

# NINE GEMS



## ROCKING YOUR CROWN PROPERLY

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# **QUEEN GENE CHECK LIST**

**BEFORE WE GET  
STARTED LET'S SEE IF  
YOU EVEN FIT THE  
DISCRIPTION OF A QUEEN**



# TALLY UP YOUR CHECK MARKS!

- ✓ Do you often feel like you're meant to participate in a global shift in consciousness?
- ✓ Are you a female?
- ✓ Do you feel most at home in nature?
- ✓ You feel a sort of spiritual calling to ease the suffering of people, animals, and nature.
- ✓ You've always felt like you don't quite belong anywhere because you are a bridge?
- ✓ You're highly creative.
- ✓ You're extremely intuitive.
- ✓ You are an empath.
- ✓ You're very sensitive like the Princess and the Pea.
- ✓ You feel called to gather with like-minded people.
- ✓ You tend to be more spiritual than religious.
- ✓ You've been through a difficult time in your life (trauma/initiation) which has prepared you for this leadership role.



**If you have checked off nine or more of these qualities, you are destined to be a Queen.**

Now that it is established that you're a Queen, let's explore the necessary gems (tools) that will set you apart from the rest.

Learning Chakras are essential to being a Queen because they are a vital part of your inner guidance system. Awareness and understanding of the chakras can lead to a more holistic understanding of the connection between the physical, emotional, and energetic body. How can we call ourselves Queens and we have no idea about how the body works?



# What are Chakras?

Chakras are the energy centers of the body. They are located in the astral body, along the spine, starting at its base and running upwards to the crown of the head. The astral body is the energy body residing inside our physical body. Each physical body part has a corresponding astral body part. The astral body cannot be seen or touched. This is also a reason why we cannot see the chakras.

The chakras radiate a specific color and energy. Each one coincides with a gland in the physical body. Since each chakra relates to specific spiritual, emotional, psychological, and physical aspects of our being, it is believed that their blockage or malfunction can lead to physical, psychological, and emotional disorders. The conscious awareness and balancing of these energy centers, on the other hand, is believed to lead to well-being and good health.



# 1. Chakra – Root Chakra



**Symbol:** The Root Chakra symbol consists of a 4-petaled lotus flower, a square, and a downward-facing triangle. Each element is said to represent the 4 aspects of the human mind, uniting to form the birth of the human consciousness.

**Color:** Red

**Element:** Earth

**Location:** The Root Chakra is located at the base of the spine, between the anus and the genitals. It is characterized by the emotions of survival, stability, ambition, and self-sufficiency.

**Symptoms of a blocked Root Chakra:** When this chakra is out of balance, a person starts feeling unstable, ungrounded, lack of ambition, lack of purpose, fearful, insecure, and frustrated.

**Signs of a balanced/imbalanced Root Chakra:** However, when the Root Chakra is balanced, these are replaced by more positive emotions, and you feel stable, confident, balanced, energetic, independent, and strong.

**Gem 1:** Connected to how we exist in the physical world; Food, Clothing, and Shelter (basics needs)



# 2.Sacral Chakra



**Symbol:** The symbol for the Sacral Chakra is made up of multiple circles, a crescent moon, and six lotus flower petals. The circles and crescent moon represent the cyclical nature of life, death, and rebirth, while the 6 petals portray the 6 negative aspects of our nature that we need to overcome to open this chakra.

**Color:** Orange

**Element:** Water

**Location:** The Sacral Chakra, is located in the lower abdomen, about four fingers below the navel. Its attributes include the basic need for sexuality, as well as creativity and self-worth.

**Symptoms of a blocked/imbalanced Sacral Chakra:** When the Sacral Chakra is imbalanced, a person may feel emotionally explosive and irritable, sense a lack of energy and creativity, feel manipulative, or obsessed with sexual thoughts.

