



## 'Removing Energy Blocks' - Workshop 1 on How To Clear Your Chakras and Free Your Energy - with David Challenor

**Anu:** Hello, listeners, and welcome back to the “**Victim 2 Victor**” podcast. My name is Anu and I'm your host. Now today is a very special episode, because I have David Challenor back.

**David Challenor:** Hello

**Anu:** So David has kindly offered to provide us with a few workshops while I say a few but about 10 to 12 workshops. And the workshops are going to be aimed for those of us who are looking to have healing to lead a healing life and discovering what makes us happy. These are going to be workshops led by David and myself. So we really look forward to serving you. Okay, David. Now, this is the first episode and today we are going to be looking at removing locks.

**David Challenor:** On the standing maybe. But lots of people, obviously, they walk around with the belief that what is wrong with me, unknowingly, they don't realize what part of their life or emotion is holding them back. This first one I think is important because sometimes we have to recognize what it is that's holding us back. And meditation, guided meditation, and you can listen to it as many times as you wish. And that's the purpose. Because in your own interpretation, you will change this meditation to suit your needs, and your lifestyle is going to be channeled, it's gone be very deep. So whatever is coming through me will be guided, I feel that the guidance comes through and I speak the words of hopefully the words will have a significance that have a meaning. And you will try to be in that moment within this meaning. And we will hope without giving too much away because the technique is about the surprise, because afterwards, I'll explain why you've chose that things. And I can't give that away just yet. Because that is the magic that you don't know what I'm going to do. You don't know what I'm going to say. But afterwards, I'll explain exactly why you've gone there. And that's the beauty of it.

**Anu:** Looking forward to it.

**David Challenor:** Yeah. All you got to do is to just go with the flow, try to be in a state of calmness. Feel relaxed, make sure that you can listen without anybody interrupting. And just go with it. It's a meditation, basically. But there are healing techniques within my meditation. So let's just follow and I've done this a few times this particular one, but each time it comes out different. And

that's because I'm flavoring, what people want at that moment, there may be if it was you today, it will come through different. But as it's a general thing where lots of people are going to be listening, it's going to be for them. It's not for us, it's for them. And the people that are listening will get a lot from it. I feel.

**Anu:**

Brilliant. So where do you believe that we have most of our blocks?

**David Challenor:**

Well, relationships are the main thing. Loss among people lose people is another one. But the most thing I feel that most people suffer from relationship problems, whether it's to do with family, but as they get older is to deal with people, whether it's a female or a male in their life, they find it hard to process. People don't understand what relationships are. We fumble we find our way in life, through experimenting and half time. Our experiments can be painful. And we get next door with the idea of love and what that is, you know, most people, you know, love is like an infatuation to most people, and obviously you've got that sexual urge. But that's not being in love by is being a sense of being low for a very, very short time. And people really, really get mixed up with the two to be in love is the complete thing. Some people never ever feel that they're in law. So for me, you know when two people come together, I'm going to give you a little tip everybody. This is something that I feel in my heart and I feel it so strong when we meet a beautiful soul man, be Now, do not think that you're going to own that person. When you met, he will free you will not handcuffed, you will not bound. You love that person because she was or he was the most perfect thing to you in your eyes. So do not try to enrapture try to work with their freedom. There are no handcuffs at the beginning, there should be no handcuffs during or afterwards. So feel free, and feel that that person, you're going to enrich and you're going to encourage that person to have the most fabulous life with you. But without conditions or restraints. It sounds really, really strange. But a lot of people, they go into relationships and they try to own it, they try to be in control of it. Men try to be providers. So they can't differentiate between providing and controlling is how they've been brought up. Ladies, obviously, they tried to nurture, they tried to nurture because it's like a nest building. They're like a build a nest for their home and their children and what have you. So they've got a completely different thing about relationships is Papillion, say no. And a lot of men obviously don't understand that. But once you understand, and you try to encourage the best parts of that person, you will find that you will feel free. You should always and when you're in love, you should always have the idea that you can let that love go because you love them not because you want to control them. If you can't let them go, then you're not, it's not in your best interest that that person should be happy with issues with you're not.

**Anu:**

Yeah, that's true.

**David Challenor:**

Conditions, conditions are an absolute nightmare in my humanity, because we put conditions on ourselves. And then we put conditions on others. And

then everything becomes blocked and nothing flows. And with any rhythm impact.

**Anu:** And yeah, and I can totally relate to that. Because I feel that on when you're insecure within yourself, then that's when all of those traits come out lonely trying to control and just trying to make someone else, you know, make you feel better.

**David Challenor:** Yeah, I had a little lamb. I was twice trained quite well, many years ago at this young lady that I was seeing them. And she said, well tell me what it is and tell me what it is bad luck. He said, Tell me Tell me, I said. And I was there in the moment. And we had like two, two glasses of coke at the time. And there was an empty glass. And I thought most of them given to me from somewhere. Okay, I said, this is how it is. I'm going to pour the two drinks into one glass. But there's still something remained in each glass. Now, we want to be into the same glass because we really want to be together. But any time we the other glass can move anywhere. But as it goes anywhere it wants to come back, when you feel that you can let something go. But share that moment share that chemistry, it's heavenly. To feel that that person really wants to come back to that vessel, that one vessel, anytime they don't feel quite happy being away, but they have the choice to come back. This is freewill. This is choice. This is how you enrich a human being, you know, male or female, to really acknowledge their ability to be beautiful inside without control. You can't control anything in life. So as you control it, it gets broken.

**Anu:** So true, yeah.

**David Challenor:** So it was it was a little is a little a comb through. You know, it was always there. And I thought myself when I did that. There was obviously the tools in front of me and we was going to use **[Inaudible 09:09]**.

