

# What's a SoulJourney Portrait?



solar plexus chakra



third eye chakra



crown chakra

Imagine that you could look in a mirror that would show you the most helpful, relevant aspects of your soul as it expresses itself in your energy field, in a multidimensional array like a constellation spanning time and space.

Now -- narrow your focus to one energy center in your multidimensional body. Each chakra has a specific focus and includes information from the entire array of your multidimensional consciousness.

A SoulJourneyPortrait is that mirror, in a way. It's a hand-drawn portrait of what Leah sees when she opens herself to your whole being. She sees what your consciousness looks like as colored lights pouring around and through you. She draws what she sees, and at the same time, receives sounds from your soul in the form of messages, songs and chants.

So as she draws what she sees of your soul's outpouring, she sings, chants, and transmits the spoken messages from your soul. Her clients have called the singing and chanting 'energizing', 'relaxing', 'inspiring', and 'deeply moving'.

heart chakra



*SoulJourney Portraits* by Leah Bowden show the flow of multidimensional energy through a specific energy center in the body. No two are alike, although some chakras tend to be certain colors, for example: throat - blue; heart: green and/or pink; solar plexus: gold/orange.

Crown: your soul's themes, intentions and major concepts

Third Eye: what aspect is serving as your navigator

Throat: your self-knowledge, and deepest truths

Heart: the nature of your experience of love

Solar Plexus: how you keep yourself safe

Resource Center: how you invest in yourself

Root: how you are grounded to your essential being

If Leah is creating a full SoulJourney Portrait for you, she will record everything she says, sings and chants. If she is creating a single chakra SoulJourney Portrait, you may record the session on your recording device.