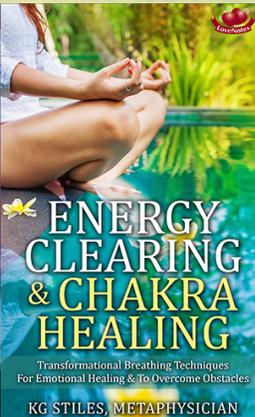
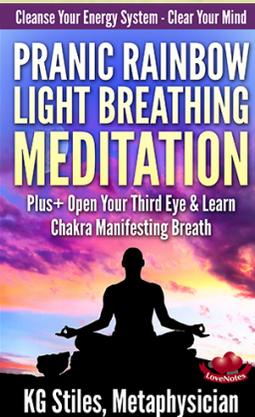
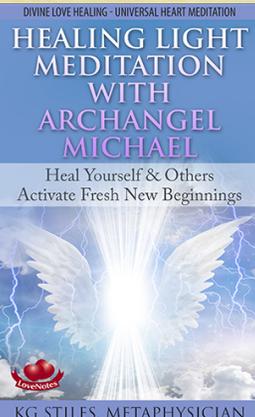
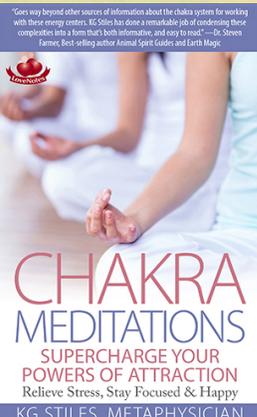
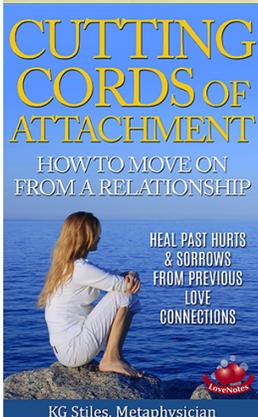


25

Mindfulness Meditations

FOR A STRESS FREE LIFE



KG STILES

METAPHYSICIAN & COACH

CUTTING CORDS OF ATTACHMENT

HOW TO MOVE ON
FROM A RELATIONSHIP

HEAL PAST HURTS
& SORROWS
FROM PREVIOUS
LOVE
CONNECTIONS



KG Stiles, Metaphysician

Cutting Cords of Attachment

How to Move on from a Relationship

Heal Past Hurts & Sorrows From Previous Love Connections

Are you feeling blocked or restricted from letting go of your past. Many times your inability to move forward in your life can be connected to a need to release past hurts and sorrows from a previous love connection.

We've all experienced hurt and loss in our lives. Such experiences can make you stronger and help you to grow in your feelings of compassion for yourself and others, as well as help you to make more wise and empowered decisions in the future.

Sometimes though your hurt and sense of loss may be so deep and painful as to cause a rift with your own personal sense of belonging and trust in yourself. You may question the world as a safe and loving place where you belong.

This method of cutting cords of attachment is very gentle and noninvasive. It works by dissolving past love connections rather than harshly severing them.

There is no feeling of harshness involved and the love and lessons learned are completely retained, so that there's no need to repeat any negative relationship patterns.

You will feel an immediate effect and deep sense of relief during and after the cutting cords ritual that will deepen over time as you allow yourself to heal any unresolved anger or resistance to letting go.

The cutting cords ritual with the healing gemstone black obsidian over lighted by archangel Michael will completely dissolve and release you from previous toxic relationships and love connections.

Past love connections you wish to cut cords to may be with anyone you experienced a love connection with such as a lover, husband, or friend.

You may wish to use this healing ritual with a former boss. You can also use it to cut ties to previous work, organizational or social relationships that no longer serve you and perhaps drag you down in some way.

You can use this cutting cords ritual to dissolve connections with any person, place or situation you wish to move on from and be completely free.

The cutting cords ritual with the black obsidian healing gemstone over lighted by archangel Michael I'm sharing with you is not only purposeful for cutting cords of attachment and entanglements with your past loves, but also rekindles and strengthens you own inner wellspring of unconditional self love and acceptance.

You may perform this cutting cords ritual with the intention of healing the love bond you have with yourself. This will effectively clear you of any old grievances, resentment, guilt, fear, shame, or feeling of victimization that clouds your auric energy field.

Your own bright aura charged with the light of self honoring, love and respect is the ultimate shield and protection from attracting intrusive, or malevolent and dissimilar energies from your own.

Performing the cutting cords ritual will amplify the frequency of your auric energy field. Afterward you will be safely enveloped in a cocoon of soft protective light.

After the cutting cords ritual If you do attract anyone with discordant energies you will absolutely know this about them and be able to choose to distance yourself from them.

A remarkable attribute of completely clearing yourself of cords of unhealthy attachment and entanglement is that you will have discernment about others true motives and intentions, but feel compassion rather than judgement.

You may begin to have insights about what is going on inside of another person that causes them to act in manipulative or unconscious ways. You will begin to see that another person's actions have nothing to do with you personally.

What you will need:

A white candle

Black obsidian gemstone

You'll call upon archangel Michael to overnight and assist you.

For the cutting cords and healing gemstones ritual you will need a white candle and a black obsidian gemstone. Even a tiny polished or tumbled black obsidian stone will work to clear cords of attachment.

Black obsidian is a shiny black volcanic glass born out of the fires of transformation symbolized by the god Pluto.

The goddess Pelé, the fire goddess, is the goddess of volcanoes and creator of the Hawaiian Islands. The fire of purification within black obsidian frees you from unconscious patterns and brings renewal and rebirth. You're no longer bound by hidden and mysterious forces that may have had power of you in the past.

The wisdom of obsidian gemstone helps you become aware of your hidden character flaws and bring them to the light for integration and healing.

Obsidian's clarifying properties act to heal disorder and chaos within you as it brings clarity to your body, mind and emotions.

It is the disowned shadow parts of yourself that cause you to unconsciously attract their counterpart in the outside world, so that you can come to know, love, understand and integrate them within yourself.

Black obsidian strengthens and grounds you to the earth and connects you more deeply with your own physical embodiment and sense of belonging to yourself and in the world. It helps you become

clear about your motivations as well as the motives behind other people's actions.

When to perform cutting cords meditation

Anytime is a good time to perform the cutting cords meditation ritual.

However, that being said, for even more stellar results perform your cutting Cords ritual at the time of a full moon.

The best full moons for cutting cords are the Scorpio full moon and lunar eclipse full moons. These full moons are the most powerful for illuminating, releasing and bringing closure to your past attachments and patterns of fear that do not serve you and your highest good.

If the full moon goes void of course immediately at the time of the full moon wait until the moon has gone into the next zodiac sign then perform your ritual anytime before the next void of course moon.

Cutting Cords of Attachment Meditation

(Allow 5-30, the time it take will be individual to you)

Light your white candle and focus on the white flame.

Calm your mind and sit quietly. There is nothing you need do at this moment but be quietly present with your self.

Within all of us there is a sacred space. Now is the time to go within to your sacred space and be still. Remember that the light you see is a reflection of the light and pure state of consciousness that dwells within you.

Lay down in a yoga corpse pose (savasana) on a flat surface where you will not be disturbed.

You feel comfortable and relaxed. The time it takes for cutting cords and clearing will be individual to you. Allow 5-30 minutes.

Call upon archangel Michael for assistance with your cutting cords ritual. Michael is the angel of truth and his sword of truth will easily help you to dissolve any resistant cords of attachment quickly, cleanly and permanently.

Invocation: 'Archangel Michael I call upon you now to assist me with this cutting cords ritual. Thank you for giving me the courage to fully release any cords of attachment to _____
(name the person, place, situation, or organization to which you wish to sever any cords of attachment).

Set your intention firmly in your mind and emotions to cut cords of attachment to your past and engage your desire to let go of them. You can write this down on a clean sheet of paper if you like that you can burn after completing the cutting cords ritual.

State your desire aloud to cut cords with this person, place, situation or organization. "I desire to cut cords with _____."

Lay your black obsidian stone on your navel. This is the center of your physical being where you were attached to your mother for nourishment through the umbilicus before you were born.

Breathe in deeply and relax into the silence.

The black obsidian stone will now do the work of clearing you of cords of attachment and entanglements throughout your body, mind and emotions. It will dissolve cords of attachments that may have gotten into the deepest recesses of your being and free you completely throughout your entire energy system. All of your 7 major chakras, your minor chakras and organ meridians will be completely cleared of entanglements and blockage through the cutting cording ritual.

Allow any memories, images or emotions to surface and drift away.

The cutting cords ritual will sever and completely dissolve your attachment only to that which is destructive and a negative influence. Any lessons learned and the pure consciousness of love will remain.

Continue breathing fully and deeply into your core as the cutting cords ritual dissolves any attachments within you.

You may drift off to sleep or you may feel activated emotionally and mentally by the cutting and releasing of cords. There is no right or wrong way to experience the cutting cords ritual. It is individual to you.

When you feel complete take some time to just relax, be still and quiet.

Remember to thank archangel Michael for his assistance.

What to do next

You may enjoy and benefit from taking a long, hot sea salt bath with your favorite pure essential oils, followed by a cleansing shower afterward.

If you wrote your intention to cut cords on a sheet of paper you may wish to burn it now. Do not give the person, place, situation, or organization any energy ever again. You are free. Time to move on.

You can also wear your black obsidian stone by taping it to your navel if the stone is small enough. Or you can sleep with the black obsidian stone underneath your pillow. Both wearing and sleeping with your black obsidian stone will help bring greater clarity and strengthen you physically and emotionally.

Over time if you regularly wear the black obsidian taped to your navel or sleep with it you will integrate its healing and clarifying properties within you.

Black obsidian is a stone of truth and will keep you connected to the truth of your being.

"Goes way beyond other sources of information about the chakra system for working with these energy centers. KG Stiles has done a remarkable job of condensing these complexities into a form that's both informative, and easy to read." —Dr. Steven Farmer, Best-selling author *Animal Spirit Guides* and *Earth Magic*



CHAKRA MEDITATIONS

**SUPERCHARGE YOUR
POWERS OF ATTRACTION**
Relieve Stress, Stay Focused & Happy

KG STILES, METAPHYSICIAN

Chakra Meditations

Supercharge Your Powers of Attraction

Relieve Stress, Stay Focused & Happy

What you will learn:

What is a Mantra?