**Anu:** So what do you think it is about you because you do have a lot of wisdom? And you have a lot of energy that comes through you your guides your spirits.

**David Challenor:** I have a belief for one. And also I have a practicality to a lot of my friends in the past. When they hear heard what I was actually doing. They said well Dave, basically we think it's rubbish, all this, apart from the fact that it's you doing it. So they said because you're doing it we have to listen. Now, the word for me is discernment. As a lot of people spiritually out there, they do not use discernment. They just say Oh, yes, it's that they take the first thing that's come in, or the first thing that somebody told them about spirituality. And that's it. Sometimes you have to analyze it for yourself. So by being grounded yourself being an example yourself, then people will follow your deal your tuition, your stories, your beliefs, if you give it any credibility, so those you are wishy washy, I'm Harry fairy, and there's no substance people lose interest. And, you know, there's lots of subjects we could cover on that. But yeah, for me, it's about being grounded yourself, you've got to be a complete person before you can help others.

**Anu:** This is and there's so many people out there who call themselves spiritual. Do you feel it's an overused term now?

**David Challenor:** Oh, wow, this is a great word, I have this, they just come through to me today. And I had the energy of being spiritual. And the difference between being a medium and talking to spirit is not being spiritual. Okay, this means that you can actually speak to spirit. Yeah, does it make a spiritual but some people see medium ship as being spiritual, the May, spirituality is about how you live your life, how you feel about your life, and how you feel about others in their life and how you can enrich the world that we live in. We are a chemistry of this world, we belong in this world, we have to look after it, understanding how it works, is being spiritual. First of all, you have to find that in yourself. Secondly, you have to then try to put that out for the people to benefit for their highest good if you can.

**Anu:** Okay, that's interesting. And so just going on to removing blocks now, because I'm quite interested in finding out how somebody who's never even heard of, you know, a blockage within them, how would they know that they have a block.

**David Challenor:** They normally would feel sort of this dis ease within their body, they might feel uncomfortable, they may have a curvature in their back, they may feel that the left knees go in or their right shoulders going it all based around the chakra system. Now, our chakra system is like an energy or a computer energy within the human soul. Okay? Each chakra process is a part of our life. When we when we actually go through trauma, or take one sacrum, in, you know, to start with, if it's your heart chakra, which is your empathic, your unconditional love Sacra. And if say, you lost a dear person in your life, that you may feel so heartbroken, your chakra closes, and then for a long period of time, you may create a curvature. And you tend to face down, it's almost like you don't love yourself, you can't be open the chakras close. And the problem is for a long period of time, it can actually have an effect on your posture. And then other things can happen because our emotions are what kill us. If we live a happy life, we've got a good chance of actually having a healthy life. By understanding, we have to have a happy life, through our healing in our cells that at spirit needs to be fed. And if we are actually constantly in negative forms and places we will actually lower our physical form with negative substances. And we need to be really, really aware of this we are what we are, because it's what we put out there. We bring light in, we send light out, we understand what light is in us. We like to try to find that the greatest part of our soul, our energy, that will got it.

**Anu:** So true, because there's quite a lot of ill people that I know at the moment who are suffering and, you know, they might have some illnesses. And when I think that the mental health, you know, that they have is quite depressing and quite negative. And I just feel that that could definitely be interlinked.

**David Challenor:** Yes, yes, definitely. Mental health is a thing and a word that is evolved over the years. It's always been there. But now Level A would labelled it. But mental health is what it's the pressures we put on ourselves as people. I mean, years ago, they had different pressures. I mean, my mom and dad's age and my

grandparent's age, it was just about actually creating a meal on the table and actually having a roof over our heads and our children had to be healthy. But now we've got all this problem of being successful. Being beautiful. Yeah, people are people are constantly trying to make themselves more beautiful being absolutely fit. So we've got these, we've got these aspects of our lives that we're trying to achieve. Each time you have a higher expectation, and we don't achieve it, and then we're going to fall down with we, you know, whether it's anxiety or depression or whatever you want to say in, it's what our material world are actually putting on us. We need to know that we could have nothing, yet we could be happy. Now that's very easy. But somebody living in Tibet sit on American cross legged and doing the arms all the time. And his meals are made for him. He lives he lives in an environment where is born into that now, in the Western world, we're not born into that. We are actually, we're actually sort of almost like, we've been given the gift of materialism. That's been our downfall. It's almost like created such pressure on this.

**Anu:** So true. I say true I mean, would you say that we are all in the rat race? Or is that a term that's overused.

**David Challenor:** I think we enjoy the rat race, okay, we enjoy our houses and our cars and really enjoy our holidays. But you know, when that enjoyment actually falls, and is not there anymore, we actually then become depressed because we can't, can't keep it all. But you know, this rat race, we choose to be in that rat race, we choose to have a better life, a healthier life, a successful life. And sometimes it comes back on its behalf to realize that, at some point in your life, you will get ups and downs. It's how you overcome them. You know, everyone has ups and ups and downs. And some people have Tourette dreadful ups and downs. It's how we overcome it. And we have to understand it. Before we can overcome it, we have to understand why it's happened in the first place. Now, it's different for everybody. Now for you, your trauma, your ill affect you in a different way, my trauma will affect me in a different way. So we have to be very, very careful that we are careful with people that deal with trauma in different ways. This is not about, well, this is right, and you should be doing that is completely wrong. Every person has a soul that resonates and needs a certain amount of care. It's understanding that care. And it takes a lot and many years to understand that it doesn't matter how you process it. As long as you do our process, it'd be nice to want to help process it. And if you can't get someone to help process it. You need to find it within yourself. I mean, I found spirituality by analyzing myself in Herman said with a great burdens, and well, I'm not a great person otherwise, that you know, so whether I was or whether I wasn't, I wasn't happy. So then I started to search within, okay. The answers lie within you can never point your fingers because there's always three fingers pointed back, that you know, you've got to look at yourself first.

