

CHAKRA CLEARING MEDITATION

Sit comfortably with your hands in your lap and relax.

Breathe in and out very deeply, as you do, feel the healing energy of your Divine light. Remember you are perfect, whole and complete, and you need not add anything to yourself to experience your true power. You merely need to release a few blocks that bar you from fully experiencing and enjoying your true Divinity. Awaken to your spiritual power to heal yourself, your loved ones, and any situation in which you seem to find yourself. Fully awake to your gifts of psychic insights, as you are a holy child of the infinite wisdom.

Focus your awareness on the Divine spark of crystal-white light, sparkling within the center of your stomach area. See or feel this white spark of light shining like a pilot light within you. This is the spark of your true essence, your shining flame from God. See or feel the Divine light expand in you instantly, filling your entire body and aura with the illumined flame of Divinity. Feel the warmth within you, filling you completely with love and peaceful energy.

Now, move your attention to the area at the base of your spine. See or feel an illuminated red circle whirling in a clockwise direction. The circle looks like a spinning wheel. It glows a beautiful shade of ruby red. This is your root Chakra, the energy center connected to your thoughts and beliefs concerning money and physical security.

Mentally see or feel your root Chakra, checking for any areas of darkness in or around it, which fears and worries have brought about. It is normal for all of us to have these feelings and we needn't judge them, we just need to release them to our holy light for cleaning and purification. As you breathe in and out very deeply, ask your inner light of your holy spirit to cleanse and dissolve all darkness from your root Chakra, by saying "I allow the Light to dissolve away all fears, worries and concerns related to money, security and safety".

See and feel your root Chakra completely cleansed, illumined, and perfectly enlarged with Divine white light. Take in a very deep cleansing breath and affirm. "I know that I am perfectly protected in all ways, and that all of my needs are met and provided for at every moment." Taking another deep breath, bring your attention to your Sacral Chakra, which is about 4 inches above your root Chakra. See or feel an orange circle, spinning like a beautifully illumined orange spinning wheel. Your sacral Chakra gives you the energy connected with your thoughts and beliefs concerning appetites and desires. Scan for any areas of darkness in this Chakra, which you may have absorbed from fearful thoughts.

Release and cleanse all traces of fear and darkness to your holy spirit of Divine light by saying, "I willingly release all my desires and appetites to the Light, and allow them to become perfectly aligned with the one beautiful will of my higher self and God".

Take in a very deep cleansing breath and affirm, "I am harmoniously aligned with the ceaseless flow of supply and love that springs from the golden fountain of light within my center. All of my desires are perfectly balanced now."

Take another deep breath, move your attention to your solar plexus Chakra, the energy center connected with your thoughts and beliefs concerning power and control. This chakra is a

beautiful bright yellow circle. See or feel any areas of darkness within the yellow circle that may have come from any fears. As you take a deep cleansing breath, release all darkness and fears to your holy spirit and Divine light by saying, "I release any fears or struggles concerning my power and control to the beautiful healing light within me. I have perfect power and control, now".

See or feel your solar plexus perfectly cleansed and balance, as you affirm: "I graciously accept and fearlessly activate all of my power, now. This power, which is the power of oneness with God and all of creating, has pure motivations to love and to serve all of life. I create a beautifully loving and harmonious time for myself, and all of my interactions with others come from this place of loving power.

Take another deep breath, move your attention to the heart area. Here you will see, or feel a beautiful glowing emerald green circle, spinning like a top made of luminescent jade. This is your heart Chakra, the energy center connected with your thoughts and beliefs concerning love and relationships. Scan your Chakra, with your inner vision or through your feelings, for any areas of darkness brought about by fear. As soon as you detect any darkness, notice it without any judgment, and simply release it to your holy spirit and Divine light by saying "I am willing to release any fears that I have about receiving and giving love, now. I ask my holy spirit and light eternal to cleanse away all blocks that keep me from fully enjoying my love.

Now take a very deep cleaning breath and affirm. "I now fully allow myself to give and receive Love. I am safe, and I am loved. I am loved.

Take another deep breath and move your attention to the throat area, where you will see or feel a beautiful light blue circle. This is your throat Chakra, the energy center concerned with your thoughts and beliefs about spoken or written communication. If you have been afraid to speak your truth lately, you will probably now see or feel dark patches in your throat Chakra. Release all fear blocks to communication with your Divine light by saying "I willingly release any blocks to perfect communications to the light, now I release all fear that would prevent me from lovingly speaking the truth."

Now take a deep refreshing breath and affirm "I allow my higher self and holy spirit to speak through me, in all my communications. I step back and let Spirit lead the way, and all of my communications are perfectly ordered and guided. Everyone with whom I come in contact benefits from listening to my words.

Take another deep breath. Now focus on the area between your two eyes. Using your inner vision, allow yourself to see a circle of dark blue. As you look at the circle you may notice an oval shape in front of you, resting horizontally. This is your third eye, your window of clairvoyance and spiritual vision. Ask your third eye to fully open its eyelid so that you may fully see in truth and clarity. Take a deep breath and release all blocks to spiritual vision by saying "I am willing to release the fear of seeing the future. I am willing to release all fear of seeing the truth".

With another deep breath, anchor your new spiritual vision with this affirmation "I am safe as I allow my higher self to see the truth. My vision is perfectly ordered and illuminated by love.

Another deep breath and move your attention to the area just inside the top of your head. This is your crown Chakra, the energy center connected with your higher self and the universal all-knowing Mind. See or feel a majestic purple circle, spinning like a beautifully exotic ceiling fan at the dome of a skylight. If you sense any areas of fear or darkness in your crown chakra, you can cleanse them now by saying. "I now allow the light of my holy spirit to dissolve away all barriers to Divine wisdom and guidance. I release all fear about listening to my higher self, God and the angels".

Take another deep breath and affirm "I know that I am perfectly safe as I follow my inner spiritual guidance. I allow this guidance to lead me to beautiful opportunities where I share my true nature as a powerful, loving, spiritual being. I listen, I trust, and take guided action."

Now you are fully illuminated and ready for a time where your spiritual wisdom is fully awakened and activated. Take deep breaths and feel your Chakras rebalance.

Feel yourself come back into the room, refreshed and balanced. Move your fingers and toes.