What is a Bija Mantra?

What is the Purpose of Bija Mantras?

Dr. Bruce Lipton Epigenetics & Sound Healing

Introduction to Your 7 Major Chakras

Pranic Rainbow Light Breathing

First Chakra - Muladhara (Base/Root) - Red

Second Chakra - Svadhisthana (Sacral) - Orange

Third Chakra - Manipura (Solar Plexus) - Yellow

Fourth Chakra - Anahata (Heart) - Green

Fifth Chakra - Vishuddha (Throat) - Blue

Sixth Chakra - Ajna (Third Eye/Brow) - Indigo Blue

Seventh Chakra - Sahasrara (Crown) - White Violet

CHAKRAS - GATEWAYS FOR MANIFESTING

What is a Mantra?

A sound, syllable, word, or group of words that is considered capable of “creating transformation.”

The Sanskrit word mantra consists of the root man- “to think” (also in manas “mind”) and the suffix -tra, meaning “tools or instruments”, hence a literal translation would be “instrument of thought”.

What is a Bija Mantra?

The word bija means seed. “Bija mantras are one-syllable seed sounds that, when you say them aloud, activate the energy of a particular chakra. In traditional Hatha yoga, there are seven (7) bija mantras associated with each of your chakras.

What is the Purpose of Bija Mantras?

The purpose of a bija mantra is to purify and balance a particular chakra or frequency of energy of your body and mind system.

“When you speak the bija mantras, you resonate with the energy of the associated chakra, helping you focus upon your own instinctive awareness of your body and its needs.” -DailyOM

In this LoveNotes you will learn a bija mantra practice for cleansing and balancing each of your 7 Major Chakras.

What is a chakra?

Chakra is a Sanskrit term meaning “spinning wheel of energy,” or “wheel of light.”

The Chakras are a vortex of spinning, pulsing, vibrating life force energy that connects your physical life form with your transpersonal Divine Nature. These Energy Centers or Chakras connect with one another through circuits or streams of life force energy within your body.

Your chakras are like a strand of interconnected jewels that run from the base of your spine to the crown of your head.

Your emotions, physical health and mental clarity are all directly affected by how well your chakras filter and perceive energy. Your chakras are your windows of perception for interpreting your life experience and dictate the meaning you give to life experiences.

The meaning you give your life experience controls the purity of the energy signals you send and receive. The higher your vibrational frequency the more attuned you are to higher frequency energies. Clear chakras can directly perceive and know ‘ultimate’ reality and truth.

Whereas cloudy chakras that are full of judgment and mis-perception of reality project onto life experience like a self fulfilling prophecy.

Dr. Bruce Lipton Epigenetics & Sound Healing

Dr. Bruce Lipton research scientist in the field of epigenetics tells us that human beings are like giant receiving stations of energy and information.

Epigenetic means 'above the genes.' From his research in epigenetics Dr. Lipton discovered that, 'The environment determined the fate of the cells, not the genetic pattern.' The more attuned you are to a 'better feeling' thought the more you will align with 'better feeling' outcomes for yourself in your life experience. Bija mantras help you to do just that.

Bija mantras have been used since ancient time and carry the collective wisdom of humanity to affect change in your energy system.

It is well known that you are most responsive to the sound of your own voice. The sound of your voice has the most power to affect change in your subconscious mind. Resistant patterns of fear can be shaken free by sounding bija mantras; breaking up old karmic patterns.

The repetition and sounding of a bija mantra creates a vibration within your body which shakes cells free from their habitual grooves to restore your natural biological rhythms. Sounding bija mantras will literally entrain you to the cosmic rhythm of the universe. With practice

sounding bija mantras will transform your stubborn and resistant unconscious negative mental and emotional habit patterns.

Introduction to Your 7 Major Chakras

Rainbow Bridge is a term used in esoteric and metaphysical healing for the circuits of energy that connect your physical life form with your transpersonal Divine Nature.

This series of guided visualizations, affirmations and bija mantras will assist you in clearing energy blockages, as well as balancing your 7 Major Chakras to promote healing (the process of making sound and healthy again).

A regular practice will result in an increased amplitude for each of your 7 Major Chakras and give you the necessary stamina to dispel and even prevent life obstacles from occurring. Though some obstacles are a way to strengthen you and actually helpful to you.

Increased amplitude of your energy centers will greatly enhance your vital life force and positively impact your health and longevity. In essence you are charging your vital life force energy to create optimal health, as well as activating your awareness of Unity Consciousness: A KNOWING OF ONENESS WITH ALL THAT IS.

When you activate awareness of Unity Consciousness you will experience the ultimate feeling state: ABSOLUTE BLISS.

Your regular practice is a conscious investment you can choose to make in yourself to build your personal power which will enable you master your mind and direct your spirit.

I recommend you commit to doing a daily practice for a particular chakra 2-3 times daily for 2-3 weeks. Keep a journal of your experience and note how you feel before and after your practice.

Bija Mantras

The bija mantras you're about to learn are therapeutic sound tools for improving all your sensory perceptions.

The attunement and re-alignment generated within yourself through sounding the bija mantras stimulates the release of powerful chemical hormones within your body which can shift disruptive mental and emotional patterns related to each of your chakras. A sense of peace and unity within yourself and with others will be restored.

As well breathing practices are a powerful antioxidant stimulus as they increase oxygen to your cells for enhanced cellular nutrition and removal of metabolic waste materials and toxic residue.

As you become adept at working with your chakras you may gradually increase the time you focus your attention on each energy center. Initially your focus should be for no more than 1-4 minutes duration.

Pranic Rainbow Light Breathing Meditation

Sit comfortably with your spine erect, close your eyes and begin to focus on your breath. Inhale slowly and allow your lungs to fill with oxygen. Visualize the oxygen you breathe being filled with the rainbow light of prana, or life force energy.

See this pranic light, or life force energy, vibrating with all the colors of the rainbow as it fills your lungs and is delivered through your blood stream to all the cells of your body. Visualize this vibrating rainbow light flowing through your blood stream to all the cells of your body.

As you exhale see any toxic residue, like a brownish-grey smoke, leave your energy system. Learning to use your breath to cleanse your energy system is the initial first step to take for clearing, balancing and charging your 7 Major Chakras.

Your daily thoughts of judgment and emotional reactions to life situations, as well as environmental toxins create a build up of toxic residue which you are now effectively releasing and cleansing from your energy system.

Allow any thoughts or emotions that are being dispelled to come to the surface for release. You are cleansing your mind and body of toxic unprocessed emotions and cellular debris.

Continue to visualize the vibrating light of prana as it flows through your blood stream to all the cells of your body.

You are free to work on a single chakra or more as you have the time and capacity.

First Chakra - Muladhara (Base or Root)

Elemental Power - EARTH

Color- RED

Bija mantra - LAM

Muladhara (Base or Root) Chakra - From Sanskrit Muladhara can be translated as "That which Holds the Base or Root."

1st Chakra Meditation

Focus your awareness at your First Chakra, your vital Root center, located at the end of your spine, the serpent's tailbone.

See a whirling ball of Ruby Red Colored light pulsing with energy in this center. Red is the color of blood and passion for life. This is your procreative life force energy. Its nature is forceful and passionate.

Feel this warm Ruby Red Colored light and breathe deeply into this energy center. This is your core life energy that connects you to the earth and ALL of Life.

Your survival instincts are centered here. Feel yourself anchored to the earth through this energy center. Feel the warm Ruby Red Color of

Earth as it penetrates your body and flows down through your legs and into your feet, supporting you to move upon the earth.

You feel connected to all that is through this energy center. Recognize your connection and affirm:

I am one with all of life now and forever. I AM SAFE.

Inhale as you embrace any fear or doubt that separates you from others, that separates you from life. Allow your feeling of separateness to leave you now. Breathe it out.

Gratitude: "I give thanks that I am one with all of life. I AM SAFE"

Breathe out any residual resistance you may feel to living the truth that ALL IS ONE.

Affirm once more, "I give thanks that I am one with all of life. I AM SAFE."

To develop, nurture and stabilize your sense of Absolute Safety and Well-being practice this breathing visualization and affirmation exercise daily, prior to falling asleep and on waking.

Feel the TRUTH of it deep within your being and relax.

Emotional stagnation or blockage at your First Chakra emits an energy frequency that resonates with feeling disconnected from one's tribe, community or family. The sense of not belonging is accompanied by frustration, rage and thwarted passion.

Related physical imbalances, include: sciatica, prostrate, uterine, ovarian and hemorrhoid conditions.

Recite this mantra six times aloud as you focus your awareness at your First Chakra. Remember to inhale and exhale fully as you recite the mantra.

I CONNECT, I LOVE, I GROW

Recite this same mantra silently six times within yourself as you continue to focus your awareness at your First Chakra. Remember to inhale and exhale fully as you recite the mantra.

I CONNECT, I LOVE, I GROW

Sound the Seed Syllable LAM (Keynote C Major) while continuing to focus your awareness at your First Chakra for 1-4 minutes.

As you sound the bija mantra allow any images to naturally surface and melt away as blockages are cleared and balance restored in your First Chakra.

LAM -----

Conclude sounding the bija mantra LAM by seeing your First Chakra as a clear and vibrant whirling ball of RUBY RED Colored light pulsing with energy at this center.

Remember to inhale fully and exhale as you visualize your First Chakra being clear, vibrantly alive and healthy.

You have completed the first cycle for clearing, balancing and charging your 7 Major Chakras.

Second Chakra - Svadhisthana (Spleen/Sacral)

Elemental Power - WATER

Color - ORANGE

Bija mantra - VAM

Svadhisthana (Sacral/Spleen) Chakra - From Sanskrit Svadhisthana can be translated as "Primordial Abode."

2nd Chakra Meditation

Focus your awareness at your Second Chakra, half way between your navel and your pubic bone.

See a whirling ball of Orange Colored Light pulsing with energy at this center. Orange is the color of purification, vibrant health, co-creation and relationship.

This is your vital life force energy for purification and health. Its nature is calm and soothing. It imbues you with robust energy, stamina and a feeling of aliveness.