**Anu:** Yeah. So today's guided meditation will help all my listeners to go with them and to discover which chakras may be blocked. Is that correct?

**David Challenor:** Yes, it's going to give it an insight. Because afterwards, I'll give you a complete breakdown of which chakra you are truly harboring. And I'll explain exactly how these chakras actually work. But it's really good that we're going to go into it blind, and then the tuition will come afterwards. And then you will probably recognize where and what I'm saying how it relevant is your lives. So just go with that flow. Don't analyze it, just go in whatever I say. Just try it.

**Anu:** Okay, fantastic. So, what do we all need to do to be in?

**David Challenor:** Well, we need to all sit, very relaxed, either sit, relax, or lay down, it doesn't really matter. If people have done meditation before, it's just about getting yourself in a position of relaxation. So when you hear the words, there's no interruption.

**Anu:** Okay. So I'm also participating today and so I look forward to this.

**David Challenor:** Okay. Right listeners, I want you now to listen to my voice. Imagine now, we are on number 10. And as I count down to one, you will start to relax and I will talk you through 10 heal your body and your breath, relaxing. As you breathe, you start to feel a rhythm and a relaxation that goes deep into your long Breathe in. Like, exhale, stress and start to feel a rhythm in your breath. Each time this breath goes in, feel the beautiful light of creation, filling your form. Each time you breathe, you start to feel nice. Your net eyes, your mind starts to feel relax, switch top. Allow yourself to feel completely relaxed. Then allow this energy to go down into your shoulders and feel the relaxation in your shoulders. Completely relaxing of tension. This energy moves down to your elbows and into your hands start to feel your hands relaxing, any tension, relieve it. And just allow yourself to actually relax as you start to feel your pelvis, starting to relax and feel the weight on the chair in your back button. And start to realize that the weight of your body is filling the chair or the couch that you're sitting in. This energy is now seven your feet are planted on the floor. And this beautiful heavy feeling of energy into the floor. Six. As the floor opens up, roots come out to your feet. It's a mother been nurtured, feel grounded. Start to feel all your stress coming down to your body and down into the floor. Soon, the roots will go so far into the ground. You go way down to the central via and then there'll be a beautiful k in the center of this. This cave is filled with the most beautiful crystal every colour you could possibly imagine. Pick one hold. Remember the colour. And as you bring your awareness back, feel your energies coming back from this beautiful k into your feet. Way to your heart. Just remember this crystal the colour is significant. Now, your heart now emanates a beautiful energy and your soul almost like sits out of your body. And you can see in your mind's eye and beautiful energy, an apparition of yourself. An energy that's so beautiful and light. This energy starts to become small, so small, you can see this energy at your feet. In the moment you will see a doorway, a lip a magical a beautiful doorway a doorway to a place of hope and transition. excitement and bewilderment what will

happen if I enter this door the door opens and it's a lit beautiful a beautiful lit of green light with pink going through the middle like veins in a body. As you stand in your left, you see buttons one to seven you feel which button you need the analyze to just go with the flow. This energy will take you to a place where you need to see for yourself a place that you need to heal for sure. And as the left moves, you feel a jolt and soon the door will open and the door will open to a room. First you may be anticipating something just go with the flow. This is your meditation. This is your room as you enter your room. Try to imagine in your mind's eye how it looks. Is it tidy? Is it orderly? Is it chaotic? What colour are the rooms? Are there lights? Is there a beautiful windows shining through. Imagine this room is a part of yourself, telling yourself now Are you happy with the way this room looks? Should I take some furniture out, or survive memories about? How would I actually make this place? Feel airy and light. First of all, remember how it made you feel when you first walked in. Remember the colours on the wall. If you are unhappy with the colours, I would like you to paint these walls of the colour of your choice. Make these balls a colour that makes you feel fulfilled with life and love. These colours are your way out. These colours are about you changing your life painting as many colours as you wish, but make it your choice. Be the rebel, be the pioneer, allow yourself to change a room in your mind to your liking. Move the furniture changing, take the covers off. But remember, is there a window in your room. If there's no window, I wish you to make one. If you cannot make one see if there's one and feeling by a curtain or a skylight, there must be a way of letting light in you will find a way. Even if you need to build a window, you will find a way to have light this light represents you. You are allowing love and light into your life and you are not going to take no for an answer. This light is going to enrich you because you have made a choice, you have made a choice to change. And you do not like the way it was you bought in but it's gone be great the time you leave. So these choices are about you making these choices. Remove the curtains, paint, rearrange to furniture, create finish way create an energy that flows. I'd like you now to just sit back and see your work in action. How does it make you feel? Does your heart feel like its open to expression and creativity? Do you feel that you've had a choice? And you've made this choice yours? Can we make it any better? Can we change this energy? Are you satisfied? If you are satisfied, you can go back into the left and choose another button if you wish. But as you change that button, you may go to a different floor, a different room. Whatever you do in that room, imagine what we've just done. There may be more than one floor in your life you need to chain follow the procedure and changing sometimes rooms they have a connection to one another. And I will explain this later. So choose your second room. And when you open the door. Now imagine how does it look? How do you feel? Are you empowered? Do you want to be empowered? Can you change that power, you are in control, change the colour, the way everything looks, but know that you are in control.