**Signs of a balanced Sacral Chakra:** When balanced, it makes one feel more vibrant, happy, positive, satisfied, compassionate, and intuitive.

**Gem 2:** Connected to desires and habits.

# 3.Solar Plexus Chakra



**Symbol:** The Solar Plexus Chakra symbol consists of a downward-pointing triangle within a ten-petalled lotus flower. The ten petals symbolize ten negative character traits that we have to conquer, while the triangle is the Agni tattva or fire of kundalini energy which signifies our inner strength.

**Color:** Yellow

**Element:** Fire

**Location:** The Solar plexus is located between the navel and the bottom of the rib cage. It is characterized by emotions like ego, anger, and aggression.

**Symptoms of a blocked/imbalanced Solar Plexus Chakra:** An imbalance of the Solar Plexus Chakra can manifest physically as digestive problems, liver problems, or diabetes. On an emotional level, one might struggle with depression, lack of self-esteem, anger, and perfectionism.

**Signs of a balanced Solar Plexus Chakra:** By balancing this chakra, we feel more energetic, confident, productive, and focused.

**Gem 3:** Connected to the need for power and control or the lack thereof.

# 4. Heart Chakra



**Symbol:** In the Heart Chakra symbol, two triangles intersect to form a yantra which represents the balance of yin and yang, or upward and downward forces. Outside, there is a lotus flower with 12 petals symbolizing the twelve divine qualities associated with the heart.

**Color:** Green

**Element:** Air

**Location:** The Heart Chakra is located in the heart region. This chakra is the seat of balance, and it is characterized by emotions of love, attachment, compassion, trust, and passion.

**Symptoms of a blocked/imbalanced Heart Chakra:** When the heart chakra is imbalanced, a person may deal with emotional issues like anger, lack of trust, anxiety, jealousy, fear, and moodiness.

**Signs of a balanced Heart Chakra:** By harmonizing this energy center, a person begins to feel more compassionate, caring, optimistic, friendly, and motivated.

**Gem 4:** Connected to Forgiveness.



# 5. Throat Chakra



**Symbol:** The symbol of the Throat Chakra consists of a 16-petalled lotus flower surrounding an inverted triangle which holds a circle within. This represents spiritual growth and the purification of the body, mind, and spirit.

**Color:** Blue

**Element:** Space

**Location:** The Throat Chakra is located at the base of the throat, coinciding with the thyroid gland. It is associated with inspiration, healthy expression, faith, and the ability to communicate well.

**Symptoms of a blocked/imbalanced Throat Chakra:** A blockage in the throat chakra may be experienced as timidity, quietness, a feeling of weakness, or the inability to express our thoughts.

**Signs of a balanced Throat Chakra:** When this chakra is balanced, it enables creativity, positive self-expression, constructive communication, and a sense of satisfaction.

**Gem 5:** Connected to the ability to speak your/the truth.

# 6. Third Eye Chakra



**Symbol:** The Third Eye Chakra symbol consists of an inverted triangle resting in a circle between two lotus petals. The two petals and downward-facing pyramid both signify wisdom, emphasizing the Third Eye Chakra's role in our journey to spiritual awareness.

**Color:** Indigo

**Element:** Light

**Location:** The Third Eye Chakra is located between the eyebrows and is often used as a focal point during yoga practice to develop more concentration and awareness. It is said that meditating upon this chakra destroys the karma of past lives and brings liberation and intuitive knowledge. Its attributes are intelligence, intuition, insight, and self-knowledge. While the two physical eyes see the past and the present, the third eye reveals insight into the future. This chakra establishes a connection with the external world through inner vision. Focusing on the third eye motivates us to move beyond the worldly desire and distractions. When the 3rd Eye Chakra is awakened, it increases consciousness and transcends to a higher realm.

**Symptoms of a blocked/imbalanced Third Eye Chakra:** When imbalanced, it may make you feel non-assertive and afraid of success, or on the contrary, it can make you more egotistical. An imbalance can manifest as physical problems like headaches, blurry vision, and eye strain.

