

# EMBARK ON A JOURNEY

REWIRE YOUR BRAIN

BUILD NEW HABITS

CREATE A NEW IDENTITY

*A group of people who are  
looking to find their true  
identity and by doing so finding  
God's true identity.*

YOU HAVE THE POWER TO CHOOSE

# THE 100FOLD JOURNEY



# The 10 Truths



Memorization

**TODAY, RIGHT NOW, IS THE BEST MOMENT OF  
MY LIFE**

**ALL MY NEEDS ARE CONSTANTLY MET**

**I AM ALWAYS IN THE RIGHT PLACE, AT THE  
RIGHT TIME**

Application

**GOD HAS GRANTED ME FAVOR, IN THE SIGHT OF  
THOSE AROUND ME**

**EVERYTHING MY HAND TOUCHES, PROSPERS**

**I HAVE AN ATTITUDE OF GRATITUDE**

Meditation

**CIRCUMSTANCES DON'T MATTER, ONLY STATE  
OF BEING MATTERS**

**I HAVE UNLIMITED POSSIBILITIES & RESOURCES**

**I WILL BE GOD TO SOMEONE, TODAY**

**LIFE IS A MIRROR, WHICH REFLECTS BACK,  
WHAT I TRULY BELIEVE AND THINK**



# I AM The Dwelling Place of God

**1 Corinthians 3:16**

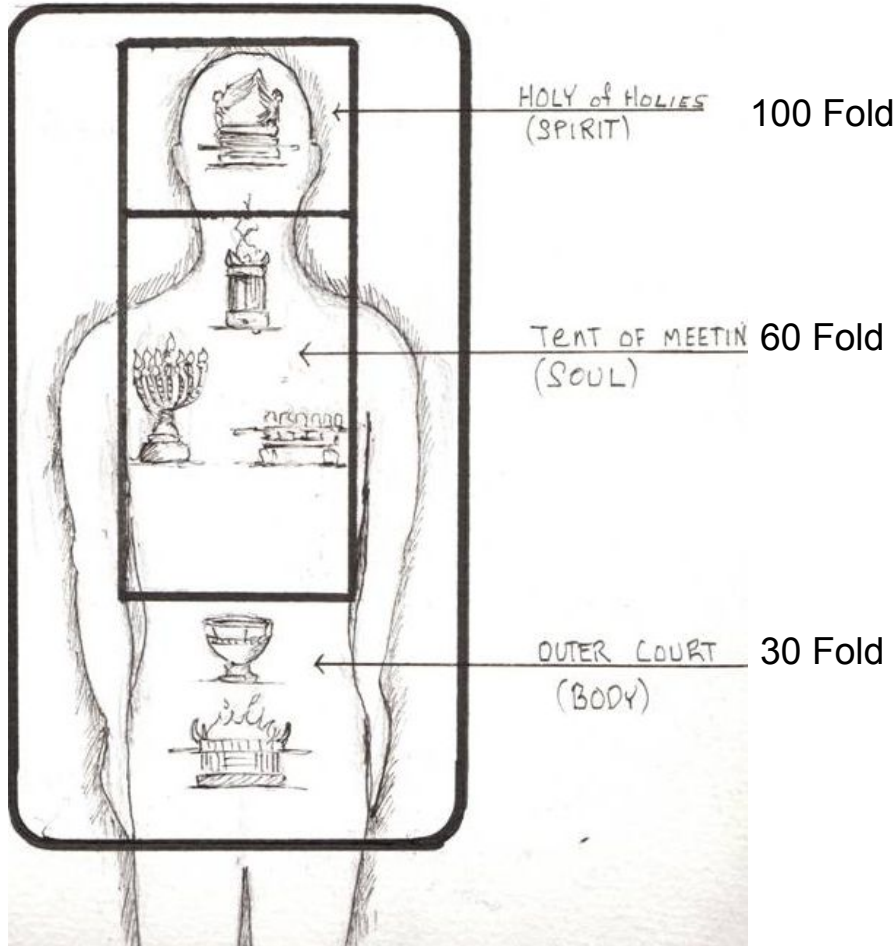
**...you are God's temple  
and God's Spirit lives  
in you!**

**John 17:22**

**I have given them the glory  
- the glory you gave me  
that they may be one  
as we are one--**



# I AM The Dwelling Place of God



## Temple Furniture

Bronze Altar

Bronze Laver

Table of Showbread

Golden Lampstand

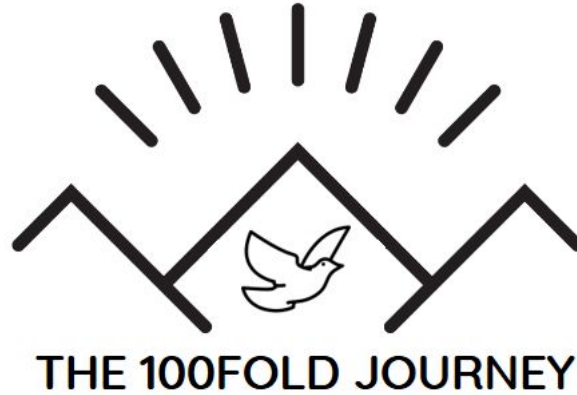
Altar of Incense

Ark of Covenant

Mercy Seat

God & Chakras

The Breastplate of the  
High Priest



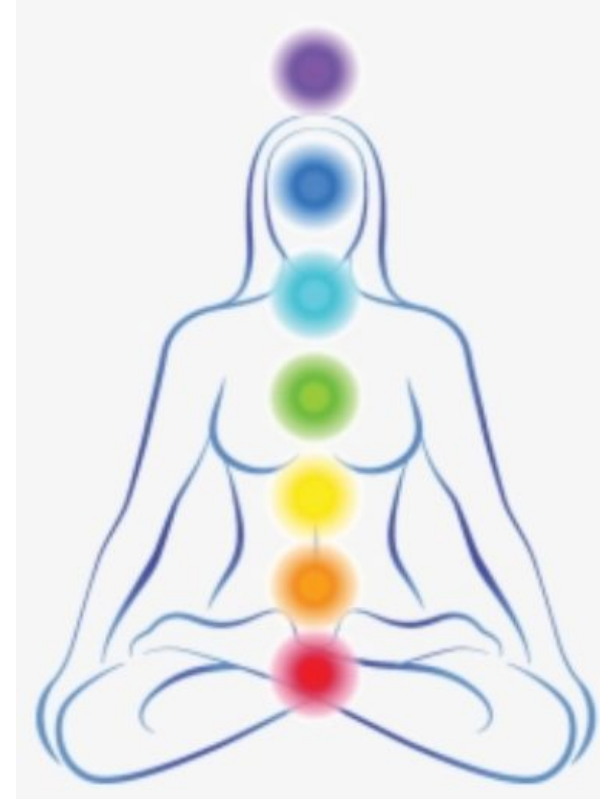
# I AM The Dwelling Place of God

## Part 8: God & The Chakras

# What is a Chakra?

The Sanskrit definition of chakra is “wheel,” or “turning.” This “wheel” is thought to spin and release vital energy, or life force, throughout the body. The Merriam-Webster Dictionary defines chakras as, “Any of several points of physical or spiritual energy in the human body.” As believers in Christ, we know our physical bodies come from Him, and the Holy Spirit breathes life and Spirit into our physical, as well as spiritual, bodies. The Father, Son, and the Holy Spirit release vitality and all the life force necessary to live an abundant, fulfilled life through Christ. To Christians, this is known as the Trinity.:-Michelle Thielen

Think of your “energy body” as the electricity of your physical body. Without your energy body, your physical self could not function or survive. Our physical bodies contain a complex energy system that consists of energy centers and channels. Yoga philosophy describes our God-given energy centers as chakras. The energy channels, or nerves, that transport this vital energy throughout the body are known as nadis. The chakra system is a visual template used in the yoga world for understanding how to maintain spiritual, physical, emotional, and social balance within one’s body and others around us. Chakras correspond to vital points in the physical body, such as major networks of arteries, veins, and nerves, similar to reflexology and acupuncture points.