I'd like it now that in one of your rooms. Take a seat, breathing in success, power, fulfilment, beauty, and above all that law that lives inside you needs to be fed. You were fed that by your very virtue, the very virtue that you have a change something in your mind. Your soul will understand. And your Adam atoll spirit will achieve things now. This will help you move forward by the very virtue that you are powerful. You've changed, you've changed something that's been locked in your mind. So you will start to go back to the left. And in the door, you walk we take a glance at your room and you're proud of your achievement. And as you're so proud of your achievement. Glance with a smile, a cheeky smile. Because you have done this, you have made a difference, not to anybody else, just for you. For by being successful in yourself, others will achieve their success in seeing the beauty and the change you have in your life. Soon, the left will be ready to go down. Feel the left descending, feel the grounding of this lift. And as it plummets to the ground, the doors open in a different way. As if there's purpose behind the doors. And as you walk out, your soul, your energy is kaleidoscope of colours. Because your chakras are all working. They are working on a level that they haven't worked for such a long time. Yellows, reds, pinks and brains colliding around your energy. And as your soul grows in size, feel yourself growing to the size that you are standing right now. As you look at your soul, as if it's a mirror. You see it as an achievement, an out of body experience and mind compelling action that you've created. It's yours and yours alone. It's your power and success has brought you here. Your soul is now ready to reignite with your physical form. And as it moves closer as a connection, like a probe to a socket, it clicks in there is work being done. And soon he will feel yourself in your heart chakra wants more. This beautiful heart chakra of empathy, love. Intuition. You start to get a knowingness and soon you will be ready to embark on coming back into the room. So after 12345 we're starting to wake 678 almost nine. And just before we hit 10 hold your breath. And just remember, experience 10 and then your own time, please open your eyes. And feel. How wonderful. You've actually been through this journey. How's that feel?

**Anu:** I was powerful. I was somewhere that somewhere else.

**David Challenor:** Where?

**Anu:** Yeah.

**David Challenor:** Did you not choose a room?

**Anu:** Yeah, so Well, my colour was purple. I've seen purple.

**David Challenor:** Okay,

**Anu:** And then I kept seeing gold. And that's our flower.

**David Challenor:** Okay, so purple is yours is your crown chakra was it she Third Eye basically. So obviously, with colours, they're really important because you find that purple is one of the most powerful colours, it's actually the Archangel. Central main actually is the keeper of the violet vein. So people that look to see truth in their life, use their third eye. So if you're actually people of high religious

order, like I think the Cardinals they were purple is quite a powerful colour. So I always sort of relate purple with religiosity, somebody that has a belief, a higher belief, or a higher feeling spiritually, that they're looking for. And I think that's quite true about you, because you're always analyzing life, and you're always trying to find something better, or a more of a meaning and you're never really happy with the life as it is. In a three dimensional world. You're always looking for a higher purpose and a higher meaning. And this is probably why you're actually seeing a lot of purple. Okay, gold has to do with your solar plexus. So you actually it's your personal power. So your personal power is actually trying to work with the idea of understanding that truth. And maybe you're your solar plexus works because people may ridicule your power and maybe there's jealousy about how you're trying to achieve this. So you might be struggling with the fact that people are judging you, on your perception and how you want your life to go has an effect. This is how the chakras work. I go through the chakras a little bit more. But, so you found it okay to go to one room or two.

**Anu:** Into two? And yeah. Because you mentioned about successes, why didn't you and I just kind of thinking that, you know, everyone's idea of success is different. And for me, it was more kind of spirit spirituality, kind of just the awakening, and.

**David Challenor:** Yet, work it out a greater meaning to live a greater purpose. And also, you're always trying to control your, your ego, which is your solar plexus, because your solar plexus about it's you and it's just below the, the actual chest bone, where it comes down with a rib cages so. So with your solar plexus, it's about personal power, or lack of it. Okay, so if somebody went to their personal power room, or just a basic one, your cycle is two, and your solar plexus is three. So anybody that went to number three, and they went into their room, they will try and be trying to achieve control in their life, whether they're a good parent, whether they're a good mother, whether they're good at their job, whether they're successful, see why you want to have successful actually come up in your, in your meditation. So people that try to create control in their life, and not in an egotistical way. Because it's about being so it's great to be successful. And it's great to be a good record the cheap things. Yeah. But its society doesn't matter. This is your meditation, this is about you. So if anybody went into their solar plexus, which is that number three, number three processes, your, your strength, your power, your abominable spirit, how you come over to the world, whether you're successful. So if your room is cluttered in number three, it would make you probably feel that you are not in control. So if your room there is an orderly, and the colours are dowdy, maybe it's dark, or, you know, this would actually indicate that you are struggling to try to get control of your life to try to get it right. So on an emotional level, you're probably really trying hard and you're finding it difficult. So there might be areas of your life, whether it's family, whether it's relationships, whether it's to do with work success, these are the areas that

when you change your room, you may find that there was a major shift emotionally by changing the colours, changing the room around letting the light hence about you and power in that room.

**Anu:**

Okay.

