocked-offer>

Otherwise - get clear on your Money story asap regardless... as when we are comfortable with our Money... we are comfortable with our LIFE.



Write or draw any revelations, aha moments or messages that you received from Day #1 to ground into reality your new sense of awareness:



Day # 2: Base Chakra

What if I just TRUSTED? Base Chakra Diagnostics

At the Base Chakra, we are either in Fear or Trust.

When realised at the Sacral Chakra, 'how' we can tap into our CORE - and where that deep seated vibration comes from of what we are emitting of our vibrational frequency out to the Universe and is what we attract into our lives from that frequency we are emitting from deep in there.

What happens when we use our Base Chakra to amplify this?

You know yourself, when you feel that deep seated TRUST and everything is FLOW and ALIVE and synchronicities are everywhere and more? That feeling?

And then you also know that feeling - when you are deep seated fear and you are grasping at straws and like everything is falling apart.. you know that fear feeling right?

What we do here at our Base Chakra - is we AMPLIFY and we use this as our TOOL. Our sacred tool. To decipher, to diagnose, to get clear on what is really going on in your life, with the issue at hand and more.

We've come down from the Crown, through each Chakra - you know what goes on in each Chakra now.... so what we do here?

Your Base Chakra is like your beacon - so when something is 'off' in your life - what you can do, is use your Base Chakra like a guiding light/tool/beacon, to 'scan' each Chakra and see where the trust or fear scale is sitting in each Chakra.

By doing this, you are able to tap into where the 'fear' is sitting and know what Chakra does what and then you can relay this to your life with the details/information and what you know what Chakra brings to your life and then you can tend to this Chakra situation/topic/issue in your life, to rebalance the energy in that Chakra aka, that situation in your life, and move it back into deep trust. Hence healing the situation in your life.



Day # 2: Base Chakra

This is a powerful tool that you can use over and over again, when something is bothering you in your life, or you are needing deep clarity on something, you can work from the inside out and heal things in your life. And/or you can take the issue 'out there' in your life and tune into what Chakra it relates to, and then do the necessary healing work related to that Chakra, to release the fear and step back into deep trust in that area.

If you haven't listened to/received my healing through the Next Wave Ascension Healing & Integration Meditation, which is the deep healing through each Chakra and the connection for each Chakra, along with how that connects to your nervous system - reconnecting the spiritual to the physical, you can get that here in my Free Essentials Meditation pack:

<https://www.realityawareness.com/p/essentials-free-meditation-pack>

I would recommend doing this frequently for maintenance, deep healing, life purpose activation and building that relationship with your energetic body, to make you clearer, stronger and more aware of your reality in your physical daily life.

Life becomes a walking beacon when you do this.

Life becomes your meditation when you do this.

It isn't something you just listen to in your meditating spot and then go about 'back to reality' - no - this BECOMES your reality.

And so your power is amplified.



Write or draw any revelations, aha moments or messages that you received from Day #2 to ground into reality your new sense of awareness:



Day # 3: Base Chakra

BIRTHING THE NEW REALITY IS UNCOMFORTABLE AS F*&K

Just like birthing a baby... oh there is pain, oh there is uncomfortableness, oh there is weird stuff that goes on, unusual things that you haven't experienced before... but then once you've had one baby, you kinda know what the deal is. Yet - doesn't mean you still don't feel all of the above again!

Birthing a new reality - is just this - uncomfortable.

Yet, when you can bring your utmost presence to this uncomfortableness - and stay with that presence with it...

Instead of running... Instead of closing off... Instead of projection and blame...
When you sit with your uncomfortableness in birthing your new reality?

You not only create new neural-pathways - you are literally bringing your physical reality into FORM. You are manifesting your ethers/thoughts/feelings/desires - into physical manifestation - from thought atoms into physical atoms.

Yet the reality of doing this, takes practise, dedication, someone to hold space for you, and a deep willingness for change.

Our Base Chakra is the seat of our Will. When we are willing to change - it opens the doorway and pathways of possibility.

When all of our Chakras, have the divine energy of Spirit brought down through from the Crown to the Base, the energy is ignited in the Base Chakra - everything is lit up with the Divine Spirit that is filtered down through the Heart and into the Base.

This deeply aligns one with their Life Purpose and uses their resources, skills, knowledge, understanding, power - we hand our Will over to Spirit when we do this.

What do I mean by this?



Day # 3: Base Chakra

We trust our intuition over outside resources, meaning the connection to Spirit we let IN at the Crown and has filtered down through each Chakra along the way, of the divine light and CONNECTION to Spirit from the Crown down.