# God Created Energy

“Knowing that Christ dwells within us, and His Holy Spirit guides us, we conclude that He gives us life, vitality, and energy.

Acts 17:28 for in Him we live and move and have our being, as also some of your own poets have said, ‘For we are also His offspring.’

Acts 1:8 But you shall receive power when the Holy Spirit has come upon you; and you shall be witnesses to Me in Jerusalem, and in all Judea and Samaria, and to the end of the earth.”

We contend with all the energy that He so powerfully works in me. Not some energy, not weakly works in us, but powerfully and all energy. This is great news. We cannot breathe without Him, and we will not be powerful or strengthened without Him.

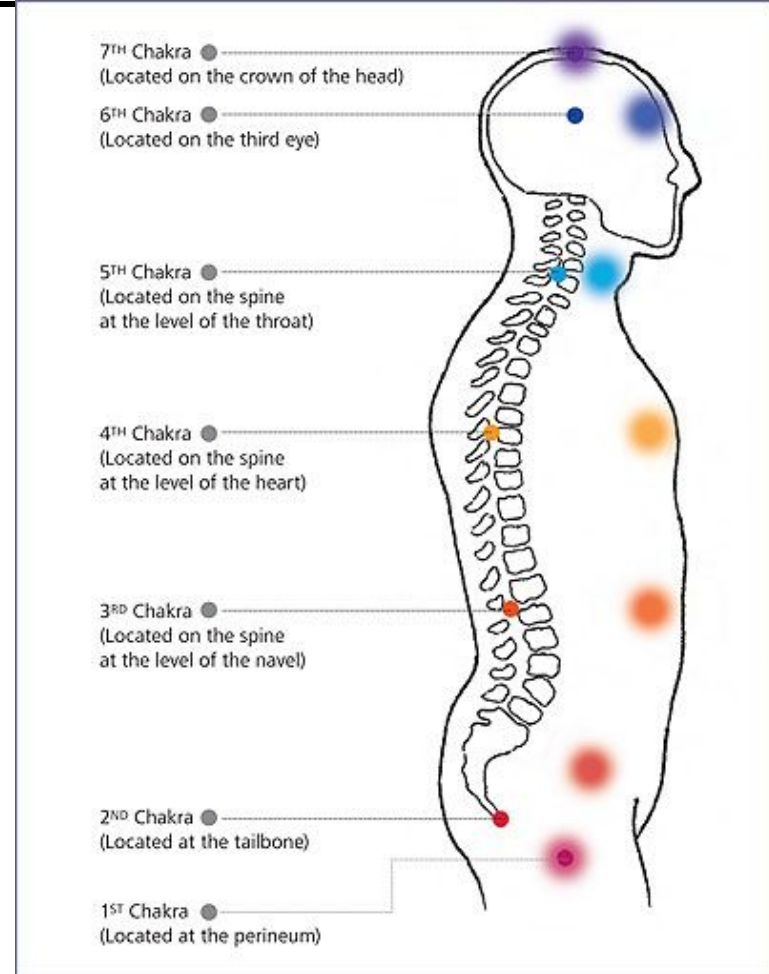
And Moses said, “This is how you will know that the Lord has sent me to do all these things that I have done-for I have not done them on my own.” Numbers 16:28.

God is our Source. God is the Creator of life; He is pure energy. Energy has a vibration, or a frequency. That energy is LOVE. The further an organism is from its source, the lower its frequency and vibrations become. If we become cut off from this source, we die. The closer we are to the Source, God, the more alive we will be.”-Michelle Thielen



# Our Life Force

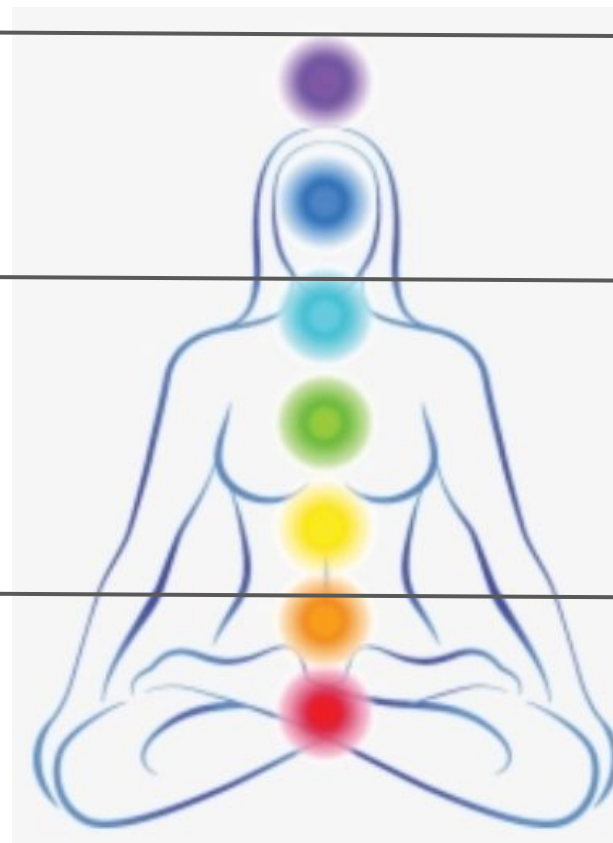
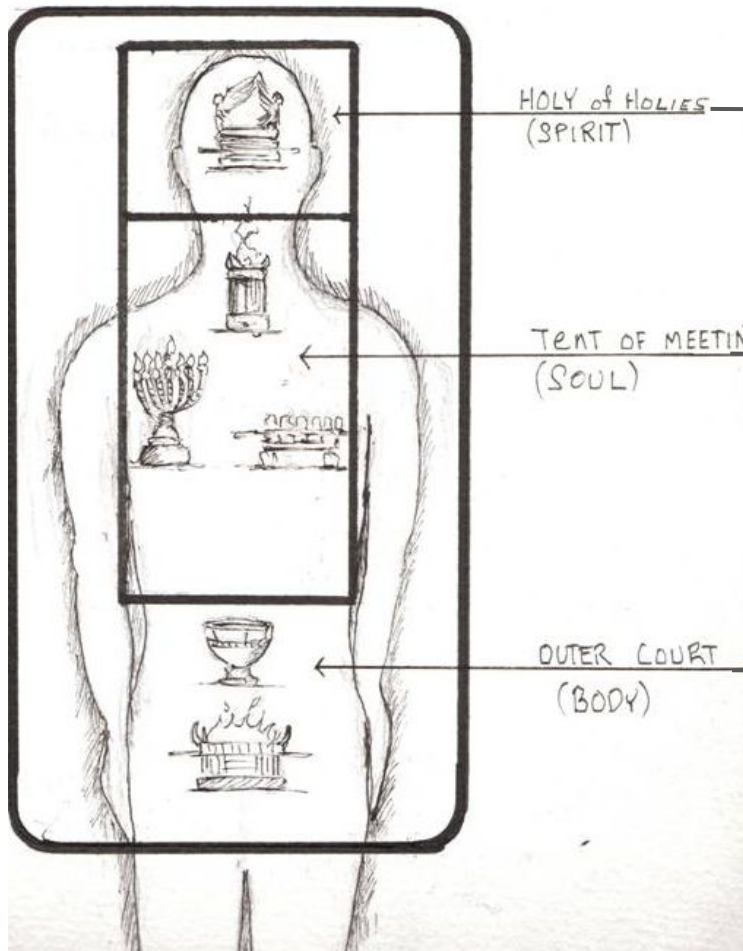
Again, the word Chakra means “spinning wheel of energy” in the Sanskrit language of ancient India. There are many minor Chakras in the body, but more importantly, there are seven main Chakras, along the spine. Each of these seven Chakras are connected to a nerve plexus, situated within the seven main endocrine glands. Each chakra is also associated with different parts of the body. The Chakras are the energetic conduits of Life, connecting you directly to the Universal Life Force. Consequently, understanding and using your chakras can easily promote physical, emotional and spiritual healing and well being. You easily can achieve a healthier balance of your body, mind and spirit, when we understand each function of these energy zones.