**Signs of a balanced Third Eye Chakra:** When this chakra is active and balanced, a person feels more vibrant and confident, both spiritually and emotionally. In the absence of the fear of death, one becomes his own master and remains free of all attachment to material things. The third eye is often associated with religious visions, clairvoyance, the ability to observe chakras and auras, precognition, and out-of-body experiences.

**Gem 6:** Is the seat of intuition

# 7. Crown Chakra



**Symbol:** The Crown Chakra symbol is depicted as a ring of a thousand lotus petals surrounding an inverted triangle. This symbolizes the rising of divine energy into the Crown Chakra, bringing spiritual liberation and enlightenment.

Associated with the element of thought, this energy center controls your connection to spirit, as well as your sense of universal consciousness, wisdom, unity, and self-knowledge.

**Color:** Violet or White

**Element:** Thought

**Location:** The Crown Chakra is located at the crown of the head. The seventh chakra is the center of spirituality, enlightenment, and dynamic thought and energy. It allows for the inward flow of wisdom and brings the gift of cosmic consciousness. This chakra is all about spiritual connection and transformation. It lifts and inspires you, connecting you to the divine (you might call this angelic energy, the Source, or God.) This chakra also gives you a sense of your own divinity, the awareness that you are a soul in a human body.

**Symptoms of a blocked/imbalanced Crown Chakra:** When it gets imbalanced, one might suffer from a constant sense of frustration, melancholy, and destructive feelings.

**Signs of a balanced Crown Chakra:** A balanced Crown Chakra promotes spiritual understanding, inner peace, and a clear perspective on the world.

**Gem 7:** Connected to our God Consciousness.



### **Gem 8: Emotional Intelligence.**

By understanding your emotions and how to control them, you're better able to express how you feel and understand how others are feeling. This allows you to communicate more effectively and forge stronger relationships, both at work and in your personal life.

Emotional intelligence helps you to relieve stress, empathize with others, communicate effectively, manage conflict, and overcome problems. When your emotions are balanced it allows you to respond appropriately and build deeper, more meaningful relationships with your friends, family, and loved ones.

### **Gem 9: Vibrational Frequency.**

Emotions resonate with the vibrational frequency that they generate. The higher the vibrational frequency, then the higher the expansion, and the greater the Life Force in your cells. The lower the vibrational frequency, then the greater the contraction, and the lesser of Life Force in your cells. Every thought and emotion has its own vibrational frequency or wave frequency. Every person on this planet is vibrating at a very subtle hertz frequency rate or their personal vibration analysis. We have a base metabolic rate when at rest, but when events start happening in our lives and our emotions are engaged our vibrational rate changes rapidly and often dramatically. As we move through each experience in life most of our reactions become automatic, often negative, emotional reactions as a learned habit. Our own behavior seems uncontrollable. In Western society we are not taught at home or in our education system how to view each life experience separately and appropriately, how to learn from those experiences, process them and let go the negative emotions.

Another aspect of Rocking Your Crown Properly is understanding vibrational frequencies and how it relates to our quality of life. It is our **DUTY** as **QUEENS** to manage our emotions and be the example for our loved ones. It is also necessary as Queens to share this information with those seeking to heal themselves by giving them a greater understanding of how the mind, body and spirit work together (for or against us).

**The Emotional Vibration Chart** below maps the range of human emotions to higher and lower frequencies. Peace and joy are higher vibration emotions, while shame and guilt are lower vibration emotions. By using the chart, you can understand which emotions are “higher vibration” and start to cultivate more of those in your life.

**Homework:** Study this chart and see where you often fall on the vibrational scale then set up a **30-minute FREE** Consultation with me if you are interested in learning about how to incorporate energy balancing into your everyday life.

## THE HUMAN EMOTIONAL VIBRATION CHART