We have:

- ~ made the connection at the Crown
- ~ seen the truth of our reality
- ~ listened deeply beyond the physical
- ~ spoken our truth and owned our projections we used to see and send out to the world (Third Eye, we've seen the inner reality of the truth, and own it now, instead of projecting it outwards)
- ~ honoured the grief from our past in our heart, so we can be free to let the joy in
- ~ deeply stepped into owning who we really are and taken the masks off our inner light
- ~ honoured the deep Soulful connection between not only our Mother, but all the Mother's before us, including the Great Mother and stepped into the deeply cyclic nature of LIFE
- ~ powerfully aligned all of the above to bring that divine wisdom and power from each individual chakra and fuelling and birthing that into our physical reality - bring ALL that awareness and light INTO our physical reality to sort it out with strength, courage, responsibility, ownership and making light work of it, to be able to create the space necessary to work on your dreams aka Life Purpose with clear understanding, space and power.

What section of your Base Chakra do you need to bring this divine and powerful awareness to today, to take action on that?

Where do you need to deeply not only 'sit' in the uncomfortableness of the newness that is around you today, but, to 'act' on it at the same time?

Remember, 'sitting in it' - is moving it... blockages are removed...and then what opens?

Is a new wave of energy that fuels that fire to birth your new reality with ease.



Write or draw any revelations, aha moments or messages that you received from Day #3 to ground into reality your new sense of awareness:



Day #4: Base Chakra

THE FIRE THAT FUELS IT ALL

Within your Base Chakra - is a Sacred Fire, that fuels the rest of your Chakras. And when this fire has been lit? #lookoutworld

Just like your Solar Plexus Power Pole that gives power to the rest of your Chakras, your Base Chakra Creative Sexual FIRE - Fires up, fuels the rest of your Chakras, from the Base up. This is your passion, your power, your ENERGY.

If you have ever had any sexual trauma AT ALL and haven't done any serious work on healing this you WILL be blocked in your Base Chakra and you know what I said on Day #1 about this, about 1 thing being out of balance and 'pulling every other area down' - this sexual trauma?

It shuts down a HUGE part of our being.

Our sexual FIRE - is what MADE US ALIVE IN THE FIRST PLACE.

Yes, as a collective, there is A LOT of sexual trauma. If someone doesn't think they have any... hmmm, I would question it, doesn't mean we have to go pointing it out to people. Who hasn't been put down or felt rejected in some way shape or form sexually before? Even as a kid we are shunned for exploring our sexuality when we are learning about our body and the physical world.

And when we shut down our sexuality, we shut down our FIRE. This FIRE is what gave us LIFE. If you are feeling flat, depressed or blocked in ANY area of your life. Check where your FIRE is. Which Chakra is your 'fire out'? Is it your Base itself? You can 'scan' your Chakras with your Fire, just like you did with the 'fear or trust scale' and see what is going on here.

Your FIRE in your Base, is your sexual fire, it is your creative fire, it is what CREATES. And this means ACTION.

At the Base Chakra it is where we take ACTION - no longer can you put off those things in and on your mind, it is time to kick them into gear. And at the Base - this is the energy that resides here.

You do it. And you do it again. And you continue to do it UNTIL it works.

By doing it? Meaning - you are listening to your intuition that has flooded through from your Crown, down through every part of you and you put it into action.



Day #4: Base Chakra

With our creative FIRE - sometimes things need to be cooked, burnt or completely wiped out/let go of for the new growth to occur.

You know how the bush regenerates after a fire? Thicker, healthier and stronger.

You know how the Dragons are born, from the fire? You know how the Phoenix also rises from the fire?

It doesn't mean the fire doesn't burn or hurt... it does... and it smoulders for a while...

But then it grows back stronger, purer and clearer about what needs to be done. The path is CLEAR.

What rises from the ashes, is a renewed you. Ready to take action.

Your sexuality is your power centre. It is where masculine and feminine come together to CREATE FIRE and out of the FIRE is birthed RENEWED LIFE.

There is no death, just the cycle of LIFE.

When we can learn to ride these cycles, when we allow our sexual creative fire that is BORN TO CREATE drive the wheel...

Your Life Purpose BLOOMS when you follow your fire, your creative urges and TRUST that you are supported in the fire that births YOU aka your Life Purpose. Every single aspect of it.

Do you really believe you would be given a Life Purpose if you also didn't have the creative fire drive and road map - to get you there?

Do you realise, your road map - lives within every single chakra that you've already gone through and built this starting connection with these last few weeks?

Do you..... know who you really are?

A powerful, creative, wise, confident Soul, who is deeply connected to their authentic self, their deepest truths...

Did you know... that you've always felt... different...

BECAUSE YOU'RE A LEADER?



Write or draw any revelations, aha moments or messages that you received from Day #4 to ground into reality your new sense of awareness:



Day #5: Base Chakra

LIFE PURPOSE & SABOTAGE

They go hand in hand... but they don't have to. At the Base Chakra - Life Purpose reigns. This is where we birth what we are here to do.

You might start projects or finish long awaited ones.

You might start that thing that has been on your mind, you might be starting to step up and out in your spiritual business - EVEN WHEN YOU FEEL THE FEAR - you do it anyway.

And do you know what happens when you do this?

It isn't about being perfect...

It isn't about waiting until you have ALL the tools and equipment..

It isn't about waiting UNTIL THEN - NO!