Chakras - Just like God, they have  
always been there,  
our eyes just needed to be opened!!!





*Crown Chakra*

*Third Eye Chakra*

*Throat Chakra*

*Heart Chakra*

*Solar Plexus Chakra*

*Sacral Chakra*

*Root Chakra*



*Spirituality*

*Awareness*

*Communication*

*Love, Healing*

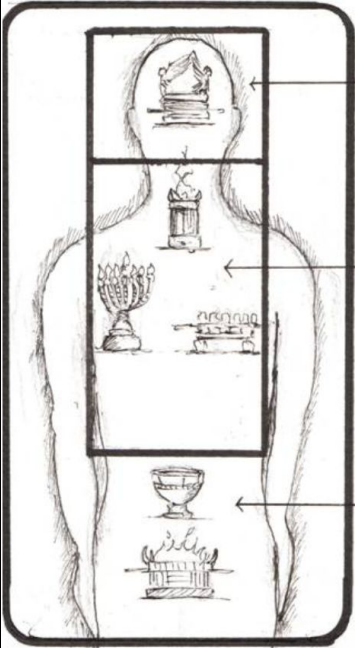
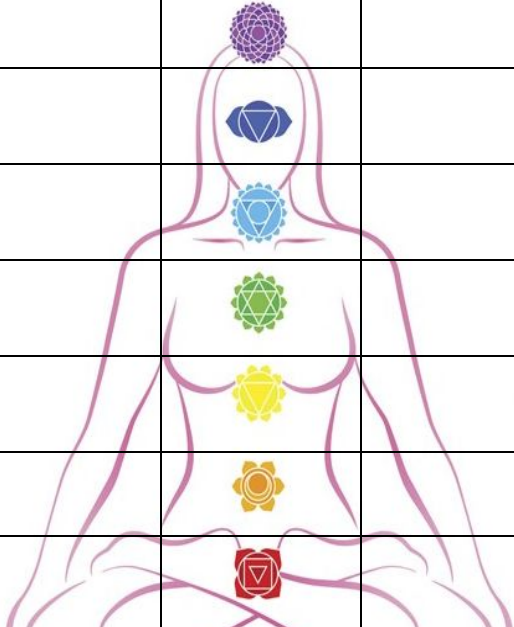
*Wisdom, Power*

*Sexuality, Creativity*

*Basic Trust*

7 Chakras  
7 Perfection

# The Amazing Seven's








Tabernacle	Gen 1:1	Creation	Christ	Feasts	Colors of Rainbow & Chakras	Chakra	Symbol	Symbol
Mercy Seat								
Ark of Covenant								
Altar of Incense								
Golden Lampstand								
Table of Showbread								
Bronze Laver								
Bronze Altar								
								

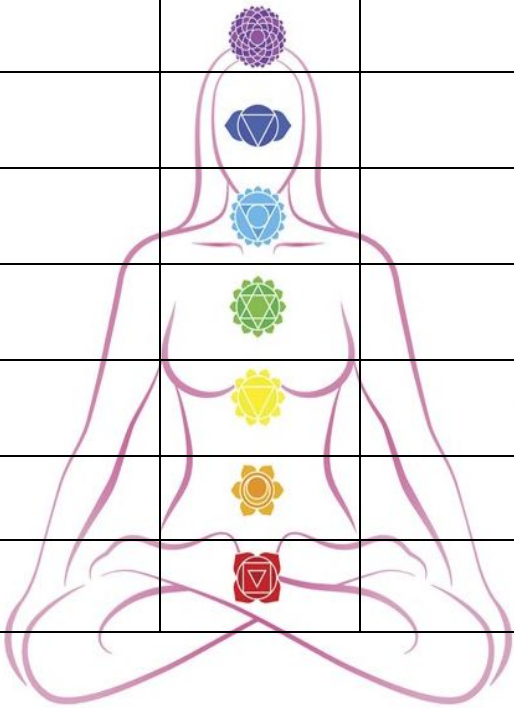


# The Amazing Seven's








Tabernacle	Gen 1:1	Creation	Christ	Feasts	Colors of Rainbow & Chakras	Chakra	Symbol	Symbol
Mercy Seat	Earth							
Ark of Covenant	And							
Altar of Incense	Heaven							
Golden Lampstand	‘							
Table of Showbread	God							
Bronze Laver	Created							
Bronze Altar	Beginning							

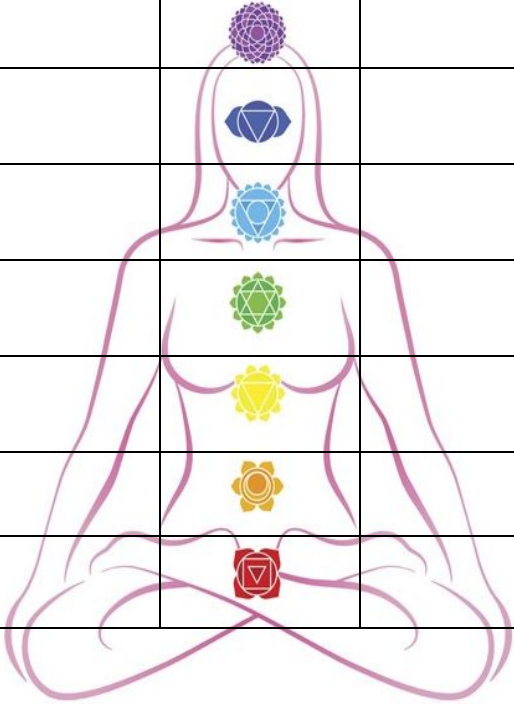
# The Amazing Seven's

Tabernacle	Gen 1:1	Creation	Christ	Feasts	Colors of Rainbow & Chakras	Chakra	Symbol	Symbol
Mercy Seat	Earth	Rest						
Ark of Covenant	And	Man						
Altar of Incense	Heaven	Creatures						
Golden Lampstand	‘	Planets						
Table of Showbread	God	Vegetation						
Bronze Laver	Created	Water						
Bronze Altar	Beginning	Light						










