

Working With Auras and Chakras



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Auras: The Energy of Life

Auras from hands indicate mood and health I have seen auras my entire life. I remember feeling surprised and confused when I first learned that not everyone is able to see auras. This sense of bewilderment led me to search for clues at an early age as to what the exact nature of the aura really is.

My research encompassed eastern philosophy, biology, Jungian psychology, electro-magnetism, metaphysics, new age spiritualism and a host of other material which served to shed some light on the phenomena of auras but which didn't quite match what I observed with my own eyes. I do not mean to imply that other interpretations of auras are wrong or right, only that they are not exactly matched to what I have witnessed personally.

It has been my personal observations of auras which have led to the conclusions that I now share with you. First let me describe, as best as possible, what it is that I see when referring to auras. Later, I will offer my thoughts regarding the nature of auras.

I see a vibration upon the surface of objects consisting of multiple colors that seems to resonate based on how much energy the particular object is releasing or reflecting.

Note how I have used the word objects. The auras that I see surround everything, living or not.

I have noticed that the aura of people changes based on moods and health. Particular areas of the body seem to be more likely to manifest a change in aura than others. Hands, face and forehead specifically, seem to offer an indication of general mood and health. The aura vibrates more intensely and appears either Orange or red in overall color when a person is ill or suffering some pain.

I have observed a purplish hue in the aura of people suffering from [Migraine Headaches](#) as well as [Depression](#). This purplish color is usually seen in the area of the temples or at the brow-line, but I have also noticed it surrounding the hands and feet of depressed people.

The color and size of the aura changes in people during various emotional states. By size I am referring to the distance that the aura spreads out from the body. People in an agitated or angry mood have an aura that appears chaotic and usually Orange/red in color. I have also seen changes in aura colors before, during and after [Meditation](#).

The air surrounding people has an aura itself, and the aura of a person interacts with the aura of the air surrounding them, it's sometimes impossible to determine where the human aura begins and where the air aura ends.

The color of an object has an effect on the aura that it creates. Lighter colored objects seem to reflect aura energy and darker objects seem to absorb it. Primary colors create an aura that most resembles the aura color that I observe most often in people.

The surface of water does not seem to have an aura. I find this unusual since almost every other thing seems to be generating aura energy or reflecting it and has a visible aura radiation. I assume that water has special properties relating to aura energy and must be absorbing aura energy at such a rate that aura is not visible on the surface. I have noticed that other reflective surfaces, mirrors, glass, etc, also seem to have a diminished aura level, but not so much as the surface of water which has no observable aura.

On one memorable occasion I have witnessed a person briefly with what is best described



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Getting sick (or at least pretending to) was sort of fun back in the old da



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as a Black aura. I found this event to be very disturbing and worrisome and did not feel inclined whatsoever to investigate that person's aura in any further detail.

Probably the most significant observation that I have made of auras deals with the subject of the afterlife. At the moment of death there is a sudden and intense burst of aura energy. This aura energy burst radiates outward in a split second and is gone. I have witnessed this phenomenon at the passing of my grandmother as well as in on a few occasions.

We know that living things create and store energy in various forms. We also know that living things are capable of conducting electrical and other forms of energy within their environment. Further, we understand that the environment is a complex energy system, constantly changing and transforming one form of energy into another. A thunderstorm is a good example of the environment in a state of continual energy flux. It is my belief that the human aura is the result of various energies coming into contact and interacting with one another. The human aura is not necessarily a discharge of energy but rather a field of energy created by interactions with the energy fields active within the environment.

Science has to a certain extent validated these statements. David Bohm's theories regarding the existence of an energetic multidimensional universe provide a framework for the discovery of the aura's origin. I will save the discussion of theoretical physics relating to auras and other paranormal activity for another article. Suffice it to say that the leading scientists of today offer at the very least, the potential for the existence of subtle energies in the form of human auras.

Human aura energy is capable of interacting with the environment and vice versa, and non-living objects are able to retain the energies of living creatures suggesting a method of energy transference that has not been the subject of serious research.

Continued research of aura phenomena may lead to a better understanding of the subtle interactions of living creatures within the energy fields of the environment. Further research may also provide valuable insights into areas of communication, psychology, health and ultimately may even offer answers to the questions of life after death.

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Things That Will Weaken the Aura

What Will Weaken the Aura:

1. Not eating a well-balanced diet.
2. Lack of or no exercise in the daily routine above and beyond the daily regiment of activities.
3. Not enough rest and/or sleep.
4. Stress is a definite factor that can be alleviated through use of [Meditation](#), exercise, or leisure activities.
5. The use of drugs and/or alcohol. (This includes prescription medications.)
6. The use of tobacco or anything else in excess.
7. Not enough fresh air.
8. Participation in negative psychic activities that upset or stress the inner person.