A balanced and healthy Second Chakra ensures a strong immune system and an inherent sense of health and well-being.

Emotional stagnation or blockage at your Second Chakra emits an energy frequency that resonates with feelings of guilt and shame. These feelings attract toxic environmental conditions (both internal and external) that trigger states of anxiety, fear and worry. Issues of rejection and victimization, as well as the need for protection are often prevalent.

Related physical imbalances, include: toxic and infectious conditions, cancer and diabetes.

You co-create with all that is through this energy center. Recognize your power as a co-creator and affirm:

I co-create with all of life now and forever. I PURIFY.

Recite this mantra six times aloud as you focus your awareness at your Second Chakra. Remember to inhale and exhale fully as you recite the mantra.

I RELATE, I PURIFY, I LET GO

Recite this same mantra silently six times within yourself as you continue to focus your awareness at your First Chakra. Remember to inhale and exhale fully as you recite the mantra.

I RELATE, I PURIFY, I LET GO

Sound the bija mantra VAM (Keynote D) while continuing to focus your awareness at your Second Chakra for 1-4 minutes.

As you sound the bija mantra allow any images to naturally surface and melt away as blockages are cleared and balance restored in your Second Chakra.

VAM -----

Conclude sounding the bija mantra VAM by seeing your Second Chakra as a clear and vibrant whirling ball of BRIGHT ORANGE colored light pulsing with energy at this center.

Remember to inhale and exhale fully as you visualize your Second Chakra being clear, vibrantly alive and healthy.

Third Chakra - Manipura (Solar Plexus)

Elemental Power - FIRE

Color - Yellow

Bija mantra - RAM

3rd Chakra Meditation

Focus your awareness at the Third (Manipura) Chakra located just above your navel. From Sanskrit Manipura can be translated as “City of Jewels.”

See a Whirling Ball of Radiant Yellow Light pulsing with energy at this center. The color yellow represents the healthy ego desire to stand in your power and shine your light.

This is your vital life force energy for empowerment and self esteem. Its nature is the strong emotional desire for empowerment.

A balanced and healthy Third Chakra ensures a strong Digestive System. Its energy imbues you with a sense of personal power and self worth.

Emotional stagnation or blockage at your Third Chakra emits an energy frequency that resonates with struggle and frustration in fulfilling one’s desires.

Emotional issues of ambition and inhibition devour your present moment awareness and you suffer from rampant feelings of fear, guilt and self doubt.

Related physical imbalances, include: Ulcers and Gallstones

You act with integrity, responsibility and self respect through this energy center. Recognize your power as the authority of your life by affirming:

I love and respect myself now and forever. I AM RESPONSIBLE.

Recite this mantra six times aloud as you continue to focus your awareness at the Third Chakra. Remember to inhale and exhale fully as you recite the mantra.

I DESIRE, I FOCUS, I FLOWER

Recite this same mantra silently six times within yourself as you continue to focus your awareness at the Third Chakra. Remember to inhale and exhale fully as you recite the mantra.

I DESIRE, I FOCUS, I FLOWER

Sound the bija mantra RAM (Keynote E) while continuing to focus your awareness at your Third Chakra for 1-4 minutes.

As you sound the bijou mantra allow any images to naturally surface and melt away as blockages are cleared and balance restored in your Third Chakra.

RAM -----

Conclude sounding your bija mantra RAM by seeing your Third Chakra as a clear and vibrant whirling ball of RADIANT YELLOW Colored light pulsing with energy at this center.

Remember to inhale fully and exhale as you visualize your Third Chakra being clear, vibrantly alive and healthy.

Fourth Chakra Anahata (Heart)

Elemental Power - AIR

Color - GREEN

Bija mantra - YAM

4th Chakra Meditation

Focus your awareness at the Fourth (Anahata) Chakra, located in your upper chest and back area. From Sanskrit Anahata can be translated as “Unstruck, unhurt, unbeaten” and refers to Vedic concept of unstruck sound, the sound of the celestial realm.

See a whirling ball of Brilliant Green Colored Light pulsing with energy in this center. It is the color of the wise Serpent Dragon.

This is your vital life force energy representing compassion and generosity. Its nature and primary function is to connect you with universal source energy's ever present circuit of love and to imbue you with supernatural courage.

A balanced and healthy Fourth Chakra attracts experiences of abundance, prosperity and sharing.

Emotional stagnation or blockage at your Fourth Chakra emits an energy frequency that resonates with grief and loss, emotional heaviness, sadness and despair.

Emotional issues include feelings of lack, loss, less than, never having enough or being good enough or not being quite up to the task of your life devour your present moment awareness.

You suffer from obsessive/compulsive feelings of being unloved, unappreciated, unaccepted, disconnected, restricted, or in some way limited and unable to find your niche in the world.

Related physical imbalances, include: stroke, angina, arthritis

You act with generosity, love and compassion through this energy center. Recognize your power for being loving and compassionate by affirming:

I am loving and generous now and forever. I AM COMPASSIONATE.

Recite this mantra six times aloud as you continue to focus your awareness at the Fourth Chakra. Remember to inhale and exhale fully as you recite the mantra.

I OPEN, I ACCEPT, I LOVE

Recite this mantra silently six times within yourself as you continue to focus your awareness at the Fourth Chakra. Remember to inhale and exhale fully as you recite the mantra.

I OPEN, I ACCEPT, I LOVE,

Sound the bija mantra YAM (Keynote F) and continue to focus your awareness at your Fourth Chakra for 1-4 minutes.

As you sound the bija mantra allow images to naturally surface and melt away as blockages are cleared and balance restored in your Fourth Chakra.

YAM _____

Conclude sounding of the bija mantra YAM by seeing your Fourth Chakra as a clear and vibrant whirling ball of BRILLIANT GREEN Colored light pulsing with energy at this center.

Remember to inhale and exhale fully as you visualize your Fourth Chakra being clear, vibrantly alive and healthy.

Fifth Chakra - Vishuddha (Throat)

Power - SPACE

Color - Blue

Bija mantra - HAM

5th Chakra Meditation

Focus your awareness at the Fifth (Vishuddha) Chakra located at the center of your throat. From Sanskrit Vishuddha can be translated as “to purify by separating out,” and refers to one’s negative experiences being transformed into wisdom and learning, or Pure Consciousness.

See a whirling ball of Bright Sapphire Blue Colored Light pulsing with energy at this center.

This is your vital life force energy representing creativity and self expression. Its nature and primary function is unification and balance. When your Fifth Chakra is balanced and functioning healthily you become a channel for inspired communication.

A balanced and healthy Fifth Chakra attracts life experiences of being an overflowing channel for Divine Inspiration. Feelings of being in the zone, or in the flow where good fortune and grace continually smile on you are common. Synchronicity, miraculous occurrences and unexplainable coincidences abound. You are in the right place at the right time!

Surrendering your personal will to what IS, or the Will of Heaven, is the Key that Unlocks a Blocked Fifth Chakra.

Emotional stagnation or blockage at your Fifth Chakra emits an energy frequency that resonates with experiences of repression of one's thoughts and feelings, not being able, or feeling safe to speak your truth.

Related physical imbalances, include: thyroid conditions, catching the flu or colds, chronic infections, allergic reactions and various phobias.

You speak truthfully and with integrity. Recognize your power for inspired communication by affirming:

I am creative and truthful now and forever. I AM WISE.

Recite this mantra six times aloud as you continue to focus your awareness at your Fifth Chakra. Remember to inhale and exhale fully as you recite the mantra.

I UNITE, I EXPRESS, I FLOW

Recite this same mantra silently six times within yourself as you continue to focus your awareness at your Fifth Chakra. Remember to inhale and exhale fully as you recite the mantra.

I UNITE, I EXPRESS, I FLOW

Sound the Seed Syllable HAM (Keynote G) and continue to focus your awareness at your Fifth Chakra for 1-4 minutes.

As you sound the bija mantra allow images to naturally surface and melt away as blockages are cleared and balance restored in your Fifth Chakra.

HAM -----

Conclude sounding the bija mantra HAM by seeing your Fifth Chakra as a clear and vibrant whirling ball of BRIGHT BLUE Colored Light pulsing with energy at this center.

Remember to inhale and exhale fully as you visualize your Fifth Chakra being clear, vibrantly alive and healthy.

Sixth - Ajna (Third Eye/Brow)

Power - LIGHT

Color - Indigo Blue

Bija mantra - AUM (OM)

SPIRITUAL RESEARCH

According to spiritual research conducted by David R. Hawkins, MD, PhD using muscle testing as a way to assess the frequency level of both of these bija mantras it was discovered that the mantra “Om” calibrates at 740 while the mantra “A-u-m” calibrates at 65. These findings were published in Dr. Hawkins book, “Reality and Subjectivity.”

6th Chakra Meditation

Focus your awareness at the Sixth (Ajna) Chakra, located between your eyebrows at the center of your forehead. From Sanskrit Ajna can be translated as “Command,” and refers to one’s capacity for intuitive wisdom and to KNOW TRUTH.

See a whirling ball of Blue Indigo Colored Light pulsing with energy in this center. This is where your prefrontal cortex is located, the Seat of Your Divine Consciousness. It is represented by the symbol of the six-pointed star, also known as a hexagram, Star of Venus or Star of David).

This is your vital life force energy representing your paranormal, extrasensory or super sensible capacity. Its nature and primary function relates to your subtle five senses and your sixth sense of intuition.

A balanced and healthy Sixth Chakra imbues you with intuitive perceptions that are crystal clear and easily integrated into full self expression. You are a free flowing channel for inspiration and ecstatic visions are common occurrences.

Emotional stagnation or blockage at your Sixth Chakra emits an energy frequency that resonates with obsessive compulsive thoughts and emotions, recurring nightmares, repetitive unconscious patterns of experience, inability to discern the difference between fact and fantasy, and feelings of being out of control.

Related physical imbalances, include: Pituitary glandular disorders, schizophrenia and kidney disease. Since the Pituitary gland operates as a master gland, influencing the healthy function of our entire endocrine system and hormonal balance, its healthy function is of paramount importance.

You see and know the truth clearly. Recognize your power of clear intuition by affirming:

I clearly see and know the truth now and forever. I AM AWARE.