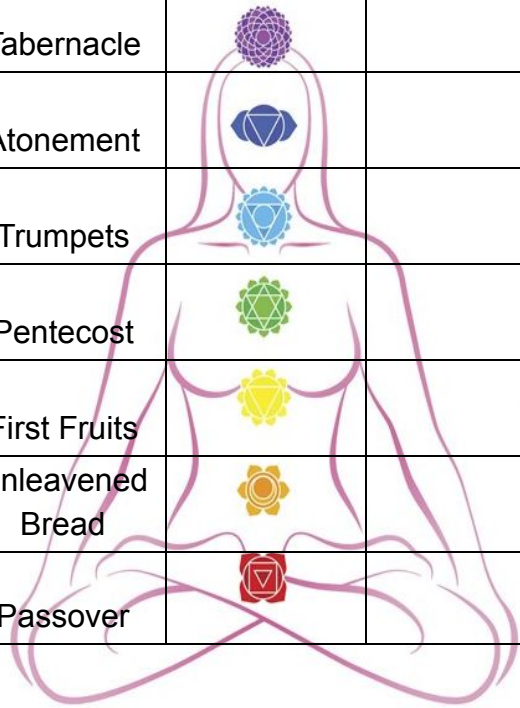
# The Amazing Seven's

Tabernacle	Gen 1:1	Creation	Christ	Feasts	Colors of Rainbow & Chakras	Chakra	Symbol	Symbol
Mercy Seat	Earth	Rest	Rest					
Ark of Covenant	And	Man	Remembrance					
Altar of Incense	Heaven	Creatures	Regather					
Golden Lampstand	‘	Planets	Holy Spirit					
Table of Showbread	God	Vegetation	Resurrection					
Bronze Laver	Created	Water	Burial					
Bronze Altar	Beginning	Light	Death					










# The Amazing Seven's

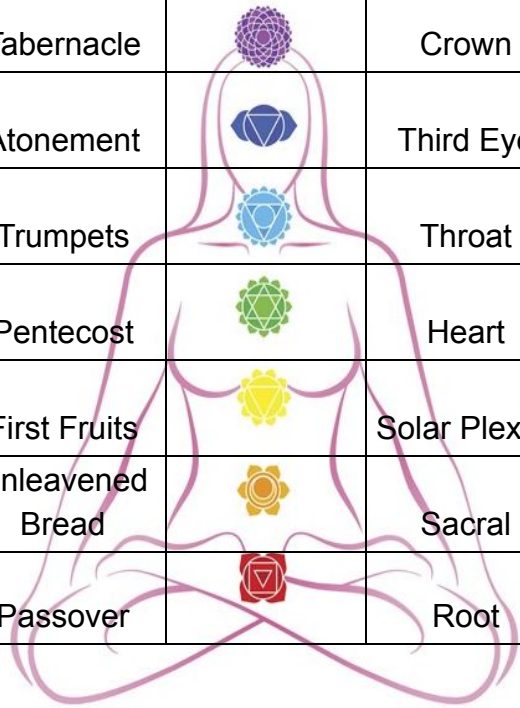
Tabernacle	Gen 1:1	Creation	Christ	Feasts	Colors of Rainbow & Chakras	Chakra	Symbol	Symbol
Mercy Seat	Earth	Rest	Rest	Tabernacle				
Ark of Covenant	And	Man	Remembrance	Atonement				
Altar of Incense	Heaven	Creatures	Regather	Trumpets				
Golden Lampstand	‘	Planets	Holy Spirit	Pentecost				
Table of Showbread	God	Vegetation	Resurrection	First Fruits				
Bronze Laver	Created	Water	Burial	Unleavened Bread				
Bronze Altar	Beginning	Light	Death	Passover				












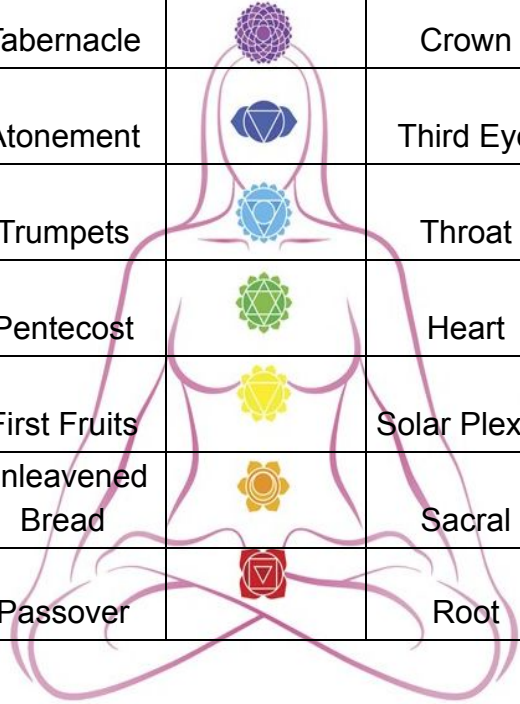
# The Amazing Seven's

Tabernacle	Gen 1:1	Creation	Christ	Feasts	Colors of Rainbow & Chakras	Chakra	Symbol	Symbol
Mercy Seat	Earth	Rest	Rest	Tabernacle		Crown		
Ark of Covenant	And	Man	Remembrance	Atonement		Third Eye		
Altar of Incense	Heaven	Creatures	Regather	Trumpets		Throat		
Golden Lampstand	‘	Planets	Holy Spirit	Pentecost		Heart		
Table of Showbread	God	Vegetation	Resurrection	First Fruits		Solar Plexus		
Bronze Laver	Created	Water	Burial	Unleavened Bread		Sacral		
Bronze Altar	Beginning	Light	Death	Passover		Root		