To enhance your ability to see auras, you must remember these things.

1. Everyone's aura is unique.



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2. The aura of one person will interact with the energies of others, as well as those of other animals and plants.
3. When a person's aura changes, this is a sign of changes within that person's self. It can be physical, emotional, mental, spiritual, or even psychological.
4. The longer a person is around another person, the more their auric fields will exchange energy.

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You can see Bird auras ..

The sky should be mostly clear .. not too many clouds.

Find a bird that is flying slowly or sitting on a telephone line with the sky as the only background.

You should stare or gaze at the bird, letting your eyes go a little out of focus.

Don't strain your eyes or try too hard .. you may not be able to see the aura on your first try.

When you see the aura for the first time, you may get excited and the aura will disappear.

Just relax and try again.



See auras around trees and plants ..

Look at the top of a tree with the sky as a background.

You should look a little past the tips of the limbs or leaves of the tree/plant.

Let your eyes go a little out of focus and just relax while doing this.

You will see a cloud (almost glowing) like ~~~~~ that moves in and out from the tree/plant.



You can also see your own aura ...

Do not have bright lights on ... or be in total darkness... a soft light from the hallway or a little light from the window is okay.

Sit facing a mirror with a light or white background (wall) behind you.

Patterns or bright colors are not good because you will have trouble seeing an aura or not be able to see one at all.

Relax and look into the mirror at your head and shoulder area.

Let your eyes look beyond yourself in the mirror... not directly at yourself. (you will be looking at the wall behind you).

You will start to see a glowing energy that comes off your head area ... You may not see colors, but a transparent/white or light color moving in and out near the top of your head or from the sides of your head. This is your aura. You may even see a glowing around other things that may be viewed while looking in the mirror (like a picture on the wall behind you or a bureau and the objects on it).

Everything has an aura or energy field ... your eyes are not playing tricks on you .. just relax and get comfortable with what you are seeing. Again, the excitement you get when this happens, will cause the aura to disappear ... just re-focus and try again .. the aura will return.

How to see your aura coming off your fingertips ...

The room should not be too bright ... (example) you could stand in a doorway with the hallway in total darkness, the room you are in should have light. Stand with your hands toward the hallway and your back toward the lighted room.

Take your two hands and have the tips of your fingers (both hands) touch each other ..

Place your hands (with fingertips touching) about 8 to 10 inches away from your face.

Your eyes should look directly at your fingertips while move your hands slowly away from each other (about 6 inches apart) ... as if in slow motion.

You will see a whitish band between your fingertips. It almost looks like rubber bands.

Move your fingertips back to original position (touching) and slowly move back and forth, touching and moving the fingertips (hands) away from each other about 6 inches.

Other Aura Colors

Black: Black is very confusing of colors in the aura. There is a knowing that this individual is shielding him/herself from outside energies. There is nothing wrong with Black in the aura unless it is to extreme. And with all colors, being all one color is an indication of being unbalanced. Black can also show that one is hiding something and keeping secrets. Children who are abused usually have a Black ring around their aura, while event the adults who haven't come to terms of their abuse will continue to carry that burden of the Black ring until they have therapeutically dealt with the past.

Brown: I've heard some individuals express the brown in an aura is an indication of dirtiness or that one's soul needs cleansing. That is seldom true. Brown can indicate that a person is growing. For example, if there's some brown within the aura around the head area, and with the combination of the rest of the colors in the aura, this can indicate that the person is growing mentally and organizing within one's inner self. As with all colors, brown can indicate a lack of many things. It can indicate lack of energy or balance, and importantly, can show that one has become stagnant within his/her own energy.

Gold: A brighter than yellow color sometimes within one's aura will indicate that the person has a lot of spiritual energy, and is in tuned with him/herself. The muddier gold coloration can indicate that one hasn't come to terms with the higher inspirational side of him/herself.

Gray: Gray can indicate intuition and creative imagination. The silvery gray color shows femininity while the darker gray indicates physical imbalance and secretiveness.

Orange: Depending on how clear Orange is, one can tell when someone is growing paranormally and/or emotionally. If it becomes unclear, this can show that the person is having a difficult time due to the imbalance and that other emotions are affecting their inner person. When an individual has too much pride, the muddier Orange coloration will overpower their aura.

Pink: Love is shown with the pink color, and generally indicates that someone is being



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totally honest. When that pink becomes dull though, look out! They're lying! Also pink show the quieter personality of an individual who is artistic and creative within the arts. Depending on the darkness, pink can so immaturity and new changes within one's love life.