Recite this mantra six times aloud as you continue to focus your awareness at the Sixth Chakra. Remember to inhale and exhale fully as you recite the mantra.

I INTUIT, I INTEGRATE, I REALIZE

Recite this same mantra silently six times within yourself as you continue to focus your awareness at the Sixth Chakra. Remember to inhale and exhale fully as you recite the mantra.

I INTUIT, I INTEGRATE, I REALIZE

Sound the Seed Syllable AUM (OM) as you continue to focus your awareness at your Ajna Chakra for 1-4 minutes.

As you sound the bija mantra allow images to naturally surface and melt away as blockages are cleared and balance restored in your Sixth Chakra.

AUM (OM) -----

Conclude sounding bija mantra by seeing your Sixth Chakra as a clear and vibrant whirling ball of INDIGO BLUE Colored light pulsing with energy at this center.

Remember to inhale and exhale fully as you visualize your Sixth Chakra being clear, vibrantly alive and healthy.

Seventh Chakra - Sahasrara (Crown)

Power - SOUND

Color - White Violet

Bija mantra - AUM (OM)

SPIRITUAL RESEARCH

According to spiritual research conducted by David R. Hawkins, MD, PhD using muscle testing as a way to assess the frequency level of both of these Bija mantras it was discovered that the mantra “Om” calibrates at 740 while the mantra “A-u-m” calibrates at 65. These findings were published in Dr. Hawkins book, “Reality and Subjectivity.”

7th Chakra Meditation

Focus your awareness at the Seventh (Sahasrara) Chakra, located at the top of your head.

From Sanskrit Sahasrara can be translated to as “Thousand Petaled Lotus.” The lotus blossom is a symbol for purity and spirituality.

See a Whirling Ball of White-Violet Colored Light pulsing with energy in this center. This is your vital life force energy representing your potential for Self liberation from the phenomenal world of duality and for experiencing a spiritually enlightened state of BLISS.

The Seventh Chakra's nature is infinite. Through this energy center you continually give rise to new thoughts and ideas. Thought represents the highest function of the mind.

It is with your mind that you create your belief systems which control your actions or reactions so that you become like a self fulfilling prophecy. Aim high and true with your thoughts so that you may attain the state of enlightenment for which you are destined, beyond all concepts.

The primary function of the Seventh Chakra is liberation!

The Seventh Chakra connects you directly to Divine Source Energy. Through your Seventh Chakra you receive direct wisdom, insight and guidance from the Divine.

The Seventh Chakra symbolizes the highest state of enlightenment and spiritual development, the awakened state.

A balanced and healthy Seventh Chakra is related to a healthy functioning Pineal Gland which acts as a key hormonal regulator. Research has shown that the Pineal Gland is most active at birth and death. It is the primary gateway for our earthly manifestation.

When the Seventh Chakra is functioning healthily you experience direct perceptions about the oneness of all life. You move beyond duality into the space of ABSOLUTE UNITY CONSCIOUSNESS.

Emotional stagnation or blockage at your Seventh Chakra emits an energy frequency that resonates with experiences of psychosis and potential for complete breakdown of mental faculties for organizing and perceiving material reality.

Related physical imbalances, include: Pineal gland disorders, manic depressive states and psychosis. Since the Pineal gland orchestrates hormonal secretions, along with the Thalamus and the Pituitary gland, its balanced function influences the health of our entire endocrine system.

You experience oneness with all of life. Recognize your power of unity consciousness by affirming:

I am one with all of life now and forever. I AM THE ONE IN ALL.

Recite this Mantra six times aloud as you continue to focus your awareness at the Seventh Chakra. Remember to inhale and exhale fully as you recite the mantra.

I KNOW, I UNIFY, I AM SILENCE

Recite this same mantra silently six times within yourself as you continue to focus your awareness at the Seventh Chakra. Remember to inhale and exhale fully as you recite the mantra.

I KNOW, I UNIFY, I AM SILENCE

Sound the Seed Syllable AUM (OM) and continue to focus your awareness at your Seventh Chakra for 1-4 minutes.

As you sound the bija mantra allow images to naturally surface and melt away as blockages are cleared and balance restored in your Seventh Chakra.

AUM (OM) -----

Conclude sounding the bija mantra AUM (OM) by seeing your Seventh Chakra as a clear and vibrant whirling ball of WHITE VIOLET Colored Light pulsing with energy at this center.

Remember to inhale and exhale fully as you visualize your Seventh Chakra being clear, vibrantly alive and healthy.

Allow yourself to rest in this state of UNITY CONSCIOUSNESS for a few moments, or longer, before opening your eyes. Enjoy being in this state of Relaxed Awareness as you move through your day.

MAY YOU BE WELL, MAY YOU BE HAPPY, MAY YOU BE FREE

DIVINE LOVE HEALING - UNIVERSAL HEART MEDITATION

HEALING LIGHT MEDITATION WITH ARCHANGEL MICHAEL

Heal Yourself & Others
Activate Fresh New Beginnings



KG STILES, METAPHYSICIAN

Healing Light Meditation

with Archangel Michael

Divine Love Healing - Universal Heart Meditation

Heal Yourself & Others

Activate Fresh New Beginnings

Do you have a crystal clear vision for your life?

Or, do you feel uncertain about what the true purpose and meaning of your life is?

Would you love to know what you truly want and your next best steps to move forward?

Would you like to feel a renewed sense of innocence and be able to express yourself with the creativity and curiosity you once had as a child when nothing was impossible and you were confident that you could figure anything out, or die trying.

Have you ever noticed that children make up for their lack of power and very little resources by being incredibly tenacious about getting what they want?

Would you love to experience the tenacity of a young child for getting what you want once again?

The Healing Light Meditation with archangel Michael will open your mind to receive new seeds of inspiration and help you to birth a new vision for yourself and your life.

You can use the Healing Light Mediation with archangel Michael to clear any blockage or resistance to knowing the truth of any situation, as well gain clarity about your life calling, what your next best steps are and how to move forward.

You will be guided exactly how to do this with the assistance of archangel Michael who will completely clear your entire being of any cords of attachment and resistance to knowing the truth, as well as open your mind to receive all the gifts available to you from the universe.

You'll also be guided how to use the Healing Light Meditation to heal those you love, friends, family or for the general betterment and healing of humanity, all of life and our planet.

What you will need:

A white candle

Essential oil (optional), recommend spikenard (spiritual elixir, quietens the mind), frankincense (clears the mind, grief and loss), neroli (peace of mind, beauty), melissa (anxiety, clear past memories), rose (unconditional love, beauty), lavender (universal healer, past hurts and sorrows), or lemon (cleanser, detoxifier).

Light your white candle and get comfortable. You are in a quiet place where you will not be disturbed; your back is fully supported.

Healing Light Meditation

Now invite archangel Michael to assist you with opening your mind to receive fresh new Divine ideas and imaginations.

Simply say: “Archangel Michael I call upon you now to assist me with clearing any blockage from my mind, so that I am open to receive Divine imaginations and activate fresh new beginnings.”

Focus on the candle flame and breathe deeply into your lower belly. Allow your belly to expand fully. Pause for a moment then exhale and contract your lower belly as you expel the breath completely. Pause for a moment then inhale once more.

With each exhalation release any feeling of tension. Continue breathing for several cycles of breath as you relax more deeply.

Imagine yourself surrounded by a beautiful aura of radiant golden light. This cocoon of golden light embraces you softly and tenderly. You feel warm, completely safe, loved and supported.

Now focus your attention at the crown of your head.

Imagine a six inch round portal of white-violet light streaming down into the crown of your head. Notice if you feel any tugs or pulls in the area at the top of your head. The white-violet light represents pure consciousness that purifies, transforms and heals.

If you feel any resistance to the flow of white-violet light into your crown chakra simply ask archangel Michael to clear you of any cords of attachment.

Archangel Michael's sword of truth will gently cut away and dissolve any cords of fear or attachment and clear you of false beliefs and attitudes that block your mind from being an open and clear channel for Divine inspiration.

Continue breathing as the white-violet light streams down into the crown of your head. As you open fully with the assistance of archangel Michael to the white-violet's healing power of truth you are cleared of any blockage or resistance to being a channel of pure consciousness and Divine imaginations.

Feel the white-violet pouring down through the crown of your head moving down through your spinal cord and out through your tailbone. Feel the white-violet light penetrate all the cells of your body as it gently raises the frequency of your life force energy.

Imagine being surrounded by a beautiful aura of radiant golden light that grows and expands in radiance.

This cocoon of golden light continues expanding and increasing in radiance as you breathe.

Your auric energy field expands to six, eight, ten, twelve feet around you. You feel warm, vibrantly alive, completely safe, loved and supported.

Feel the gentle power of your auric field as embraces, supports, protects and nourishes you.

Your mind is now completely open and free to receive archangel Michael's cobalt blue energy of truth that will completely clear you of any last vestiges of blockage or resistance.

Now ask archangel Michael to vacuum your entire being of any cords of attachment, blockage or resistance to the full embodiment of your life experience.

Imagine a gorgeous beam of brilliant cobalt blue light entering through the crown of your head.

This cobalt blue light is archangel Michael's sword of truth entering to clear, dissolve and completely cut away any cords of fear or attachment within you.

You might imagine the clearing and cleansing power of archangel Michael's sword of truth like a magnet that magnetizes and draws out any resistance to your good.

Or, you might imagine the cobalt blue light operating like a powerful vacuum cleaner to gently suction out and clear you of any cords of fear or attachment.

Archangel Michael's cobalt blue light will completely clear you of any attachments or entanglements at the deepest cellular level of your being – your etheric, astral, mental, causal and spiritual bodies – are

all cleared and your body, mind and emotions are completely freed and opened to receive all the gifts the universe has for you.

This magnetizing, drawing and vacuuming process can take only a few moments, several minutes, or even longer. Take as long as feels right for you to allow yourself to be fully cleared of any cords of fear or attachment.

Healing Light Meditation Conclusion

When you are complete only the gifts of love and the lessons you've learned from all your earth experiences will remain. You will be an empty and open vessel for great and Divine creative imaginations.

Affirm: "What is destined to be mine will now come to me!"