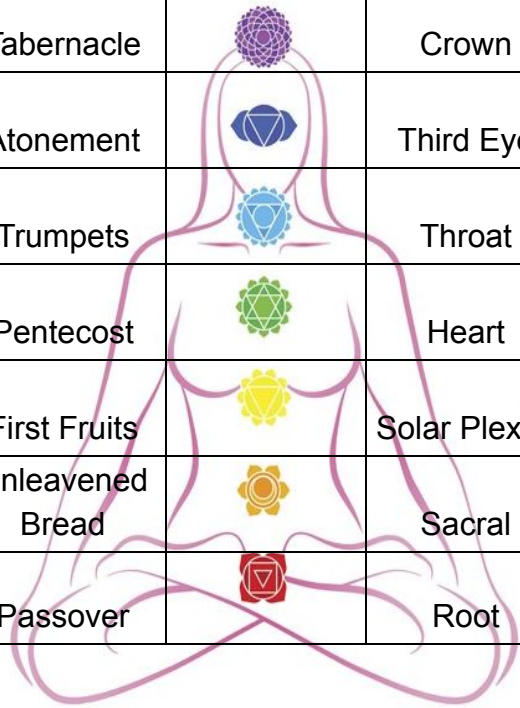
# The Amazing Seven's

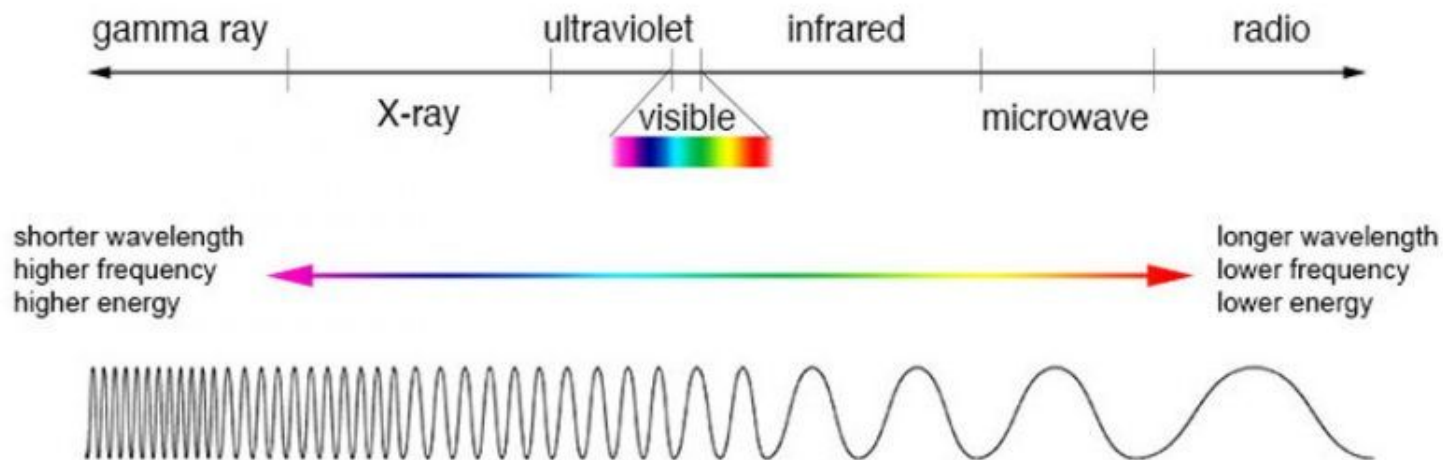
Tabernacle	Gen 1:1	Creation	Christ	Feasts	Colors of Rainbow & Chakras	Chakra	Symbol	Symbol
Mercy Seat	Earth	Rest	Rest	Tabernacle		Crown	Spirituality	
Ark of Covenant	And	Man	Remembrance	Atonement		Third Eye	Awareness	
Altar of Incense	Heaven	Creatures	Regather	Trumpets		Throat	Communication	
Golden Lampstand	‘	Planets	Holy Spirit	Pentecost		Heart	Love, Healing	
Table of Showbread	God	Vegetation	Resurrection	First Fruits		Solar Plexus	Wisdom, Power	
Bronze Laver	Created	Water	Burial	Unleavened Bread		Sacral	Sexuality, Creativity	
Bronze Altar	Beginning	Light	Death	Passover		Root	Basic Trust	










# The Amazing Seven's

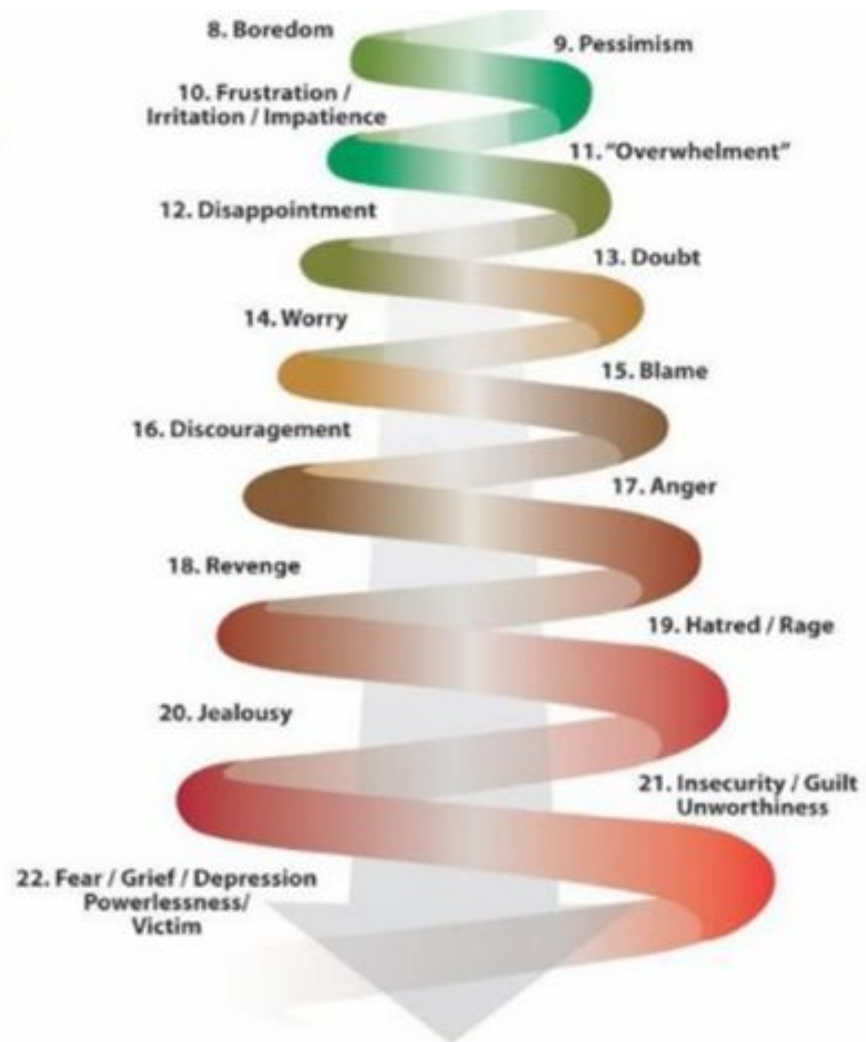
Tabernacle	Gen 1:1	Creation	Christ	Feasts	Colors of Rainbow & Chakras	Chakra	Symbol	Symbol
Mercy Seat	Earth	Rest	Rest	Tabernacle		Crown	Spirituality	Thought
Ark of Covenant	And	Man	Remembrance	Atonement		Third Eye	Awareness	Light
Altar of Incense	Heaven	Creatures	Regather	Trumpets		Throat	Communication	Sound
Golden Lampstand	‘	Planets	Holy Spirit	Pentecost		Heart	Love, Healing	Air
Table of Showbread	God	Vegetation	Resurrection	First Fruits		Solar Plexus	Wisdom, Power	Fire
Bronze Laver	Created	Water	Burial	Unleavened Bread		Sacral	Sexuality, Creativity	Water
Bronze Altar	Beginning	Light	Death	Passover		Root	Basic Trust	Earth





Color	Wavelength interval	Frequency interval
 <b>Red</b>	~ 700–635 nm	~ 430–480 THz
 <b>Orange</b>	~ 635–590 nm	~ 480–510 THz
 <b>Yellow</b>	~ 590–560 nm	~ 510–540 THz
 <b>Green</b>	~ 560–520 nm	~ 540–580 THz
 <b>Cyan</b>	~ 520–490 nm	~ 580–610 THz
 <b>Blue</b>	~ 490–450 nm	~ 610–670 THz
 <b>Violet</b>	~ 450–400 nm	~ 670–750 THz