Purple: This color can indicate that an individual has a tendency of being intuitive. The deeper the purple hue, the more passionate and strong willed the person is. Purple also can reflect intense erotic imagination, and a tendency of being overbearing.

White: Rarely seen by itself, white reflects truth and purity. Babies tend to have total white auras while those who are at peace with death. I feel this is due to one being honest within one's self, and feeling that the soul is in acceptable fashion to move on to the "Otherplane".

references: Aura, by Mark Smith, Auras: An Essay on the Meaning of Colors — by Edgar Cayce

Aura Reading and Cleansing

The color energy that surrounds us are ever changing based on how we are "inside ourselves." Physical, mental, and emotional situations show through the colors of our Aura.

The word "aura" is but another name for "forcefield" or "radiation." Every substance in the universe has a radiation or aura — and the auras of [Minerals](#), plants and animals as well as human bodies have special characteristics.

In it's basic form, it embodies seven major layers powered through seven major energy centers called Chakra and is energized by the Kundalini which is the storehouse of Vital energy situated at the base of the spine. Vital energy should flow naturally up the spine with some energy radiating out of each Chakra with most rising through the Crown Chakra at the top of the head.

The science and art of medicine that was initially one, and then split into two, are now approaching reunion. The healing science that became traditional medicine and alternate medicine is slowly becoming the healing sciences. The history of this topic is extensive — extending back thousands of years.

5000 years ago, ancient spiritual tradition of India spoke of a universal source of all life. The energy called "prana." This Universal energy is the breath of life which moves through all forms to give them life. Yogis work with this energy with breathing techniques, [Meditation](#), and physical exercise to produce altered states of consciousness and longevity.

3,000 years ago, the ancient "Qigong" masters in China were practicing their meditative discipline to balance and invigorate the human energy field. They called this vital energy that pervades all forms, both animate and inanimate, "Qi". The Qi is the vital energy of the body; while gong means the skill of moving this Qi and working with it. Practitioners use mind control to move and control the Qi to not only improve health and longevity, but also to enhance awareness, psychic powers, and spiritual development.

The ancient Qigong masters also developed Tai Chi, Kung Fu, and the martial arts. In addition, they made the first model for acupuncture. Acupuncturists insert needles, or use moxa, or put magnets at specific acupuncture points to balance the yin and yang of the human energy field. When the Qi is balanced, the entity has good health. When the Qi is unbalanced, the entity has poor or impaired health.



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The Kabbalah, the Jewish mystical teachings written about 538 B.C., calls these energies the Astral light. Later on, Christian paintings and sculptures show a halo around the head of Christ and other spiritual leaders. Similarly, we see this halo on statues and paintings of Buddha, and also see energy or light coming from the fingers of many of the gods of India.

In fact, there are references made to the phenomenon of the human energy field (HEF) or the aura of the body, in 97 different cultures.

The Aura can be seen in two distinct ways. One way is by actually training the eyes to see it (unless you are given the gift to see them) and the other way is with Kirlian photography. This is a photographic process that captures the auras or biofields of persons or objects within the photograph.

There seems to be no evidence that Kirlian photography is a paranormal phenomenon. Some experimenters think it reveals a physical form of psychic energy. Another theory is that it reveals the etheric body, one of the layers of the aura thought to permeate all animate objects.

Seeing the Aura

' Although not all people are aware of their aura-seeing ability, all of us sense auras through a combination of perceptions at the subconscious, instinctual level.

' Anyone can be taught to see an aura by squinting their eyes, blurring their vision in a dimly lit area.

' Raise your arm out, holding your hand in front of you. Now, simply move your hand slowly from left to right, back and forth while watching the energy above and around your hand that moves with it. This will give you a better sense of the amazing power, which generates from your source.

The Colors of the Aura

' The colors of the aura provide a guide in understanding our emotions, consciousness, energy processes and centers.

- Red, yellow and orange: these are warmer colors and denote extroversion, expressiveness, practicality and vitality.
- Blue and green: these cooler colors generally show more sensitivity, peacefulness, as well as, an inward and intuitive nature.
- Violet and white: symbolizes a vivid imagination, magic and a spiritual orientation towards life. It tells you that you are, or have the ability to be connected to the one consciousness. It is the highest and truest ability to be one with the spiritual, allow great insight, vision and clarity.

*Black is a color often shrouded in confusion. Many individuals shy away from Black or using Black, especially when using [Color Therapy](#). [Black](#) is actually a protective color. It can be used to calm and ground extremely sensitive people. It activates the feminine or magnetic energies of the body, strengthening them. It should be used sparingly for too much Black can cause [Depression](#) or aggravate emotional and mental conditions. Black is most effective when used in conjunction with White which balances the polarities of an individual. It can activate the level of the subconscious which can put life in it's proper perspective.

