

# This Transition Cycle Prepares You to Heal Childhood Wounds (Age 50)

Video Source: [chakraboosters](#)

This week's video is about the biggest energetic transition of our lives.

At age 50, we all experience a form of ending (like finishing one book of our lives) before starting another.

The healing possibilities that open up from age 51 – 57 are amazing – but I digress, as that's NEXT week's video.

[This week's video](#) is about the challenge of moving from our most spiritually connected cycle (age 49 – 7-7/crown-crown energy) and crash landing back on earth (age 50 – our return to root).

It's such a huge change.

In fact, it's not unlike when we're first born and have to leave the sweet ease of being 100% spirit to come into this dense physical realm and inhabit an awkward little body we don't even know how to operate.

Except this time around – at 50 – we DO know a thing or two about how to inhabit our body.

[I shot this video](#) a few years ago on Omaha Beach in Normandy, France – a place where many people died to protect global freedom. It felt right shooting there because this Chakra Life Cycle is really about the “death” of one cycle and the transition that leads into a better, freer life.

Have a lovely, relaxing, creative (and anything else you want

it to be) week.

XOXOXOXOXO,

Vicki

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