# How do we know Chakras exist?

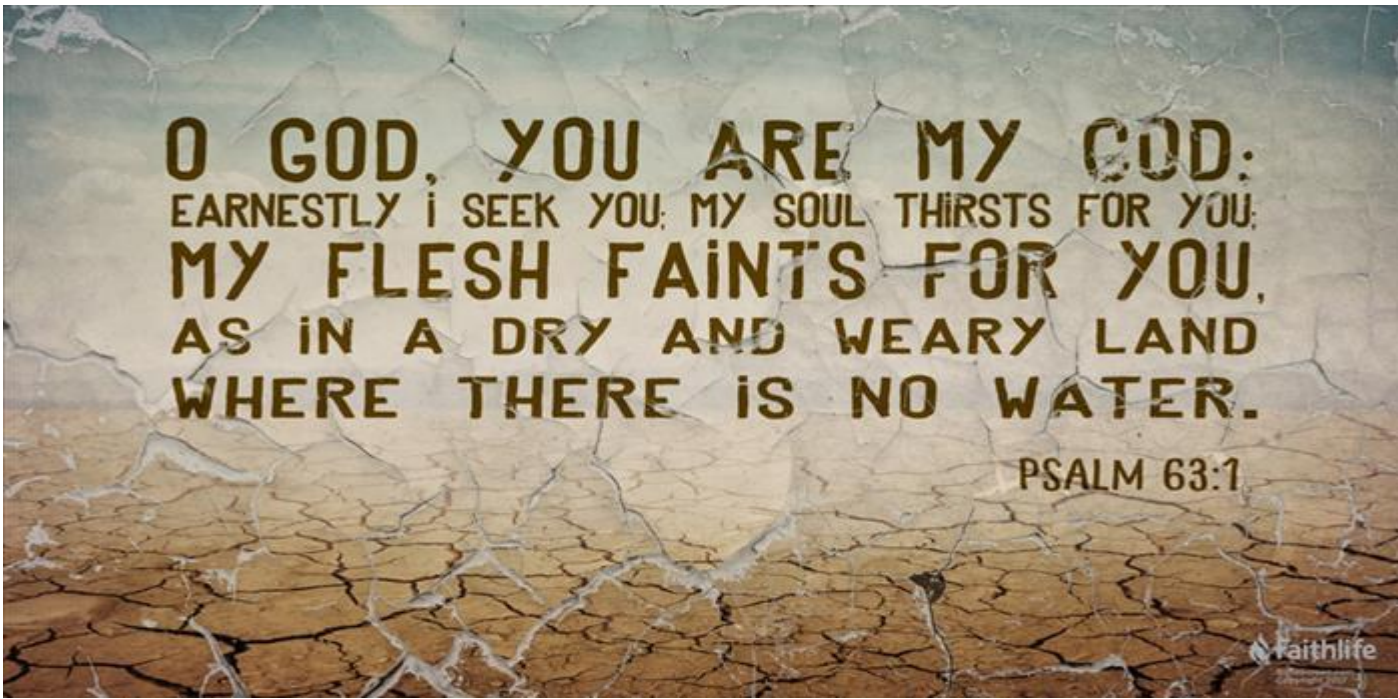


The late Dr. Hiroshi Motoyoma, who was a scientist, conducted a few experiments to try to validate the existence of chakras. Motoyoma created a chakra tool that could help detect electrical, magnetic, and optical changes within the body. The scientist introduced subjects to an electrostatically secure room where energy changes could be read. Over a hundred people were tested, and the results showed that mental concentration on specific chakras increased energy output from the centers. (Motoyama, The Theories of the Chakras)

As we know, our thoughts and emotions can affect our bodies and other creations like water. We also know this is the case with plants, crystals, etc. If you need more green in your life due to an imbalance, you can go out in nature or put more green around you, but you can also just imagine the color because the mind is powerful.

A professor of kinesiology also made some discoveries regarding chakras. Her name was Valerie Hunt, and she used an electro-myograph to record various electromagnetic outputs the body radiates. The instrument was meant to read electrical activity, and it did record electrical spikes in areas linked to chakras on various people. She noticed a higher frequency emitting from mystical people like healers, channelers, psychics, and trance specialists. This could reveal they are just more energetically intune to their chakras and personal gifts from God.

Ref: [www.trinityphix.com](http://www.trinityphix.com)



The Holy Spirit as been poured out on all flesh (Acts 2:17). This life force within us is from God Himself, it is His Spirit. Because our physical body is God's holy temple, our postures of prayer will glorify Christ who created us and gave us life itself. As we use our physical body to worship the Lord, our spirit connects with God's Spirit in a powerful yet intimate space. The energy and sacredness of this Divine dialogue is unlike any other worship.-Michelle Theilen

# Understanding each of the Chakra Centers



Element: EARTH

“I DO”

# ROOT CHAKRA

*I can do all things through Him who strengthens me. Philippians 4:13*

PHYSICAL BODY SUPPORT, BLOOD, IMMUNE SYSTEM;  
SECURITY, FAMILY AND TRUE IDENTITY

Located at the base of the spine, this is the God given core power that forms the foundation of our energy, strength and ability to act. It represents the elements that are associated to earth and relates to our survival instincts, sense of grounding, connection to our bodies as well as the physical plane. It is the center of our emotional and physical health. When healthy with God's life force flowing through us, we are able to make wise and sound decisions, obtain overall health, prosperity, (wholeness; nothing missing, broken or lacking) security, as well as the powerful presence of God overflowing and extending outwardly.



## BLOCKED

Fearful, Anxious, Unsure,  
Financial Instability,  
Ungrounded

## BALANCED

Safe, Secure, Centered,  
Grounded, Happy to be Alive

## OVERACTIVE

Greedy, Lust for Power,  
Aggressive, Materialistic,  
Cynical

Physical Problems : Pain in lower body (feet, knees, legs, hips), Sciatica, Digestive issues, Prostate problems, Eating Disorders, Immune system problems



Element: WATER

"I FEEL."

# SACRAL CHAKRA

*I give you a new command: Love one another. Just as I have loved you, you must also love one another. John 13:34*

ABDOMEN, GENITALS, WOMB, PELVIS, APPENDIX; EMOTIONS AND RELATIONSHIPS

Located in the abdomen, lower back and sexual organs, this powerful God given life center relates to emotions, relations and sexuality. It connects us to others through feeling, desire, sensation and movement. It brings us fluidity, grace, depth of feeling, fulfillment and the ability to accept change. This life center is also associated with water because of the elements of fluidity and grace. One thing is constant and that is change. That is why it so important to remain pliable. The vision and our True North never changes, but sometimes the route, package or vehicle may change. It is also important to journey with like-minded people that are striving towards a common goal and destination. I ask you, who is on your plane? Are you traveling with the right people? Are they supposed to be going with you, is everyone going to the same destination? These are very important questions. Our inner circle and who we do life with is extremely important. God will send people for your life to help you fulfill your purpose, it maybe for a short, long or permanent season.

## BLOCKED

Low Libido, Fear of Intimacy, No Creativity, Isolated

## BALANCED

Passion, Creative, Healthy Libido, Optimistic, Open

## OVERACTIVE

Over-Emotional, Fixated on Sex, Manipulative

Physical Problems: Menstrual problems, Urinary problems, Infertility, Lower back pain, Spleen, Kidney, Gallbladder issues





Element: FIRE

“I CAN”

ABDOMEN, LIVER, GALLBLADDER, STOMACH, KIDNEYS;  
POWER AND EGO

It is Christ working in us that makes us strong. He says that in our weakness His strength is perfected. This life force epicenter is known as the power chakra. It is located in the solar plexus and is associated with governing our personal power, will, autonomy, as well as our digestion and metabolism. God always gives us the power to choose. We can let go of our ego and rely on God for absolutely everything. The world may say ego, but God says humility. The world may seek to self serve, but we are to be Christ-like and serve others. If you always feel like a fish swimming upstream, that is because God is doing work in you. It's uncomfortable at first, but as His power, grace, strength and love consume you, His ways become second nature.

### BLOCKED

Low Self-Esteem,  
Feeling Powerless,  
Inferiority Complex

### BALANCED

Confident, Feel in Control,  
Personal Power, Drive, Good  
Self-Image

### OVERACTIVE

Power Hungry, Domineering,  
Perfectionist, Critical

Physical Problems: Low metabolism, Poor digestion, Glycemic issues, Fatigue, Liver problems, Ulcers

# SOLAR PLEXUS

*Today I have given you the choice between life and death, between blessings and curses. Now I call on heaven and earth to witness the choice you make. Oh, that you would choose life, so that you and your descendants might live! Deuteronomy 30:19*



Element: AIR

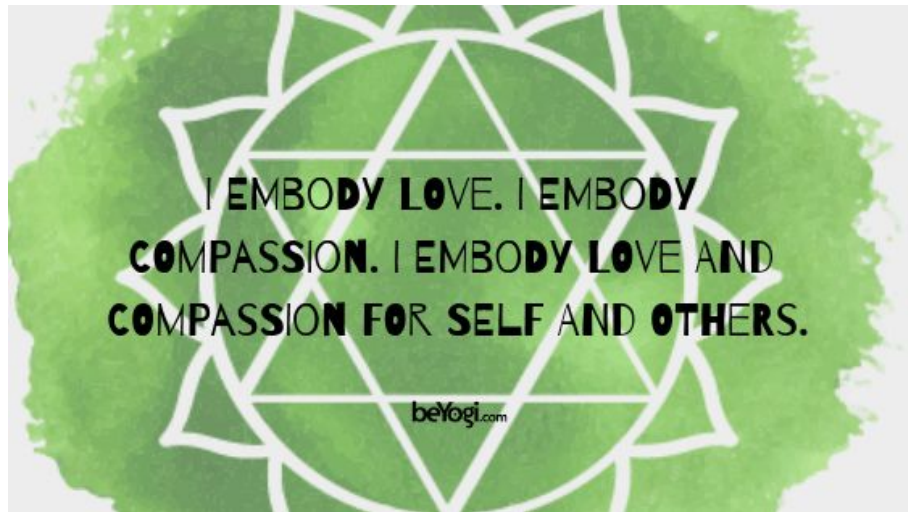
"I LOVE."

HEART, LUNGS, SHOULDERS, RIBS, BREAST, DIAPHRAGM;  
IDENTITY IN CHRIST AND SELF-ACCEPTANCE

# HEART CHAKRA

*Whoever confesses that Jesus is the Son of God, God abides in him, and he in God. We have come to know and have believed the love which God has for us. God is love, and the one who abides in love abides in God, and God abides in him. By this, love is perfected with us, so that we may have confidence in the day of judgment; because as He is, so also are we in this world. 1 John 4:15-17*

I think this may be the most powerful energy center that God created in our body. Known as the heart chakra, it is related to love, and God is love. He has created us to love deeply, feel compassion and empathy and be as gracious and loving to others as He has been toward us. This is where our physical body meets our spiritual body. When our heart is healthy and we realize our true identity in Christ, we have a peace that passes all understanding and a joy that this world cannot give nor take away! Our thoughts, emotions and actions are all powered by love, so we want to continually check in with our heart and make sure we are keeping it clear of all junk. Any walls that have been built, any bitterness, an offense, any unforgiveness, we must daily renew and cleanse ourselves from all of these things.



## BLOCKED

Lack of Empathy, Bitter,  
Hateful, Trust Issues,  
Intolerant

## BALANCED

Peaceful, Loving,  
Compassionate, Tolerant,  
Warm, Open

## OVERACTIVE

Jealous, CoDependent,  
Self-Sacrificing, Give too  
much

Physical Problems: Chest Pain, Poor Circulation, Blood pressure issues, Respiratory issues

Element: SOUND

"I EXPRESS."

# THROAT CHAKRA

THYROID, TRACHEA, THROAT, MOUTH; INNER MAN AND CREATIVE IDENTITY

God has blessed each and every one with specific talents and gifts that we must use to glorify Him while living out the plans and purposes that He has for us. We must have the ears to hear what He is calling His children to do on the earth today. You may have heard the saying that the two most important days are the day you were born and the day you find out why you were born. There is nothing more frustrating than doing something you were never meant to do. We all have seasons where we cry out to God, "Why was I born? What do you want me to do? What on Earth am I supposed to be doing?" The sooner you find out why you were born, the longer you can use your talents for eternal purposes. Speak from your highest self with unconditional love.

*Come to me with your ears wide open. Listen, and you will find life. I will make an everlasting covenant with you. I will give you all the unfailing love I promised to David. Isaiah 55:3*



## BLOCKED

Can't Express Self or Speak Out,  
Misunderstood, Secretive, Not a  
Good Listener

## BALANCED

Confident Expression, Clear  
Communicator, Creative,  
Diplomatic

## OVERACTIVE

Opinionated, Loud, Critical,  
Gossipy, Yell or Talk Over  
Others, Harsh Words

Physical Problems: Sore throat, Laryngitis, Swollen glands, Thyroid problems, Voice problems, TMJ, Gum or Tooth issues

Element: LIGHT

"I KNOW."

# THIRD-EYE CHAKRA

*I pray that the eyes of your heart may be enlightened in order that you may know the hope to which He has called you, the riches of His glorious inheritance in His holy people.*  
Ephesians 1:8

**BRAIN, EYES, EARS, NOSE, PINEAL GLAND AND CENTER OF INTUITION**

This chakra is known as the brow chakra or third eye center. It is related to the act of seeing, both physically and intuitively. It awakens our understanding and allows us to see clearly and have a healthy perspective on life. With a Christ centered practice, we see the blessing in everything and everybody. We freely receive grace and begin to freely extend grace to others. As we draw closer to the heart of God, we begin to have an eternal perspective. The things that used to seem like big problems, become smaller as we magnify God. To magnify means to enlarge. As we enlarge Christ, everything else becomes smaller and burns off of our lives.



## BLOCKED

Poor Judgement, Lacks Focus,  
Poor Imagination, Can't See  
Beyond The Physical

## BALANCED

Imaginative, Intuitive, Clear  
Thoughts and Vision, Sees  
Beyond Physical

## OVERACTIVE

Nightmares, Delusions,  
Hallucinations, Obsessive

Physical Problems: Headaches, Hearing problems, Vision problems, Insomnia, Sinus issues, Stress, Nausea, Dizziness, Ear problems



Element: *THOUGHT*

"I AM."

# CROWN CHAKRA

*Get wisdom, get understanding...Do not forsake wisdom, and she will protect you; the beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding. Proverbs 4:5-7*

## *THE CONNECTION TO YOUR DIVINE PURPOSE AND SPIRITUALITY*

This is known as the crown chakra that relates to consciousness as pure awareness. It is our connection to the greater world beyond our earthly world and the one we see with our fleshly eyes. Being one with Christ and His spirit, this allows our spiritual eyes to see. Those who are not of the Spirit, do not have "spiritual eyes", they cannot see spiritual things, it is impossible. Through the Holy Spirit's guidance, this energy center that Christ created, brings us knowledge, wisdom, understanding, spiritual connection and the realization that we have all power working within us, it began the day we received Christ as our personal Savior.