It is about doing what you can with what you have and just DOING IT!

Do you know what happens when you do this?

Magic.

Magic happens.

That thing about manifesting and birthing our reality?

Is that we must take action for things to MOVE.

Remember?

Action creates CREATION.

Sex and movement - creates new life.

MOVEMENT and ACTION on your Life Purpose - no matter how small - CREATES.

And what happens when something is created?

Energy forms - you have manifested something and what happens when atoms create something physical?

You create a vibration - you create YOU - you've created a vibration... And things are attracted to vibrations..

Like magnets they... PULL and ATTRACT.

That is why you must keep doing the thing UNTIL it happens.



Day #5: Base Chakra

It is a bit like having sex - you do it until you orgasm right? And if you don't get there, you do it UNTIL you do... And you keep trying UNTIL you do... No different to manifesting your reality - ANY part of it, whether it is your Life Purpose or not.

Because what happens when you've created something? You've put energy into it - whatever that thing is that is on the back of your mind TO DO and keeps popping up and people keep asking you about it - that thing...

Do it. Even if it is a little... even if no one shows up.

Do it. UNTIL people show up. Keep turning up. You know the saying - build it and they will come - this is soooo true when we are talking Life Purpose - ESPECIALLY if you resonate with Reality Awareness.

This is super IMPORTANT to keep in mind when we are talking Life Purpose.

Build it. And they will come.

And continue doing it UNTIL they come.. and then keep going of course.

What stops you from doing it?

Sabotage. I don't even like that word. Yet, just like the labels, we use it to describe the thing to help us understand so we can grow.... past it.

Sabotage is when you get pulled off path.

Sabotage is when you have a good thing and you ruin it - because you are fearful of letting go of old patterns, or are not sure how to, or keep one foot in the old door, just in case. In case of what? Babe... don't you get it yet? You are creating something that ISN'T here yet... so of course it is going to work.

Because you make it so. UNTIL it happens. You do it UNTIL it happens. And then keep going

Sabotage is when you are soooo close to finishing the thing and EVERYTHING will turn up to try and stop you completing the damn thing.

Sickness. Disagreements. Exhaustion. Physical pressures. Emotional breakdowns. Demons. Entities. Anything.

Yet - you know what you do?

YOU KEEP GOING.

Sometimes that means letting things go for a few days and do ONLY the thing that you know you MUST finish... or start.



Day #5: Base Chakra

That means that sometimes we need to block out all our 'normal' duties - just for a time, to just GET IT DONE.

I remember hearing Markus Rothkranz say one time that he is locking himself in his office and not answering emails or other work UNTIL his book was finished. His dear partner, Cara, supported him and brought him food and more and tended to him UNTIL it was done.

3 days later of clear, uninterrupted focus and support - he finished it.

That has always stuck in my mind.

And yet, I do that all the time.

I let the dishes go. (Until I have dear Ali, deeply supporting me around my home and caring for us, that I cannot express my gratitude enough, it is a Soul depth recognition of gratitude, that I cannot put into words)

I remember putting on my story once, the state of my kitchen after 4 days of content creation mode in my office and just not tending to the kitchen other than to get food and eat. You can imagine the state of it right?! And someone replied to my story saying how bad that was. I didn't reply... they just had no idea.. and I knew where I was headed. And I kept going UNTIL....

That now, my house is immaculately cared for 3 days a week. My house is CONSTANTLY clean. There is ALWAYS food prepared in my fridge, not just food, but prepared food. My animals are taken care of, everything you need to do around your home? I don't do any of it - and it is always now immaculately clean, organised, prepared.... all of it.

You know what that is?

Dreams come true.

That is birthing your reality.

That is turning up and doing the thing and letting go of the other things that pull you off path, that take you away from the thing you need to be doing TODAY - that get's you to the bigger picture place.



Day #5: Base Chakra

Sabotage will kick in when you are just about to start - and when you are just about to finish. And it is in those moments, when you need to pull on all your will power, all your inner strength, all your spiritual support and physical support and most of all?

You need to be able to say NO.

You need to be comfortable with being unavailable for the things that society would frown upon you for not doing.

You need to be able to say NO - so that you can say YES to your dreams.

Sabotage will kick in, when you are:

ABOUT TO BREAK THROUGH - REMEMBER THAT

And when you remember that?

You choose.

You choose to not only know, but FEEL - that -

You are not exhaustion.

You are experiencing exhaustion.

You are not tired.

You are experiencing tiredness.

You are not sick.

You are experiencing sickness.

You are not emotional.

You are experiencing emotions.

You are not physically stuck.

You are experiencing physical stuckness.

(Thanks Lois!)

Because with this awareness??

Oh - didn't you just feel that difference?

THAT taps you into...

Your TRUE POWER.

And in that space... THAT is where your Life Purpose is birthed...

NO MATTER WHAT.

So what is that thing you need to do?



Write or draw any revelations, aha moments or messages that you received from Day #5 to ground into reality your new sense of awareness:

