## Ascension Chakras - Old & New Karen Downing, Suzanne Jonas Ultimate Being/God merges into Crown Christed Consciousness merges into Third Eye Galactic Male & Female moves into Threat to become Spiritual Communication Crown Third Eye Nasal - Spiritual Communication Throat moves into Spiritual Communication High Heart takes over Heart to **Universal Love** become Universal Love Heart merges into Root Sacral & Solar Plexus move into . Belly Button **Belly Button** - Hands Root Knees 公 Ankles Soles of Feet -8 1/2-11 inches below feet