**David Challenor:**

Okay. So that's really about number three. We're going to go back to number one now, so we can work backwards otherwise, so number one, I bet there's not many people actually pick one. Now if you did. Number one is bread. It's your base chakra, and it's just between our legs. So we only have one aspect of our base chakra. The Crown Chakra has one aspect, the others have a front and a back. Let me explain that a little bit. The front and the back relate to the front relates to what you feel and what you give out. The back is what other people think of you how they perceive you. So when you're when you're back of your save your back of your solar plexus, its close. It's because maybe people have been criticizing your work, your capabilities, whether you're good and your battery or shaft chakra will close. Okay? When your front is open, it's because you are powerful, you know, that I can I can create this, I can create that and I'm a good person, I'm a good mother. So you have that strength. Okay, so the base I can has one aspect, and that's the grounding aspect that goes down between our legs and into the ground. Right, but they will block their base chakra is because they are lacking security normally. Now we're lacking security. They can actually feel they have money problems or how they're going to live, how they're going to eat, how they're going to feel, how they how they own good person can I hold a relationship down. So all these things, lack of security in one person, for everybody out there listening, it could affect you in addictions, alcohol, smoking, okay? Drugs, retail therapy, okay? All these stresses that actually become addictive to my addiction is health and vitality. But hopefully it's not a bad one. But some people have addictions that obviously can affect a lot of their lives whether it's gambling, which is another one. So what we do we fill our lives with things we want to do for a quick fix, because we fail insecure so we do things we eat? These are what the base chakra processes so when we go into our base chakra and we go into the first floor, we are looking at how secure we are or we're not secure. Also people that have insecurity problems also can have skin problems, eczema, okay, that skin rashes of all sorts alopecia, there's all these things that happen to the skin because the skin is connected to your etheric layer of your chakra, which is your red dot that little red brick amber is that is your ready brick is your red etheric layer that is connected to your physical body, your closest part to your body is yours is yours is your base layer that is connected. Okay, so as far as your room is concerned, obviously, if you're lacking security within your life, the obviously your number one room will be cluttered, obviously. And then obviously, you need to bring colour into it. If you probably manage that everybody. If you haven't managed it, you can go over this again and again and again. And you will find that you'll still be able to use this like 10 years from now. It's not something that is other than it once and that's it.

Keep working. Elizabeth working in the meditation can change these rooms, by the very virtue of that you know how to follow it, we can change our lives. Which brings us to our next chakra number two, our sacred. Okay, people get his cycle mixed up with love is not actually unconditional love is physical wealth. It's about it's all the things that make us feel fulfilled, whether it's ego, anger, love, hate, sexual gratification, jealousy, this process is so many areas, which you can understand why people do you have Tommy problems, or guy new problems when they're actually trying to work on relationships. So anything relationship wise, this can actually have a major problem. So obviously, if somebody has been sexually abused in this area, it can have a great effect on their sacral. Because it hits it's a horrible energy that's actually been abused by and it's a lot of things to understand. Because if you have got a jealousy, regret, you know, anger, this is where the same holds it and it's also connected to taste, the sense of taste, the base chakra, his sense of smell. Okay.

**Anu:**

**David Challenor:**

So we've now got the sense of taste, or be it your tummy. Okay, when we do medium ship, we do we do. Higher levels of the chakras, where we actually pick up the senses to actually see if there's anybody out there that can bring that energy forward through a taste or a scent was hearing. So we actually, there's ways of training us to use our chakras. And our energy is by the very virtue of our senses. Okay? So our sacred is about relationships, mostly with ourselves, okay, so don't think of relationships with other people. If your relationship with yourself has been abused, and then your relationships with others are going to be equally as bad. So we need to heal our relationship, which comes back to healing ourselves and understanding what has happened to us. If we've been abused, we have to try to understand it. Sometimes you can never understand it. But you have to try in your own way, find a way of understanding, even if you don't find a cure, you might find a reason. And if you haven't found a reason, you might find a reason for it never to happen again. So there's lots of ways and lots of levels of actually doing it. My best way of actually doing these things is trying to find some positive from a negative situation. Because with every negative situation, they could be a positive even if it's the fact that you would never go with someone like that again.

You know, the fact you can learn something from such a horrible situation and then maybe you can impart that onto some young person in your life to help there. So there's a ways of looking, you know, and I'm not saying it's great to have somebody with all the answers, but I haven't got all the answers. But I do understand how energy works. And I do understand it's difficult for some people. So your sacred chakra is about feeling safe within relationships for yourself and other people, whether it's your children, and you find that people have lots of problems with their stomach area, when there's tension, you know, where they, whether they, they, they, they miss a period, whether they have like digestive problems of constipation, what have you, it affects this

area, because the tension in your tummy is so great that your body cannot function, you know. And once we understand it, we get a balance. Hopefully, we've already explained the number three, but we haven't explained that the sense. Okay, so you've got smell, taste, sight?

**Anu:**

Yeah.

**David Challenor:**

Right. So obviously, it's connected to sight. So obviously go back to that, again, it's all about control, I've actually gone over the third one, so I shouldn't go too much into the third one. So if you feel that you're, you're lacking control in your life, your power to be good. This is the beautiful colour of yellow or gold. And it sits just below your mobile your ribcage parts in that run. Okay. So now we've got the heart chakra, which is our fourth one. Yeah, this is the most important one for me, because it's about empathy. It's connected to touch, the sense of touch. Normally, it's green. But some people see it as pink, Okay. I see as green mainly because it's a healing colour. And it's connected to Archangel Raphael, which is a healing Angel I bring in when I'm doing my work, okay. If you're feeling and you went to the number four room, it means that you are actually struggling with unconditional love, whether it's unconditionally for yourself, or whether people will find it hard to give them Krishna unconditional love to others, whether it's in relationships. Now, somebody may have been abused in their life, and they find it hard to let go, and to love and trust again. So on a level, they may have a cluttered room because they can't give mass the front chapter again. Because they feel that they can't give any more because they've been damaged. Okay? If it's a bad chapter, it's because somebody obviously makes them feel damage. And it's their input and their energy that makes them feel that they are not good enough, that it's that it's that sort of external lens in the air influence that makes people feel, you know, trapped, you know. So when you have empathy and touch and love, and when you're empathic people out there, if you're empathic, and you feel what other people feel, that is what an empathy is, I work off my heart chakra, because I am a fairly touchy person. Okay. And that is where I feel that my power comes when I do meditation, it feels like it's coming from my heart, which is your layer B or which is your astral body. So, it's the green one, when you go into your astral body, it's where we go when we dream. Okay? And it's always surreal. It's almost like surreal, because it's a dreamlike state. And we just sort of float there and we actually process our day in our dream state, okay, which is I always see it as brain. So if you are struggling with your, your fourth room, which is your heart chakra is because you either struggling with unconditional law, and may need to deal with yourself. It's all to do with self-worth. Maybe your unconditional love and empathic nature is frowned upon. Because, Believe you me, as lots of people out there that frown on people that are empathic and in touch with themselves, because they may be different. They may be a gothic, they may be an artistic person, they may be a dancer, they may be a painter, and they don't get the value of their skills. So we society tends to think, oh, they were

different, or they're a bit weird, but they're empathic. They've got a great sense of feeling for animals and people and caring. So many carries out there, whether they're nurses, nurses or helpers of any sort, in in in the human way to help people. They are empathy, they have a feeling. So, if your fourth room is cluttered, it's because you're struggling with your unconditional love. Maybe it's for others or whether you find it difficult to put your creativeness in to a place that makes you feel happy. Now, creative people struggle, if they haven't got an avenue to place it.

You find that the most fantastic musicians that have troubled lives write the most beautiful songs when they're in trouble.

**Anu:**

Yeah.

**David Challenor:**

Their words are almost like given from God, angels, because they are feeling what my empathic feeling is, and they are so creative. Some of the fantastic painters are them. The probably the, you know, the weirdest people in the world when they're at the painting, because they're in that zone. So anybody that works on their fourth room, you just rest assured you are special people, you are healers, natural healers, you need to know that people want to be like you, they may really call you. But they want to be empathic, they want to be creative, they want to be able to dance, they want to better play an instrument, they want to be able to sing. So you take it from me. Use this is a skill, develop it and find a place for it because it's going to be fantastic. People will flock to you. Just make more of it.

**Anu:**

Yeah. Yeah, absolutely. And how about the lift? Because you said about you know, going up to a level and I went to a level seven.

**David Challenor:**

To do well with your seven you say it's because you're looking for it, it's your third, your third wage is actually your crown chakra. Okay. So your crown chakra is some people see the crown chakra is pure white crystal quartz, some people say as Amethyst, right? It's your connection to God on creation. Okay, so when people are actually in their crown chakra, they're looking for a greater wisdom, a greater energy, a greater purpose. Okay, I do think that there are several levels with the with the chakra system, and people that have never done spirituality. This is something that actually came to me a few years ago because I was trying to break down how the chakras work. And hope it's not too in depth for some people. But if, if I'm going to actually explain the crown chakra in three different levels, the first level is Does God Exist? Okay. To God exists? How is he there? The second level is Oh, yeah, I am. I believe I know now I know they exist. I know that there's a greater purpose and then know there's the universe is actually feeding me with what I want all these wonders. The next level is when you know it's there, and you're part of it. See, once you believe that God or energy or universe I use the word God, but I don't actually see him as a little old man. I mean, for me, I'm a bit of a realist. Okay, I see. I see that universe is God cuz its creation is a word that men made. I'm not a religious person. But I do love religious people because they have a connection. So anybody out there that think that I'm, you know, a Satanist.

It's not at all. It's the fact that I believe. My belief is God is everything. Yeah. And it's a word we've created. And it's a fine word. It's a great word. So why not use it, okay. But I do believe that, once you believe that you are part of God, part of the universe, part of the whole thing. You relax. It's like you're not searching anymore. I'm researching when I was unhappy, or researching alternatives. Please.

**Anu:**

Help me save me.

**David Challenor:**

Yeah. But once you know that there's no distance between you and what's out there, then there's nothing to be saved. You are actually in a good place. Yeah, already. That's my perception. They might not be everyone's but I do see that there's lots of levels are not going to say awareness being open when your chapters they breathe. So the more spiritually you work, the chakras actually work on a very high level. Okay, it's there if my belief is great if I believe I can help somebody in New Zealand and so far away, because my belief is that there's no distance between us. Yeah. But is the power of belief. If I think well, it's a long way in a minute. Get on a plane vote, you've killed the moment you've killed the energy in it. And it's not it's not going to work. So you've actually killed it by your own negative thoughts. So we need to be positive, every positive, that things can flow and happen. I'm not saying that I'm positive in every area of my life. But I try to be I try to see, you know, I don't want anyone to think oh, but he's got all the answers. And I haven't I'm actually understand that I'm actually working through these things. Okay. Self-Awareness. That's very all start self-awareness and understanding that it doesn't matter if we get it wrong. Sometimes we have to understand that getting it wrong is getting it right.

**Anu:**

Yes. It's like losing is winning and fail. And failure is success.

**David Challenor:**

Yeah. Because each time you fail, you can change the route and say, I'll do this next time.

**Anu:**

Yeah,

**David Challenor:**

It's completely.

**Anu:**

Exactly. And there's another thing that I heard the other day where and they say, if you're not failing, you're not trying anything new. So how boring.

**David Challenor:**

Exactly. Yeah, yeah. I mean, I think that this is another thing of pressure about being successful in this material world. It was so easy years ago, wasn't it?

**Anu:**

Yeah.