After completing the Healing Light Meditation with archangel Michael take a moment to remember and celebrate the gifts and blessings of your life with gratitude and appreciation. Feel yourself embraced by love, the greatest gift of all.

Your mind is now fully open and receptive to all the gifts life has for you.

When you are ready breathe in several deep full cleansing breaths, inhaling and exhaling fully, then stretch your body and open your eyes.

Healing Light Meditation for Others

After the Healing Light Meditation you may feel called to channel this white-violet light of healing to others.

To do this simply focus your awareness at your 8th chakra (the universal heart) located at your breastbone just above your heart. Imagine a beautiful golden thread of light opening and spiraling outward into your auric field.

Now focus your awareness and intention to transmit healing white-violet light through your 8th chakra to a person, group of people, country, or our planet.

Imagine the person, group of people, country, or our planet being bathed in the purifying, transformative and healing white-violet light. Imagine the white-violet light expanding and growing larger, bigger and brighter.

Continue transmitting white-violet light as long as feels right, or until you feel complete.

Cleanse Your Energy System - Clear Your Mind

PRANIC RAINBOW LIGHT BREATHING MEDITATION

Plus+ Open Your Third Eye & Learn
Chakra Manifesting Breath



KG Stiles, Metaphysician

Pranic Rainbow Light Breathing Meditation
Cleanse Your Energy System - Clear Your Mind
Plus+ Open Your Third Eye &
Learn Chakra Manifesting Breath

Learn Pranic Rainbow Light Breathing to cleanse your entire chakra energy system. You'll be guided step-by-step through six (6) transformative energy clearing and chakra healing Pranic Rainbow Light Breathing techniques to clear space, remove obstacles, and any feeling of blockage within yourself or in your life situation and experience emotional healing.

Breathing connects you with your spirit, clears your nervous system and calms your mind and emotions.

As your diaphragm is the organ for processing emotions breathing is an essential tool for releasing old, stagnant chi, emotions and memory that could block your natural creative powers to manifest.

Performing any one of these powerful breath work techniques will immediately gives rise to a deeper sense of spaciousness, well-being and ease at all levels of being for your body, mind, spirit and emotions.

1 - Pranic Rainbow Light Breathing

Pranic breathing is a powerful antioxidant stimulus as it increases oxygen to your cells for enhanced cellular nutrition, and removal of metabolic waste and toxic residue.

Pranic breathing has been shown to positively affect the health and well-being of the body, mind spirit and emotions. Freeing your creative life force energy (prana) supports the process of manifesting the life you truly desire for yourself.

Learning to use your breath to cleanse your energy system is also your first step for clearing and balancing your chakras, your windows of perception. Your daily thoughts of judgment and emotional reactions to life situations, as well as environmental toxins, create a build up of toxic residue which you can effectively cleanse from your emotionally based energy system with this pranic rainbow light breathing technique.

Pranic Rainbow Light Breathing Meditation

Sit comfortably with your spine erect, close your eyes and begin to focus on your breath.

Inhale slowly and allow your lungs to fill with air.

Visualize the air you breathe filled with the rainbow light of prana, or life force energy.

Inhale and see the air you breathe vibrating with all the colors of the rainbow. Allow your lungs to expand fully with all the colors of the rainbow.

When your lungs have reach their fullest range of expansion pause for a count of three.

Then breathe out fully. Be mindful to empty out air from your lungs completely. Pause for a count of three.

Continue breathing deep full inhalations and exhalations. Pause for a count of three between each inhalation and exhalation.

See your breath delivering pranic rainbow light energy through your blood stream and meridian system to all the cells, organs and systems of your body.

As you exhale release any tension from your body, organs and systems. Pay especial attention to releasing any tension from the area of your diaphragm and solar plexus chakra.

See any toxic residue, like a brownish-grey smoke, leave your energy system as you exhale fully.

Notice any thoughts or emotions that bubble up to the surface for release and allow them to be expelled by the power of your pranic breath.

You are cleansing your mind, body and emotions of toxic, unprocessed cellular debris. This frees your creative intelligence and increases your capacity for life enjoyment and creating a life you love.

Continue to visualize the vibrating light of prana flowing through your blood stream and meridian system to all the cells of your body for 1-4 minutes.

2 - Chakra Breathing Meditation

Use this chakra breathing technique to clear, balance and heal a particular chakra.

Focus your attention at the chakra you wish to clear and balance.

Inhale deeply and see the rainbow light of prana as it flows into your chakra. Expand the body area where your chakra is located to its fullest range of motion.

Pause for a count of three before beginning to exhale. Allow the area of your chakra to contract, gently force the breath that is filled with the light of prana out of your chakra.

Continue breathing the rainbow light of prana into your chakra. Allow your chakra to expand and contract with each cleansing inhalation and exhalation.

Be mindful of any thoughts, memories, or emotions that surface. Accept and allow any sensations to rise up into your awareness for release from your chakra and energy system.

Remember to pause for a count of 3 between each full inhalation and exhalation. Use your pranic breath to cycle through and penetrate your chakra completely to cleanse your body, mind and emotions of toxins and unprocessed cellular debris.

Continue to breathe pranic light into your chakra. See the vibrating light of prana flowing through your blood stream and meridian system to all the cells, organs and systems of your body for 1-5 minutes.

Through your chakra breathing journey of clearing blockages from your chakra energy system you can begin to identify the patterns of energetic blockage that surface for release and experience full integration and healing for your body, mind and emotions.

This integration and healing will greatly enhance your creative powers for manifesting what you truly desire in the physical world.

3 - Ajna Breathing Meditation

The Ajna breathing technique stimulates and increases your imagination and psychic capacity, as well as your ability to visualize and see colors and images.

Sit comfortably with your spine erect, close your eyes and begin to focus your attention at your Ajna (Third Eye or Brow) chakra, located at the center of your forehead between your eyebrows.

Inhale slowly and allow your lungs to expand their fullest capacity with air that is filled with pranic light.

Pause for a count of three (3) before allowing your lungs to slowly contract and release all the air. Pause for a count of three (3) at the bottom of your exhalation.

With your next inhalation begin to feel and hear your pranic breath moving in at the back of your throat.

Pause for a count of three (3) then exhale pranic light as you feel and hear your pranic breath at the back of your throat. Pause on the exhaled breath for a count of three (3).

With your next breath inhale pranic light through your crown chakra at the top of your head as you expand your lungs fully with air. Pause for a count of three (3) when your lungs have reached their fullest capacity for inhalation of air.

As you inhale and exhale through your crown chakra begin to see pranic light circulate down through your kundalini channel (spinal cord) to nourish all of your chakras.

Use your lungs like a pump to receive and circulate the cosmic life force energy of prana through your kundalini channel to balance and heal each of your chakras.

Continue to breathe pranic light in through your crown chakra. See the vibrating light of prana flowing through your kundalini channel to nourish your chakras for 1-5 minutes.

4 - Fire Breathing Meditation

A powerful yogic breathing technique that strengthens your nervous system, cleanses your blood, increases the amplitude of your body's

electro-magnetic energy field, builds your personal power and self confidence.

Focus your awareness in your upper abdominal area and inhale pranic light.

When your lungs are completely expanded and filled to their capacity with air concentrate your attention on rapidly pushing air out through your nose by forcefully contracting your upper abdomen.

Your focus will be on rapidly forcing out air through your nose with quick, short breaths (one exhalation per second). Your lungs will automatically re-fill with a sufficient amount of air to do the rapid fire breathing.

Continue fire breathing for 1-5 minutes. If you become light headed discontinue. Allow yourself time to increase your capacity for fire breathing.

Fire breathing quickly expels toxins from your body's organs and systems which can result in light headedness.

Fire Breath stimulates the nerves in your nasal passage ways to elevate your mood, clears your perceptual chakra based system, and charges your body with vital life force energy.

5 - Clear Mind Breathing Meditation

Stimulates your pituitary and endocrine gland axis which helps develop and increase your psychic abilities, including your ability to receive intuitive insights, and your ability to visualize and project images.

Sit comfortably with your spine supported.

Lean your head slightly backward to a comfortable position, your shoulders are relaxed.

Breathe deeply, expanding your lungs to their fullest capacity for air, while focusing your awareness at your third eye, located at the center of your forehead between your eyebrows.

Imagine the air you breathe being filled with the rainbow light of prana. Allow pranic light to move and circulate freely and rhythmically, in and out, through your Ajna (Third Eye or Brow) chakra.

Continue your focused breathing at your Ajna chakra for one minute then slowly return your head to a normal forward position. You can increase the length of time you spend in Clear Mind Breathing Pose over time.

Your focused breath stimulates your Ajna chakra and activates your pituitary gland.

6 - Thousand Petalled Lotus Breathing Meditation

Stimulates your pineal gland which is your direct link to the Divine creative source and your gateway of power for receiving inspiration and guidance for your soul life purpose.

This meditation balances the relationship between your pineal and pituitary glands.

1 - Sit comfortably with your spine supported.

2 - The tips of your index fingers and your thumbs are touching.

3 - Focus on your crown chakra at the top of your head as you inhale deeply, expanding your lungs to their fullest capacity for air.

4 - As you inhale see pranic light enter through your crown chakra, at the top of your head, and circulate freely down through the front of your spine to the tip of your tailbone.

5 - As you exhale begin to see pranic light circulate back up your spine to the crown of your head.

Continue with this breathing practice for 1-4 minutes.

1 - Now as you inhale and expand your lungs to their fullest capacity as you focus your awareness at your crown chakra.

2 - See a spinning sphere of pulsating white-violet light suffused with gold at this energy center. Pause for three counts at the end of your inhalation. Then exhale and allow your lungs to empty completely of air as you continue focusing your awareness at your crown chakra.

3 - Continue inhaling and exhaling fully and completely as you see the rainbow light of prana circulating freely in the crown chakra for 1-4 minutes.

4 - Now open your eyes very slightly, just enough to see the tip of your nose.

5 - Breathe in through your nose four short and quick rapid breaths, to the count of 1, 2, 3, 4 then slowly exhale, release and relax. Repeat for several cycles of four short and quick rapid breaths to the count of 1, 2, 3, 4 then slowly exhale, release and relax for up to one minute.

