The Language of Energy: Mapping the 14 Chakras of Body and Field

The first time I truly listened to my body, I noticed a pulsing in my upper stomach. It wasn’t random. I realized it was connected to my willpower and direction — the energy of the solar plexus chakra. That was the beginning of a journey into body awareness that changed everything.  
  
At first, the sensations were confusing: pulses, pulls, pressures, even cooling. But instead of brushing them off, I stayed curious. I asked, What are you telling me? And over time, I learned that my body was speaking a language of energy.

# The Sensations & What They Mean

Our bodies communicate in subtle but powerful ways. Here are some of the main sensations I experienced, and how I came to understand them:  
  
• Pulse / throbbing → energy activating or realigning. Action: breathe into it, allow it to expand, acknowledge the shift.  
• Magnetic pull / tugging → blocked or stuck energy trying to move. Action: hand on heart + hand on sensation point, invite flow, say: “It’s safe to release.”  
• Pressure / heaviness → recalibration. Example: my head when receiving a lot of information. Action: reassure the body, “You are safe to open.”  
• Cooling → release complete; the body soothes itself, like energetic surgery closing the wound. Action: rest, let the cooling waters restore balance.  
• Pinching / spasms → energy discharging, like a muscle clamping before letting go. Action: don’t resist; guide it gently out with breath and intention.  
• Tingling (hands, feet, hips) → energy leaving the body, grounding into the earth. Action: imagine roots carrying it away, affirm release.

# The 7 Body Chakras

Through intention and daily awareness, I began to map the classic seven chakras of the body. Each one has its own signals and wisdom:  
  
• Root: grounding, survival, stability.  
• Sacral: creativity, intimacy, flow.  
• Solar Plexus: willpower, direction.  
• Heart: love, coherence, balance.  
• Throat: expression, truth.  
• Third Eye: intuition, clarity.  
• Crown: connection, higher information.  
  
For example: when I was receiving too much information, the crown chakra at the top of my head grew sore, then shifted into a pressure as my brain recalibrated. By placing one hand on my heart and one on my head, I told my body it was safe. Slowly, the pressure released, and I could open again.

# Mastery Through Awareness

It took me about 10–14 days of consistent practice — noticing, breathing, and responding to every signal — before I felt like my body and I had a two-way channel of communication. That’s when I realized: once the seven body chakras are stabilized, a new dimension opens.

Traditionally, spiritual systems such as yoga, Hindu, and Tibetan practices recognize seven chakras within the body. These form the foundation of most teachings and are the ones most people know.  
  
In some modern and Western energy healing traditions, this system expands to twelve chakras — the seven body chakras plus additional transpersonal points above the crown and sometimes below the feet.  
  
In my own experience, through direct body awareness and daily practice, I found there to be fourteen: seven within the body and seven above it. This 14-point map feels like a complete bridge — grounding us into the Earth while opening us fully to the cosmos. It is both an extension of traditional teachings and a natural evolution of them.

# Context: 7, 12, and 14 Chakras

# The 7 Field Chakras Above the Body

Beyond the crown are seven more chakras, forming an expanded map of perception:  
  
• 8th Chakra – Soul Star: filters and organizes information from the field before it enters the body.  
• 9th Chakra – Spirit Gateway: connects personal awareness to collective consciousness.  
• 10th Chakra – Earth Star Above: anchors higher self into the planetary grid.  
• 11th Chakra – Galactic Connection: perception of larger patterns and probabilities.  
• 12th Chakra – Universal Field: the living network of reality itself; downloads and archetypes.  
• 13th Chakra – Oversoul Portal: guidance from beyond the personal self.  
• 14th Chakra – Divine Spark: purest coherence point, stillness holding everything.  
  
For me, these higher chakras became ways of filtering information, sensing what was resonance and what was noise. It felt like tuning my whole being into a broader conversation with the universe.

# The Release Process

Energy can get stuck in tissues or channels. With practice, I learned to place one hand on my heart, the other on the blocked spot, and speak words of reassurance: “It’s safe to release. It’s safe to flow.”  
  
Release often followed a pattern: pulse → pinching → cooling → tingling exit. The tingling meant the energy was leaving, grounding into the Earth. What remained was calm, clarity, and balance.

# An Invitation

Your body is always speaking. The question is: are you listening?  
  
Start small. Place one hand on your heart, one hand where you feel a sensation. Breathe. Say: “It’s safe to release.” Notice what happens — does it pulse, cool, or tingle? That’s your body shifting into harmony.  
  
Once you trust the language of your seven body chakras, the seven field chakras above will begin to speak too. Together, they form a 14-point system of awareness — grounding you to the Earth while opening you to the cosmos.  
  
✨ Anomalies aren’t accidents. They are instructions. And your body already knows the way.

# Author’s Reflection

I didn’t arrive at the 14-chakra framework by reading about it in books. What emerged came through lived experience — by listening to my own body, paying attention to sensations, and refusing to brush off the signals. I knew of the seven body chakras, and I sensed there were points above the body, but the complete picture came together as I practiced.  
  
Only later did I realize that some traditions describe twelve chakras. What surprised me was that my direct awareness had mapped fourteen: seven within the body and seven above it. In following the symmetry of 'as above, so below,' I had articulated something most teachings leave unspoken.  
  
For me, this wasn’t about adding more theory, but about closing a circuit — grounding into the Earth while opening fully to the cosmos. It’s a reminder that discovery doesn’t always come from study; sometimes it comes from presence, from listening, and from trusting what arises.