



Chakra Balancing.

The following meditation process is possibly the most important maintenance activity we can use. It enables us to create a clean vehicle through which our higher consciousness can communicate with our lower consciousness; whilst simultaneously balancing and re-energising our whole system. It can be used at any time or anywhere and can take as little as ten to fifteen minutes to complete.

We are going to use completely transparent energy. You can see transparent energy on a hot summers' day, it's the shimmer rising from the ground in the distance or the powerful heat haze across the desert.

Over the years, the colours of our chakras have been systematically changing, from complex coloured, tonic mixture to pure clear light. So with this in mind, this form of meditation can be used by anyone, irrelevant of how far they have progressed through their personal development. Don't forget it's not a race, we have chosen our path and we will arrive at our destination in our own perfect time.

Let's start:

Sit or lie quietly, concentrate on your breathing, in through the nose, out through your mouth, as you do this you can feel your body start to relax. As you breathe in, the soles of your feet relax, as you breathe out so do the tops. Feel this sensation moving slowly up your body, calves, thighs, buttocks, lower back, middle back and finally your shoulders and neck.

Each breath in and out relaxes and cleanses your entire body.

Enjoy this relaxed state for a few moments.

Now imagine a small ball of energy (it looks like a heat haze) hovering about 30cms above your head. Concentrate on its beauty, as it forms. See it flow gently down your spine finally reaching your first (root) chakra; (this is situated at the base of your coccyx). It now takes the shape of a cone stretching directly downwards in line with your spine. It starts to spin a vortex of pure energy; faster, ever faster. As the speed increases so does its brilliance, totally re-energising the first chakra. Concentrate on this new invigorating strength...

Whilst you have been enjoying this experience another small ball of energy has been forming above your head, it starts its journey down your spine coming to rest just where the spine and pelvis meet, (the 2nd chakra)...

This time the ball splits into two vortexes of the same size, one in front and one at the back of your body. They start to spiral, as their speed increases they become clearer and their energy becomes stronger as does this chakra, watch their brilliance. Enjoy the new found warmth.

Yet another energy ball forms, it finds its true place in the spine behind the stomach area, (just above your belly button, the 3rd chakra). Once again splitting into two cone shaped vortexes one front, one back, the points attach to your spine. They start their spinning quicker and quicker, faster than you could have ever imagined. All the vortexes now begin to reach the same intensity.



Once again a small energy ball forms above your head, it drops down and locates itself inline with your heart (your 4th chakra) two-vortex form, equal in size front and back, attaching to your spine with their points.

As before, they spin. Their intensity increases; their strength and beauty glows vibrantly.

Another ball of energy forms above your head. This one positions itself between your Adams apple and your chin (the location of your 5th chakra). The two vortices connect to the spine and start to spin clearing and energising.

The next energy ball locates in your 6th chakra aligning itself to a point just above the bridge of your nose in the centre of your head, (where the spine would be if it continued up through your crown). It splits, takes the form of two vortexes, they spin and take their part in the energising process.

The process is now coming to completion, a final energised sphere positions itself on top of your skull directly above the last (7th) chakra. It takes on the shape of yet another vortex, its point attached to your head and its wider base extending upwards towards its origin 30cms above.

This cone now starts to spin, it increases with speed, faster than any of the others, as it does so, it extends itself and connects to the 6th chakra, then on to the 5th, 4th, 3rd, 2nd and finally the 1st. As its journey evolves each chakra synchronizes with it and each other, until ultimately they are all connected. Your whole system is now in balance and fully energised, resembling a column of light.

Take the time to enjoy the energy now flowing through every part of your body from your fingertips, the soles of your feet, to the smallest hair on the back of your neck.

You are now truly connected and at one with yourself, you will feel stronger, lighter and more aware.

Frankly there is no need to completely shut down from this enlivening experience, but it is important to bring yourself back to the present, so when you're ready, bring your focus through your spine and back to the point 30cm above your head, slowly, slowly become aware of your surroundings, feel your heart beating, listen to your breathing and open your eyes.