6 - Now close your eyes and breathe long slow deep inhalations and exhalations and allow yourself to relax fully. Imagine your body aglow with the rainbow light of prana as you continue gentle, deep breathing for 1-4 minutes.

7 - Conclude by rolling your eyes upward and imagine you are gazing into the crown chakra at the top of your head. Imagine you are seeing a clear blue sky through an open window at the top of your head for 1 - 5 minutes.

8 - Allow yourself to stretch, and lie down flat on your back, arms by your sides in corpse pose, and rest peacefully for 1-5 minutes.



ENERGY CLEARING & CHAKRA HEALING

Transformational Breathing Techniques
For Emotional Healing & To Overcome Obstacles

KG STILES, METAPHYSICIAN

Energy Clearing & Chakra Healing

Transformational Breathing Meditation Techniques
For Emotional Healing & To Overcome Obstacles

Learn eight (8) transformative energy clearing and chakra healing breathing meditation practices to clear space, remove obstacles, and any feeling of blockage within yourself or in your life situation and experience emotional healing.

Breathing connects you with your spirit, clears your nervous system and calms your mind and emotions.

As your diaphragm is the organ for processing emotions breathing is an essential tool for releasing old, stagnant chi, emotions and memory that could block your natural creative powers to manifest.

Performing any one of these powerful breath work techniques will immediately gives rise to a deeper sense of spaciousness, well-being and ease at all levels of being for your body, mind, spirit and emotions.

I recommend you commit to doing a breathing practice for at least one of your chakras, three times daily for two to three weeks. Over that time period you will notice lasting changes in your energy, your emotions and your life.

First you'll learn how to do Pranic Rainbow Light Breathing. This will be the basic breath you use to clear and balance all of your seven (7) major chakras.

Pranic Rainbow Light Breathing

Pranic breathing is a powerful antioxidant stimulus as it increases oxygen to your cells for enhanced cellular nutrition, and removal of metabolic waste and toxic residue.

Pranic breathing has been shown to positively affect the health and well-being of the body, mind spirit and emotions. Freeing your creative life force energy (prana) supports the process of manifesting the life you truly desire for yourself.

Learning to use your breath to cleanse your energy system is also your first step for clearing and balancing your chakras, your windows of perception. Your daily thoughts of judgment and emotional reactions to life situations, as well as environmental toxins, create a build up of toxic residue which you can effectively cleanse from your emotionally based energy system with this pranic rainbow light breathing practice.

Pranic Rainbow Light Breathing Meditation

Sit comfortably with your spine erect, close your eyes and begin to focus on your breath.

Inhale slowly and allow your lungs to fill with air.

Visualize the air you breathe filled with the rainbow light of prana, or life force energy.

Inhale and see the air you breathe vibrating with all the colors of the rainbow. Allow your lungs to expand fully with all the colors of the rainbow.

When your lungs have reached their full range of expansion pause for a count of three.

Then breathe out fully. Be mindful to empty out air from your lungs completely. Pause for a count of three.

Continue breathing deep full inhalations and exhalations. Pause for a count of three between each inhalation and exhalation.

See your breath delivering pranic rainbow light energy through your blood stream and meridian system to all the cells, organs and systems of your body.

As you exhale release any tension from your body, organs and systems. Pay especial attention to releasing any tension from the area of your diaphragm and solar plexus chakra.

See any toxic residue, like a brownish-grey smoke, leave your energy system as you exhale fully.

Notice any thoughts or emotions that bubble up to the surface for release and allow them to be expelled by the power of your pranic breath.

You are cleansing your mind, body and emotions of toxic, unprocessed cellular debris. This frees your creative intelligence and increases your capacity for life enjoyment and creating a life you love.

Continue to visualize the vibrating light of prana flowing through your blood stream and meridian system to all the cells of your body for 1-4 minutes.

When you've finished your pranic rainbow light breathing practice notice how you feel. You may wish to make a note about how you feel before and after your practice.

1 - FIRST CHAKRA

Your survival instincts are centered here. This is the Root of your Kundalini energy, your Pranic or Life Force Energy.

BODY PARTS

Coccygeal plexus, central nervous system, adrenals, lymph system, male reproduction, testicles, prostate, large intestines, sacrum, bones, teeth, nails, legs, and arms.

CHAKRA BODY IMBALANCE

Sciatica, constipation, ovarian, uterine, prostate and hemorrhoid conditions and obesity.

CHAKRA EMOTIONAL IMBALANCE

Emotional stagnation or blockage emits an energy frequency that resonates with feelings of fear that comes from disconnection from one's tribe, community or family, or even from one's self.

The sense of abandonment, or not belonging gives rise to feelings of frustration, rage and blocked passion, emotional instability, self indulgence, self-centeredness, insecurity, grief, loss and depression.

There is conflict between attachment and letting go.

SIGNS OF A HEALTHY FIRST CHAKRA

A healthy first chakra exhibits stability, cohesion, self-reliance, personal boundaries and synthesis.

The flowering of the first chakra is the mature person who walks steadily towards their destiny.

It is here you are awakened to your deepest and most profound potential in which all aspects of your body, mind and spirit are integrated and expressed.

FIRST CHAKRA BREATHING MEDITATION

Use this chakra breathing technique to clear, balance and heal your first chakra.

Close your eyes and focus your attention at your first or base chakra located at your tailbone, the end point of your spine.

Inhale and see the rainbow light of prana as it flows into the center of your chakra. Expand your awareness of the body area where your first chakra is located to its fullest range of motion. Really fill your chakra with the awareness of your attention.

Pause for a count of three before beginning to exhale. Allow the area of your chakra to contract, gently force the breath that is filled with the light of prana out of your first chakra.

You may have already begun to feel a shift in your first chakra as you breathe.

Continue breathing the rainbow light of prana into the center of your first chakra. Allow your chakra to expand and contract with each cleansing inhalation and exhalation.

Be mindful of any thoughts, memories, or emotions that surface. Accept and allow any sensations to rise up into your awareness for release from your first chakra and your chakra energy system.

Remember to pause for a count of three between each full inhalation and exhalation.

Use your pranic breath to cycle through and penetrate your chakra completely to cleanse your body, mind and emotions of toxins and unprocessed cellular debris.

Now place your hands palm down, fingers together, over the area of your first chakra. The simple act of touching yourself stimulates the flow of a chemical hormone called oxytocin. Oxytocin is known as the love hormone. It's the hormone that flows in abundant supply as a mother feeds and bonds with her newborn baby. When we feel closely bonded and connected oxytocin naturally flows in abundance.

Now begin to imagine receiving the energy of stability and belonging in this energy center.

Continue to breathe pranic light into your first chakra as you imagine yourself receiving stability and belonging in this energy center.

Imagine the energy of stability and belonging being carried by the rainbow light of prana through your blood stream and meridian system to all the cells, organs and systems of your body for 1-5 minutes.

When you feel complete notice how you're feeling. Do you notice a change in how you're feeling now and when you started the breathing practice?

Through your journey of clearing blockages from your chakra energy system you may begin to identify the patterns of energetic blockage that surface for release and experience full integration and healing for your body, mind and emotions.

This integration and healing will greatly enhance your creative powers for manifesting what you truly desire in the physical world.

2 - SECOND CHAKRA

Your personal power and physical vitality to be, and stand on your own two feet, is located here.

It is the Sacral plexus that gives humans the distinctive capacity to walk upright, giving us unique creative abilities our primate cousins have not, as yet developed.

BODY PARTS

Sacral plexus, female reproductive organs, ovaries, spleen, bladder, adrenals, kidneys, large intestines and immune system.

SECOND CHAKRA BODY IMBALANCE

Lumbar tension, chronic lower back pain, toxic and infectious conditions, urinary problems, kidney and bladder infections, immune disorders, chronic fatigue, impotence, frigidity, irritable bowel, Crohn's disease, cancer and diabetes, addictions of all kinds.

SECOND CHAKRA EMOTIONAL IMBALANCE

Emotional stagnation or blockage of your second chakra emits an energy frequency that resonates with feelings of guilt or rejection, and

attracts toxic environmental conditions (both internal and external) that trigger states of anxiety, fear and worry.

You may be locked into power struggles with yourself or others, and experience issues of rejection and victimization.

Jealousy and mistrust, as well as the need for protection are often prevalent.

SIGNS OF A HEALTHY SECOND CHAKRA

When you have a healthy second chakra you experience fluidity in life. Giving and receiving feels natural and spontaneous. You experience feelings of communion, co-creation and pro-creation, endurance, self confidence and patience.

In balance you trust the natural flow of life. This power center when balanced amps up your ability to give and receive in equal measure without difficulty.

You are relaxed, calm and at ease with your life. You feel robust energy, physical power, stamina and aliveness; you shine like a star!

When you have a healthy second chakra you're able to surrender to the process of sharing and your relationships are harmonious and deeply connected.

Openness of your heart, mind and body ensures enjoyment of your life experience.

You express sensuality and sexuality in a fluid and unified way.

A balanced and healthy second chakra ensures a strong immune system and an inherent sense of physical power, health and well-being, including financial health.

SECOND CHAKRA BREATHING MEDITATION

Use this chakra breathing technique to clear, balance and heal your second chakra.

Close your eyes and focus your attention at your second or sacral/spleen chakra located in the upper pelvic area of the body at the base of your lumbar spine, halfway between your navel and pubic bone.

Inhale and see the rainbow light of prana as it flows into the center of your chakra. Expand your awareness of the body area where your chakra is located to its fullest range of motion. Really fill your second chakra with the awareness of your attention.

Pause for a count of three before beginning to exhale. Allow the area of your chakra to contract, gently force the breath that is filled with the light of prana out of your second chakra. You may have already begun to feel a shift in your second chakra as you breathe.

Continue breathing the rainbow light of prana into the center of your second chakra. Allow your chakra to expand and contract with each cleansing inhalation and exhalation.

Be mindful of any thoughts, memories, or emotions that surface. Accept and allow any sensations to rise up into your awareness for release from your chakra and your chakra energy system.

Remember to pause for a count of three between each full inhalation and exhalation.

Use your pranic breath to cycle through and penetrate your chakra completely to cleanse your body, mind and emotions of toxins and unprocessed cellular debris.