**David Challenor:**

He doesn't just do arms all day is great. Oh. So we've covered the seventh, we haven't covered the fifth, which is your throat chakra. Now, this is a great one Throat Chakra. If you are troubling, it's beautiful blue. Okay. It's connected to Archangel Michael. If you believe in angels, it's the colour blue. When I want angels to cut and remove blockages. It's always Archangel Michael. And you say his name three times and ask him to remove blocks is very, very powerful. And I also say to the people now listening, I want you to hear what I'm saying. And want you to feel that you can say the same thing. If you're ever in doubt or trouble or if you're in a place where you feel threatened to send his energy

around you in blue. Okay, Archangel Michael, Archangel Michael, Archangel Michael, protect, and cover me with strength and purpose so I can do the deeds and the work I need to do. Thank you, Michael. That's all you need to say, okay, you'll find that don't ask to be saved, ask that you're already been saved. And you're thanking him for that that is actually already in your life. Which is another thing. If you always think that something's already in your life, it's actually a very positive energy. Because basically, you're actually presented that they're going to give it you and you're thanking them in anticipation is going to come as a positive thing. So looking in the mirror and saying how beautiful you are every day.

**Anu:**

Optimism all the way.

**David Challenor:**

Positive. Just start to love yourself. Start to realize that you are a beautiful being no matter what colour, what race, what belief. What size you are, you are a soul that has a beautiful energy that nobody can challenge is you. Okay, so your throat chakra is about expression. It's connected to your ears and your voice. It's the colour blue. When we actually express ourselves, it's our creative center. So we need to be creative. So it's the sense of hearing and voice. So we need to be creative. So that's voice singers need to look after their throat chakra. Because basically, this is where the sound, the sound of your voice is healing. Okay, the sound if somebody ever left instead of most fantastic opera is because they are working on this chakra the throat chakra if you find that your room is gloomy is because you may feel that people are not listening to you. Or you feel that you've lost the ability to talk and people to hear what you've got to say. He may be stifled with the idea that you have nothing to say. And this is when your throat chakra blocks, people get problems with their thyroid, they get goiters they get throat problems. The stress in the vocal cords is because you are inhibiting what you need to say. If you are like that, I suggest that you sing to yourself. Try to relax these vocal cords because that is the most creative. They say that the first thing in creation was sound right first crack or energy. Whether it's an atom whether it's the planets colliding, it was sound right. So the sound is the most important thing. When we, when we give this sound when we start to hear what we say, it's the most creative thing you can possibly do in this world. Be a voice be heard. If you are not heard and your room is cluttered, make sure people hear it. And if your room is blue, and it's and it's it has got no music, there's no balance, there's no energy, there's no changing. Put the music on. The music can't hear the sound of the arm. Everybody knows what the arm on.

Repeat this until you feel that your energies flowing. Eventually, if you do this for say, a couple of minutes, you will feel that your head will feel like it's open. I do this sometimes when I'm driving, and I can do the arm. And it feels like my vibration and the chakras are open, my head starts to burn up. Because I'm actually open to sores. It's, it's the most everyone is one of the oldest sounds on the planet, I would say from mankind creating the sound there. They do say it's the sound of the earth. It's basically the energy of the earth.

And not doing any research on it. I just feel that that's what it was a maybe you know, your list is my sort of put me right but i when i when I'm doing the arm, it's like I want to touch the ground. And feel that resonance. So everybody out there have a voice. Listen, you don't need to be you don't need to take everyone's advice, but sometimes listen. Yeah. And then when people say what they want, say no, it's not. It's not my way. This is how I feel. And say it with a calmness, you will find that people start listening to you. People that say a lot, but swear a lot, doesn't mean to say they are in control of their chakra because the vile words that come out are out of control. So it's them actually being out of control because they can't actually say anything or articulate words that that are of an energy. It's just Boga is losing control. Is losing control. Anger is losing control. Anger is good. Yeah. Destructive. Anger is bad. People get mixed up with anger. Anger is the most fantastic thing. If you put it in a positive way, like running 100 meters. Being successful your job you can put anger into sort of creative ways. But today violent or abusive, and then loses its control. Yeah. So be careful what you say. What we say, is not always the best thing, Boris. Okay.

**Anu:** There's a lot of intelligent people that I know and hear who, you know, say the F-word because they're passionate about their topic, right? And?

**David Challenor:** Well, there's a lot, the F word is, it's what's been lost in our culture. People swear now without actually meaning to swear. Okay? When you when you think people use language now, because it's become a word instead of another word, I don't think that's the same. When people actually swear at somebody, and they've got meaning it's the energy that comes behind it. And we've lived in a culture where there's the, the, the F word, or whatever word is, is an everyday occurrence. And it could be a word instead of the correct word. And that and that's people using it, but we're not using it in the in the same context of what it was designed. So it's how we use our words. Yeah, you know, so, so you need to be aware of that you need to be aware of that is how we use it. If we use an it's like, if we're being racist, and we use these words, and then we actually really mean it. And then that is when it becomes disruptive. Because it's aimed at somebody else.

**Anu:** Yeah.

**David Challenor:** If I'm swearing it myself in my head, it's a it's aimed at me as not harming anybody, you know, but, but it may all cause them elsewhere. We're all we're all human. You know, I'm not this beam of light, you know, which doesn't say bad things actually bad. Um, you know, the way I like to express who I am and have fun, I don't want to actually, you know, contradict you know, who I am. I am what I am, as long as I'm good. And people say that I'm my essence is good or bad enough. Okay, thank you. We got one chapter left.