### BLOCKED

Depression, Learning Difficulties, Weak Faith, Anger at God (Divine), Brain Fog

### BALANCED

Strong Faith, Universal Love, Intelligent, Aware, Wise, Understanding

### OVERACTIVE

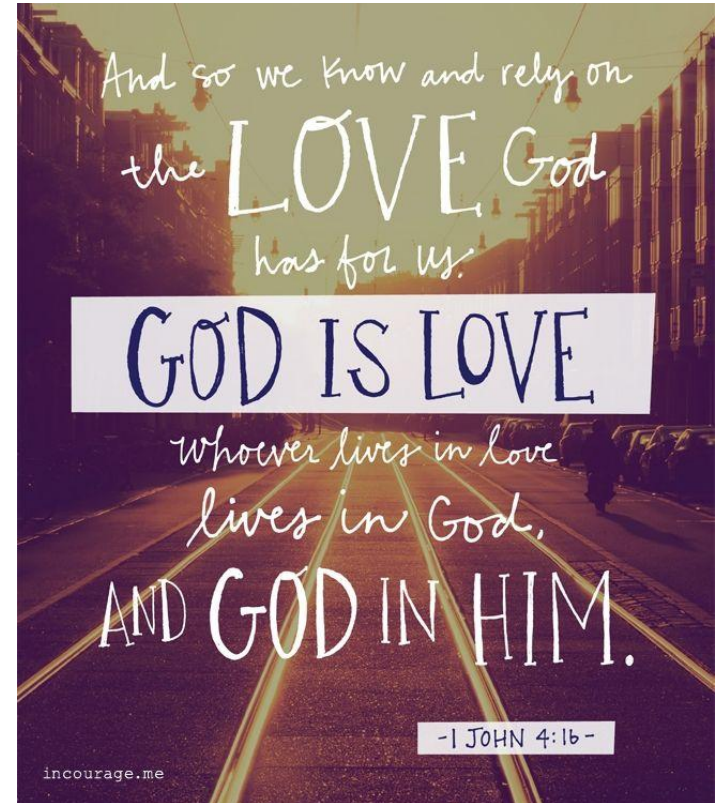
Dogmatic, Judgemental, Addiction, Ungrounded

Physical Problems: Neurological problems, Headaches, Nerve pain, Psychological disorders, Alzheimer's, Insomnia

# GOD CREATED ENERGY, HE IS ENERGY

God is energy. He is everything. He is Spirit. He is love. He is mercy. He is our Father. He is omniscient, and so much more. There is no denying that we are energy beings, we are also spiritual beings. Each one of our energy centers, or pressure points, relates to certain life issues, organs, and specific glands. Many times, we trap tension and trauma in various locations. When you learn of these locations, you can practice strategies that can heal from an internal place, and with the Lord, you will find true and lasting healing.

Emotional or physical tensions and/or trauma could be trapped deep in our core. This can block energy and life. For example, have you ever held an offense, harbored bitterness, or been unable to forgive? When you surrender that, you will experience an enormous release, and life will “flow” again. This is what it feels like to unblock part of our life or a specific area in our body. We want to give all this junk and garbage to God. Surrender it completely, finally, so your life can flow freely. -Michelle Theilen






100 Fold

Seen Uncreated Kingdom

Holy of Holies

Spirit

There is ONE Power, ONE Energy, ONE Body  
There is nothing else and I am ONE with all of that



Rest Based


60 Fold

Unseen Created Supernatural

Holy Place

Soul

Spirit is alive and present and in me so this is cool but it is universal consciousness and count me out



Work Based


30 Fold

Seen Created Natural

Outer Court

Body

This is Eastern Religion and those people don't believe in Christ so they are going to hell



Work Based

Ask yourself this question: How Good is God?  
The way you answer is what determines your yield.



# The 10 Truths



**TODAY, RIGHT NOW, IS THE BEST MOMENT OF  
MY LIFE**

**ALL MY NEEDS ARE CONSTANTLY MET**

**I AM ALWAYS IN THE RIGHT PLACE, AT THE  
RIGHT TIME**

**GOD HAS GRANTED ME FAVOR, IN THE SIGHT OF  
THOSE AROUND ME**

**EVERYTHING MY HAND TOUCHES, PROSPERS**

**I HAVE AN ATTITUDE OF GRATITUDE**

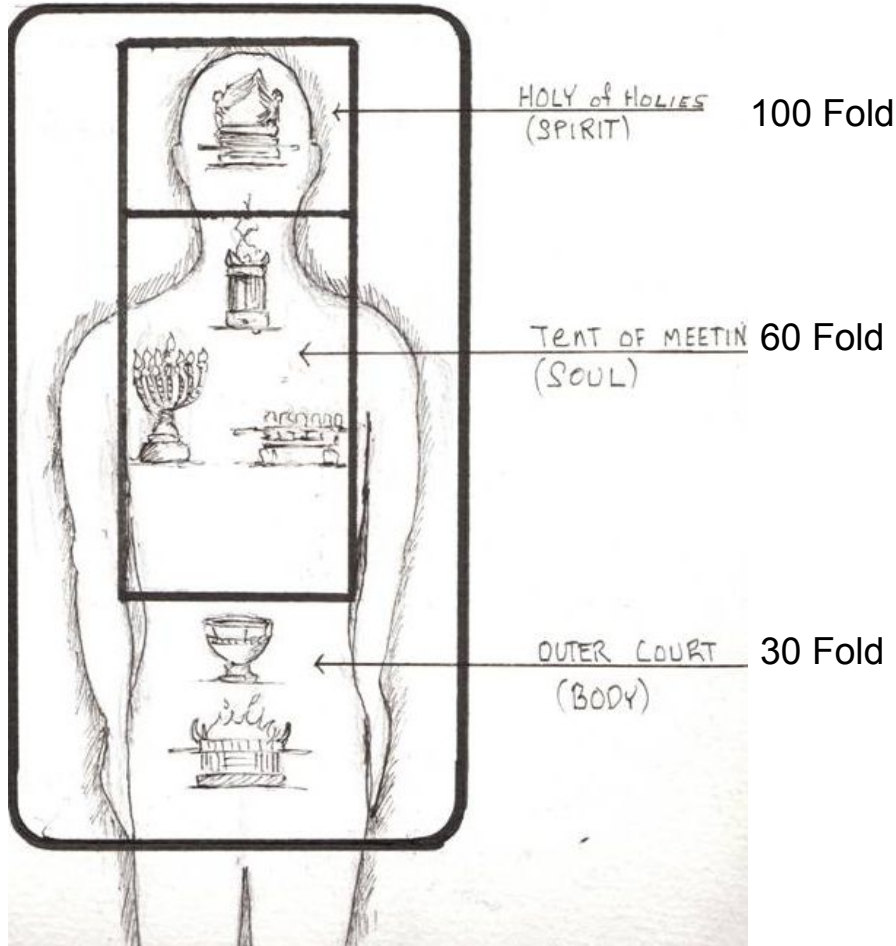
**CIRCUMSTANCES DON'T MATTER, ONLY STATE  
OF BEING MATTERS**

**I HAVE UNLIMITED POSSIBILITIES & RESOURCES**

**I WILL BE GOD TO SOMEONE, TODAY**

**LIFE IS A MIRROR, WHICH REFLECTS BACK,  
WHAT I TRULY BELIEVE AND THINK**

# I AM The Dwelling Place of God



## Temple Furniture

Bronze Altar

Bronze Laver

Table of Showbread

Golden Lampstand

Altar of Incense

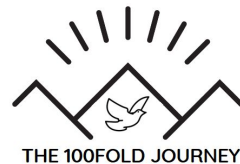
Ark of Covenant

Mercy Seat

God & Chakras

**The Breastplate of  
the High Priest**

Click on picture to find out more on our Website



Click on icon below to join us on Facebook