Now place your hands palm down, fingers together, over the area of your second chakra and imagine receiving love and support in this energy center.

Continue to breathe pranic light into your second chakra as you imagine the energies of love and support being carried by the vibrating light of prana through your blood stream and meridian system to all the cells, organs and systems of your body for 1-5 minutes.

When you feel complete notice how you're feeling. Do you notice a change in how you're feeling now and when you started the breathing practice?

Through your journey of clearing blockages from your chakra energy system you can begin to identify the patterns of energetic blockage that surface for release and experience full integration and healing for your body, mind and emotions.

This integration and healing will greatly enhance your creative powers for manifesting what you truly desire in the physical world.

3 - THIRD CHAKRA

Your personal power to direct your spirit for self mastery and individuation, and the ability to surrender your personal will to Divine Will for realizing your highest potential.

BODY PARTS

Sacral plexus, upper abdomen, rib cage, lower thoracic to 2nd lumbar, liver, spleen, kidney, adrenal glands and pancreas, small intestines and stomach.

THIRD CHAKRA BODY IMBALANCE

Diaphragm (organ for processing emotions), adrenals, kidney, pancreas, liver, stomach, lower respiratory, immune, hormonal and digestive systems, ulcers and gallstones, heartburn, diabetes, hypoglycemia, tumors, anorexia, bulimia, hepatitis, cirrhosis, arthritis, transverse colon problems and chronic fatigue.

THIRD CHAKRA EMOTIONAL IMBALANCE

Emotional stagnation or blockage of your third chakra emits an energy frequency that resonates with feeling shame, victimization, need for

approval, stress, anger, frustration, fear of responsibility, guilt, worry, doubt, self esteem and commitment issues.

You may experience imbalance as an inability to take responsibility for yourself and your life experiences.

You may lack self control, and blame and criticize others for your problems.

SIGNS OF A HEALTHY THIRD CHAKRA

When your second chakra is in balance you are decisive and self motivated. You enjoy feelings of high self esteem, commitment, personal power, self control, honor, integrity, self respect, self approval and a willingness to change.

In balance you trust yourself. You take complete responsibility for your life and feel a strong sense of self worth and positive self value.

A balanced and healthy third chakra ensures your personal freedom and the autonomy necessary to direct your spirit to realize your dreams.

You are the creator of your reality and enjoy manifesting all that you desire into the physical world.

THIRD CHAKRA BREATHING MEDITATION

Use this chakra breathing technique to clear, balance and heal your third chakra.

Close your eyes and focus your attention at your third or solar plexus chakra located in the upper pelvic area of the body at the base of your lumbar spine, halfway between your navel and pubic bone.

Inhale and see the rainbow light of prana as it flows into this center of your chakra. Expand your awareness of the body area where your chakra is located to its fullest range of motion. Really fill your third chakra with the awareness of your attention.

Pause for a count of three before beginning to exhale. Allow the area of your chakra to contract, gently force the breath that is filled with the light of prana out of your third chakra. You may already begin to feel a shift in your third chakra as you breathe.

Continue breathing the rainbow light of prana into the center of your third chakra. Allow your chakra to expand and contract with each cleansing inhalation and exhalation.

Be mindful of any thoughts, memories, or emotions that surface. Accept and allow any sensations to rise up into your awareness for release from your third chakra and your chakra energy system.

Remember to pause for a count of three between each full inhalation and exhalation.

Use your pranic breath to cycle through and penetrate your chakra completely to cleanse your body, mind and emotions of toxins and unprocessed cellular debris.

Now place your hands palm down, fingers together, over the area of your third chakra as you imagine receiving the energies of personal power and self worth in this energy center.

Continue to breathe pranic light into your third chakra. Imagine the energies of personal power and self worth being carried by the vibrating light of prana through your blood stream and meridian system to all the cells, organs and systems of your body for 1-5 minutes.

When you feel complete notice how you're feeling. Do you notice a change in how you're feeling now and when you started the breathing practice?

Through your journey of clearing blockages from your chakra energy system you can begin to identify the patterns of energetic blockage that surface for release and experience full integration and healing for your body, mind and emotions.

This integration and healing you experience now will greatly enhance your creative powers for manifesting what you truly desire in the physical world.

4 - FOURTH CHAKRA

The power of Air is movement and integration. Here you witness the full force of your intention as it moves from the potential into the actual.

This is your vital life force energy that governs all the communication systems in your body, especially the nervous system. Your fourth chakra gives rise to your sense of touch and movement of energy flowing within and around you.

The fourth through seventh chakras have been called the “higher” chakras to denote the transcendent states of consciousness available through them.

Your sixth sensory or intuitive sensibility for CLAIRSENTIENCE (clear feeling) is accessible to you from here.

In your fourth chakra you can move beyond the “law of karma,” action and reaction, to the “law of grace.”

BODY PARTS

Cardiac and pulmonary plexus, heart, pericardium, circulation, lungs, rib cage, diaphragm, thymus gland, breasts, esophagus, shares with the 5th chakra - arms, shoulders, hands, sense of touch.

FOURTH CHAKRA BODY IMBALANCE

Cardio-vascular and respiratory problems, allergies, heart disease, asthma, lung and breast cancer, thoracic spine, pneumonia, hypertension, stroke, angina, arthritis, heart disease, shoulder girdle pain and discomfort, rotator cuff injuries, tendinitis, carpal tunnel, arm

and hand pain, chronic restrictions in the upper back and thoracic areas.

FOURTH CHAKRA EMOTIONAL IMBALANCE

Emotional stagnation or blockage of the fourth chakra emits an energy frequency that resonates with unresolved grief, disappointment and loss that manifests as insensitivity, passivity, sadness, depression (anger turned inward), lack of forgiveness, anxiety and being emotionally closed.

SIGNS OF A HEALTHY FOURTH CHAKRA

In balance you experience enduring compassion, empathy, trust, optimism, acceptance, forgiveness, joy, love of self and others, gratitude, integration, fulfillment, movement, sensitivity and clairsentience (clear feeling).

The nature and primary function of your fourth chakra is to connect you with the kinetic experience of touching and being touched.

An open, balanced and healthy Heart Chakra resonates with the feeling state of JOY to attract experiences of abundance, prosperity and sharing.

FOURTH CHAKRA BREATHING MEDITATION

Use this chakra breathing technique to clear, balance and heal your fourth chakra.

The fourth chakra is located at the cardiac plexus just behind your heart - this is your gateway for giving and receiving.

Close your eyes and focus your attention at your fourth chakra located at the area of your heart.

Inhale and see the rainbow light of prana as it flows into this energy center. Expand your awareness of this body area to its fullest range of motion. Fill your fourth chakra with the awareness of your attention.

Pause for a count of three before beginning to exhale. Contract the area of your chakra gently as you push the rainbow light of prana out of your fourth chakra. You may begin to feel a shift in your fourth chakra as you breathe gently.

Continue breathing into this center as you allow the chakra to expand and contract with each cleansing inhalation and exhalation.

Be mindful of any thoughts, memories, or emotions that surface. Allow any sensations to rise up into your awareness for release from your fourth chakra and energy system.

Remember to pause for a count of three between each full inhalation and exhalation.

Use your pranic breath to penetrate your fourth chakra completely to cleanse body, mind and emotions of any toxins and unprocessed cellular debris.

Now place your hands palm down, fingers together, over the area of your fourth chakra as you imagine receiving love, ease and compassion into this energy center.

Continue to breathe pranic light into your fourth chakra as you imagine love, ease and compassion flowing into this energy center.

Imagine love, ease and compassion being carried by the vibrating light of prana through your blood stream and meridian system to all the cells, organs and systems of your body for 1-5 minutes.

When you feel complete notice how you're feeling. Do you notice a change in how you're feeling now and when you started the breathing practice?

Through your journey of clearing blockages from your chakra energy centers you can begin to identify the patterns of blockage that surface for release and experience full integration and healing for your body, mind and emotions.

This integration and healing you experience now will greatly enhance your creative powers for manifesting what you truly desire in the physical world.

5 - FIFTH CHAKRA

The power of space is choice, creativity and self expression. Your Fifth Chakra's nature and primary function is the power of space for making wise decisions.

The gift of a clear and open Fifth Chakra is CLAIRAUDIENCE (Clear Hearing)

In your "higher" chakras you can move beyond the "law of karma," from action and reaction, to the "law of grace" where serendipity and synchronicity, being in the right place at the right time are common occurrences.

BODY PARTS

Pharyngeal plexus, mouth, teeth, ears, gums, trachea, larynx, vocal cords, cervical spine, thyroid and parathyroid gland, cervical spine, (shares shoulders, arms, hands and esophagus with 4th chakra), sense of taste and hearing.

FIFTH CHAKRA BODY IMBALANCE

Throat, voice, gum, tooth and hearing problems, Tinnitus, larynx TMJ, over- or under active thyroid conditions, catching the flu or colds, chronic infections and allergic reactions, neck and shoulder pain, and scoliosis.

FIFTH CHAKRA EMOTIONAL IMBALANCE

Emotional blockage in your fifth chakra emits an energy frequency that resonates with experiences of repression of one's thoughts and feelings, not being able, or feeling safe to speak your truth which results in stagnation of chi, obsessions, lying, lack of expression, chronic depression, indecision, fears and phobias.

SIGNS OF A HEALTHY FIFTH CHAKRA

Attracts life experiences of being an overflowing channel for Divine Inspiration. You experience feelings of being in the zone, or in the flow where good fortune and grace continually smile on you.

Your Fifth Chakra is where miracles occur and spontaneous healing and unexplainable coincidences most often occur.

When your fifth chakra is balanced and functioning healthily you are a free flowing channel for truth, inspiration, communication, expression, creativity and interactions with your world.

FIFTH CHAKRA BREATHING MEDITATION

Use this chakra breathing technique to clear, balance and heal your fifth chakra.

Close your eyes and focus your attention at your fifth chakra located at pharyngeal plexus in the back of your throat.

Inhale and see the rainbow light of prana as it flows into this energy center. Expand your awareness of this body area to its fullest range. Fill your fifth chakra with the awareness of your attention.

Pause for a count of three then begin to exhale. Contract the area of your chakra gently as you push the rainbow light of prana out of your fourth chakra. You may begin to feel a shift in your fifth chakra as you breathe gently.