**Anu:** Yeah, number six.

**David Challenor:** Number six. Okay, is there so your third eye is about seeing, right? Seeing into the future. Now there's three levels on the very prime, you know, prime it's sort of stage where all noggin around for dinner tomorrow. Okay? Oh wonder,

wonder if me aren't maples out there they've, if I could be something next week and if I can do this, you start to project yourself forward. And then on the next level is that you know the spirit, you know you're connected. That's when you start to see the third eye opens, I will say about chakras. I don't want anybody to think that all I want to say it might not be the chakra you're actually born to work with. My chakra is my heart chakra. Some people I know, they'll work on their third eye with that their chakras so much strongest. Now, I do think it's to do with the astrology and the elements and the planets and when they were born is about their makeup. No, okay. It's only a theory. But I feel that as human beings, we've all got abilities. And we will work on certain chakras, you know, and give you an example of a care worker that's got a great grounding energy, we'll just put their hand on you and just say, Lord Heaven is going to be okay. Okay, somebody that's really good with their sacred will, will know how to make you feel safe in a relationship. They will make you feel all you know, don't worry, things will work out. But they'll say in a way and you just your solar plexus about him, people will know how to empower you because they're empowered. And they'll impart their knowledge and their power. They'll say, you're doing a great job. Here are going to be famous, you're going to be this is like they are people that work off their, you know, solar plexus because they're given that energy. Some people work at the heart because like me, I'm an empathy. I work and I know and I touch and I feel other people's pain and grief. I feel it. I know it. People are great talkers are got a great friend, a great talker, where people you thought they were but he what he says is good and be more listen. And he listens. Yeah, okay. Lots of healing techniques. And people, they don't realize how somebody they can see maybe a medium that wants to comfort somebody with loved ones, okay. Or they may, they may sort of be using Qatar or angel cards or whatever they might be using that forward thinking that in a belief that they can see beyond this realm, okay, and be more connected to God and probably people that are going to be priests, or people that want to impart that energy and knowledge to people that need to feel believe. They need to make people feel that they are part of something it's not just about living and dying. There's got to be more these people have a greater extent and knowledge to what that and the universe. Is that helpful.

**Anu:** That is as beautiful. Yeah. I just hate that all my listeners are able to apply some of these checklists to their own lives, because some of the scenarios that you've spoken about relates to everybody.

**David Challenor:** Yeah. Everybody on this planet has gone through some trauma, whether it's when they were younger, or whether they're going through right now. Once you recognize trauma, and you recognize it's affecting your physical form, or your everyday life. It's about filling that void with positive you start off by getting up in the morning and telling yourself how wonderful you are. And you whether it's some people need to get into the shower and they have once the showers are known, they imagine the violet light cleansing them and imagine

that violet light is just stripping all the negativity away so that beautiful heat in your mind's eye it Saint Germain come in through, decide, say his name three times **[Inaudible 1:09:23]** intention main I invoke your sweet name, keep with the violet flame, flush wash, transmute all negative negativity that surrounds me for my day to start.

**Anu:** Okay.

**David Challenor:** Okay. But she first start to get off. Then obviously, you tell yourself in the mirror that you're going to be successfully having a great day. A lot good. Yeah. So when you're going out there, you're confident. These are things that we can do. But you have to start somewhere. And then you find the areas in your life that you find difficulty and maybe go back into this meditation there's gone be loads of subject. So we're going to go through it because there's hundreds of them, really. But we'll go through them. And you'll find that maybe this one wasn't, you know, your ad didn't hit the problem. But the next one may.

**Anu:** Yeah.

**David Challenor:** And you know, but this is the whole point, we are trying to help people on many levels. We don't know what person or what they need at this moment in time. But we'll try and cover as much as we possibly can. If anybody thinks is a subject we need to cover. Please give me a comment. And I will be glad to go over it. And absolutely. Do something with it.

**Anu:** So naturally, what would you think would be the next workshop?

**David Challenor:** I think that once you've actually understood your problem, it's either cutting cords with that problem, or meeting your I think now, I think it's got to be your meeting yours, your sold in the child work, because basically, we need to be breaking it down. So okay, we've associated as a block, now we need to actually heal our inner child. And that is a beautiful meditation. It's absolutely fantastic. So and that, that came to me many years, and I use it now still now. But it can it changes. But that one is so empowering, because most people don't realize how they've left that image child. So without going too much into it, it will be a great, great podcast to help people.

**Anu:** That's beautiful. Well, thank you so much. Again, I'm touched. You've really inspired me on so many levels and your chakra education has just been phenomenal. Thank you so much, David.

**David Challenor:** Thank you. And thank you listeners for actually listening because I really want you guys to feel something from what I've said. And I know that our nose doing a great job here. And but I can't do it without. And I want you guys to know that. Um, we're doing this to help people get this energy out of it. It's stuck inside me, it needs to come out. So if it's helping anybody, please give a you know an idea of how it is. And hope you're all well. And I see your little sparkly. Phil faces souls sparkling away and yeah.

**Anu:** Well, thank you very much. That's beautiful. So yeah, we have coming to an end of our first workshop of removing blocks. And I do hope that you know you have as well really understanding your blocks. Yep, absolutely. I think

that's really important and just understanding the chakras because so many people still don't. And yeah, we really look forward to serving you again, please do like this podcast, comment, share it with people who you feel could also benefit from this and click Subscribe, because once you do that, then you will not miss out on any future workshops. And we really look forward to serving you again, listeners, we love you. God bless Namaste, Namaste, everybody.

**CLOSING:** And while this episode comes to an end, do you may want to check out my book of victim to Victor, now available on audio and where I have shared my journey of evolving through self-help and his determination to cast off my damaging path. My goal is to reach out to fellow survivors of abuse and provide hope and motivation in their lives. I hope that I can help victors transform their lives and achieve amelioration in the process of discovering the true self. I also have a 12 week self-development plan which is absolutely free and it aims to guide you on your journey to recovery. You can find the link in the description below. Please like this podcast and tag or share it with somebody whom you know is going through a similar situation and may need help. I will be back with another podcast soon. Until then take care and stay empowered.