Continue breathing into this center as you allow the chakra to expand and contract with each cleansing inhalation and exhalation.

Be mindful of any thoughts, memories, or emotions that surface. Allow any sensations to rise up into your awareness for release from your fourth chakra and energy system.

Remember to pause for a count of three between each full inhalation and exhalation.

Use your pranic breath to penetrate your fifth chakra completely to cleanse body, mind and emotions of any toxins and unprocessed cellular debris.

Now place your hands palm down, fingers together, over the area of your fifth chakra as you imagine expressing yourself clearly and truthfully in this energy center.

Continue to breathe pranic light into your fifth chakra as you imagine expressing yourself clearly and truthfully in this energy center.

Imagine the light of self expression and truth being carried by the vibrating light of prana through your blood stream and meridian system to all the cells, organs and systems of your body for 1-5 minutes.

When you feel complete notice how you're feeling. Do you notice a change in how you're feeling now and when you started the breathing practice?

Through your journey of clearing blockages from your chakra energy centers you can begin to identify the patterns of blockage that surface for release and experience full integration and healing for your body, mind and emotions.

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6 - SIXTH CHAKRA

The power of light is awareness through contrast and duality; there can be no light without darkness.

The power of light gives rise to your imagination and ability to visualize.

The gift of a clear and open Sixth Chakra is CLAIRVOYANCE.

As with all of your higher “personal” chakras (4-7) the Sixth Chakra serves to unite you with the transcendent state of consciousness for receiving Divine Guidance.

The Sixth Chakra’s primary polarity for balance and integration is with the Second Chakra (Svadhithana or Sexual/Spleen).

In your “higher” chakras you can move beyond the “law of karma,” from action and reaction, to activate the “law of grace.”

BODY PARTS

Carotid and medula plexi, brain and nervous system, pituitary and pineal gland, gall bladder, eyes, nose, sense of smell and sight.

SIXTH CHAKRA BODY IMBALANCE

Pituitary glandular disorders and kidney disease. Since the Pituitary gland operates as a master gland, influencing the healthy function of our entire endocrine system and hormonal balance, its healthy function is of paramount importance.

Headache, fuzzy thinking, brain tumors, strokes, blindness, deafness, seizures, learning disabilities, spinal problems, panic and depression (shared with seventh chakra).

SIXTH CHAKRA EMOTIONAL IMBALANCE

Emotional blockage at the sixth chakra emits an energy frequency that resonates with experiences of illusion, obsessive compulsive thoughts and emotions, recurring nightmares, repetitive unconscious patterns of experience, inability to discern the difference between fact and fantasy and the feeling of being out of control.

Emotional blockage may result in fears, phobias, lack of focus and discipline, detachment, intellectual stagnation, lacking judgment, confusion, nightmares, and schizophrenia.

SIGNS OF A HEALTHY SIXTH CHAKRA

A balanced and healthy Ajna Chakra imbues you with intuitive perceptions that are crystal clear and easily integrated into full self expression.

You are a free flowing channel for inspiration and ecstatic visions are common occurrences.

When your sixth chakra is balanced and functioning healthily your mind is clear, and you are a channel for wisdom and truth. You have developed clairvoyant, intellectual and psychic abilities, emotional intelligence, visualization skill and clear perception.

SIXTH CHAKRA BREATHING MEDITATION

Use this chakra breathing technique to clear, balance and heal your sixth chakra.

Your sixth chakra is the seat of your intelligence and located at the medulla plexus, the point between your eyebrows at the center of your forehead.

Close your eyes and focus your attention at your sixth chakra located between your eyebrows and the center of your forehead.

Inhale and see the rainbow light of prana as it flows into this energy center. Expand your awareness of this body area to its fullest range. Fill your sixth chakra with the light of your awareness.

Pause for a count of three then begin to exhale. Energetically contract the area of your chakra gently as you push the rainbow light of prana out of your sixth chakra. You may begin to feel a shift in your sixth chakra as you breathe gently.

Continue breathing into this center as you allow the chakra to expand and contract with each cleansing inhalation and exhalation.

Be mindful of any thoughts, memories, or emotions that surface. Allow any sensations to rise up into your awareness for release from your sixth chakra.

Remember to pause for a count of three between each full inhalation and exhalation. Use your pranic breath to penetrate your sixth chakra

completely as your body, mind and emotions are completely cleansed of any toxins and unprocessed cellular debris.

Now place your hands palm down, fingers together, over the area of your sixth chakra as you imagine receiving intuitive insight and a clear vision for your future into this energy center.

Continue to breathe pranic light into your sixth chakra as you imagine intuitive insight and a clear vision for your future flowing into this energy center.

Imagine intuitive insight and a clear vision for your future flowing with the vibrating light of prana through your blood stream and meridian system to all the cells, organs and systems of your body for 1-5 minutes.

When you feel complete notice how you're feeling. Do you notice a change in how you're feeling now and when you started the breathing practice?

Through your journey of clearing blockages from your chakra energy centers you can begin to identify the patterns of blockage that surface for release and experience full integration and healing for your body, mind and emotions.

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7 - SEVENTH CHAKRA

The primary function of the Sahasrara Chakra is liberation! Through your Seventh Chakra you are connected directly to the Divine source energy of all of life.

The gift of the Seventh Chakra is CLAIRCOGNIZANCE, or Clear Knowing, without knowing how you know.

Through your Sahasrara Chakra you receive the Divine grace of direct wisdom, truth, inspiration and guidance.

The Sahasrara Chakra symbolizes the highest state of enlightenment and spiritual development, the awakened state, pure awareness and absolute consciousness.

Thought represents the highest function of the mind. It is with your mind that your archetypal contracts in this life are constellated.

This results in your particular world view or perspective about life which give rise to your perceptions from which you create your belief systems and attitudes about life which control your actions and reactions so that you become like a self fulfilling prophecy.

BODY PARTS

Cerebral cortex, pineal gland, liver, gall bladder, governing vessel and cranium.

SEVENTH CHAKRA BODY IMBALANCE

Pineal gland disorders, and since the pineal gland orchestrates hormonal secretions, along with the thalamus and the pituitary gland, its balanced function influences the health of your entire endocrine system, musculo-skeletal system disease, gall bladder problems, skin disorders, divine discontent, chronic exhaustion, hypersensitivity to light, sound and environmental stimulus, cranial pressure, headache and brain tumors.

SEVENTH CHAKRA EMOTIONAL IMBALANCE

Emotional blockage of the seventh chakra emits an energy frequency that resonates with experiences of loss of meaning, or purpose, loss of connection with the divine, closed minded, worry, depression, alienation, confusion, manic depressive states, insanity, psychosis and potential for complete breakdown of mental faculties for organizing and perceiving material reality,

SIGNS OF A HEALTHY SEVENTH CHAKRA

Signs of a clear and balanced seventh chakra include feeling liberated, free from usual worldly constraints, claircognizance, connected to universal energy, cosmic consciousness, pure awareness, enlightenment and the awakened state.

A balanced and healthy functioning sixth chakra is related to a healthy functioning pineal gland which acts as a key hormonal regulator. Research has shown that the pineal gland is most active at birth and death.

When the seventh chakra is functioning healthily you experience direct perceptions about the oneness of all life.

SEVENTH CHAKRA BREATHING MEDITATION

Located at the crown of your head the power of your seventh chakra is the power to know truth, the power of the infinite.

Use this chakra breathing technique to clear, balance and heal your seventh chakra.

Close your eyes and focus your attention at your seventh chakra located between your eyebrows and the center of your forehead.

Inhale and see the rainbow light of prana as it flows into this energy center. Expand your awareness of this body area to its fullest range. Fill your seventh chakra with the light of your awareness.

Pause for a count of three then begin to exhale. Energetically contract the area of your chakra gently as you push the rainbow light of prana out of your seventh chakra. You may begin to feel a shift in your seventh chakra as you breathe gently.

Continue breathing into this center as you allow the chakra to expand and contract with each cleansing inhalation and exhalation.

Be mindful of any thoughts, memories, or emotions that surface. Allow any sensations to rise up into your awareness for release from your seventh chakra.

Remember to pause for a count of three between each full inhalation and exhalation. Use your pranic breath to penetrate your seventh chakra completely as your body, mind and emotions are completely cleansed of any toxins and unprocessed cellular debris.

Now place your hands palm down, fingers together, over the area of your seventh chakra as you imagine receiving inspiration, wisdom and divine guidance into this energy center.

Continue to breathe pranic light into your seventh chakra as you imagine inspiration, wisdom and divine guidance flowing into this energy center.

Imagine inspiration, wisdom and divine guidance flowing with the vibrating light of prana through your blood stream and meridian system to all the cells, organs and systems of your body for 1-5 minutes.

When you feel complete notice how you're feeling. Do you notice a change in how you're feeling now and when you started the breathing practice?

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for release and experience full integration and healing for your body, mind and emotions.

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PLEASE NOTE: More and more controlled research studies are being conducted on the human energy system and the chakras to understand these subtle energies and the effects of subtle body therapies on the body, mind spirit and emotions, including evidence based research by health professionals, hospitals and medical centers for use with patients. Still many of the claims about the benefits of using subtle energy techniques are anecdotal in nature. You're encouraged to make and keep notes about your own findings when using the energy and crystal healing methods as outlined in this book. What works for one may not work for another, so explore and find out what works best for you.

Holistic therapies are a natural, safe and effective way to enhance your health and well-being and may produce satisfying results where other methods have failed. Please consult with your physician regarding serious health concerns and do not attempt to self diagnose.

KG Stiles is the founding director of Health Mastery Systems and PurePlant Essentials aromatherapy company. She began her professional metaphysical healing arts practice in 1980. Her clients have included entrepreneurs and top executives, and her advice and services have been used by internationally famous celebrities and athletes, as well as individuals, small business owners, spa therapists, hospitals and medical centers.

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“KG Stiles’ 30 years of experience combined with her passion to assist and facilitate the personal growth and wellness of all is unsurpassed!”
-Eldon Taylor, Ph.D., FAPA, New York Times Best-selling Author, *‘Choices and Illusions.’*

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Love & light to you,
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