A body that may have a Black Aura is usually a body without life. The light is gone from the body. Also remember, Black contains the entire color spectrum. It is just not visible to the human eye.

Reading the Aura

When reading an aura by sight or with Kirlian photography :

- The right side: emphasizes the masculine energy. The recent past or that which is leaving you.
- Center and above the head: best expresses what you are experiencing right now.
- The left side: emphasizes the feminine energy. The near future or that which is coming into your life.

The Shape of the Aura

- If it is bright and extended widely around you, this means that you are feeling happy, optimistic and good about life.
- If it is dark and narrow, this could mean that you are depressed, ill, listless or afraid.
- If it is even on all sides, this means that you are well balanced and consistent.
- If you see gaps or holes in your aura, this usually symbolizes a loss or a will to let go of something significant.

Entrainment

There is a rhythm to life! From the beat of our hearts to the beat of the streets, everything around us is set to it's own timing. There is a natural tendency in nature towards harmony. When something is not in sync, has [Dissonance](#) or dischord, we know it and can sense or feel it. This creates disharmony between two people or a person and their environment.

When our energies are in sync, this [Resonance](#) is very apparent. For example, being near someone who is calm, often makes us calm. Being in someone's home that is arranged beautifully, can create a sense of peace. Women who tend to live in close proximity to one another, often become in sync with their menstrual cycles. Couples in a relationship tend to start talking, acting and even looking like each other after time. These are all examples of entrainment.

Creating Harmony Entrainment is an active process. By changing your rhythm and it's frequency, this changes your vibration.

Here are some great exercises and tips for creating harmony in your life NOW!

1. Deep breathing: Slow rhythmic breathing allows you to decrease your heart rate, respiration and therefore, slowing down brainwaves, altering the overall state of your body.
2. Humming: Humming with your own voice can improve health, greatly reduce stress, release negative emotions, strengthen [Immune System](#), increase energy and

improve self-confidence. This allows you to tune into our own vibration and create peace.

3. Meditation: Fold your hands in your lap and close your eyes, right where you are. Take a few slow deep breaths. Let go of the [Tension](#) in your neck and shoulders. Focus on a word or phrase (mantra) or follow the rise and fall of your chest.
4. Musical Rhythms: music is one of the best ways to create harmony in your life. Find music, which suits the mood you wish to create. Slow and relaxing, sensual and romantic, fast and energetic. Music naturally entrains the mood of the soul.
5. Color Therapy: By concentrating on a particular healing color, it is the visualization of that color that will be projected. If we focus on a color, the energy emanates from our body and begins to change the frequency that resonates with that particular color.
6. Energy Cycles: The Cycles in Nature are important when doing any kind of entrainment work. When working with the energy of natural cycles, you are likely to get better results. The cycles of the moon and tides have great power. This influence is not a constant, unchanging thing, however, and an understanding of the basic lunar cycles can help us to understand how these cycles influence our lives.
7. Understand Your Biorhythms: Biorhythms are a method to predict three cycles in your life based on your birthday. These cycles are the physical, emotional and intellectual cycle. Each of these cycles goes through different phases: high, low and critical.
8. Seasonal Healing: is one of the best ways to remind ourselves that it is time to evaluate our health. Our moods and bodies change as the seasons change. Our past cultures have learned how to harmonize their bodies with the world around them.
9. Circadian Rhythm: This is our internal daily biological clock. This clock can be influenced by many different elements, such as light and darkness, time of day and temperature.
10. Exercise: Exercise is what your body instinctively wants to do especially under stress: fight or flight, and it works. It burns off some of the stress chemicals which [Tension](#) produces.

Therefore, a tired muscle is a relaxed muscle. Regular exercise builds [Stamina](#) that can help anyone battle stress. But even something as casual as a walk around the block can help you burn off some of the [Tension](#) that you carrying around.

Herbal Aura Cleansing

Adapted from Snow Melting in a Silver Bowl, by Nancy Brady Cunningham and Denise Geddes (Weiser Books, 2004).

Our aura is the energetic halo surrounding our bodies. This sweet-smelling active [Meditation](#) uses the power of our senses to quiet the mind and help to purify our aura.

If you have been feeling stressed or anxious, sad or angry, this simple technique will help you to feel cleansed and refreshed. Here are the simple directions to cleanse your aura using fresh herbs:

1. Buy or make a bundle of fresh [Herbs](#) ([Basil](#), [Lavender](#), [Rosemary](#), [Thyme](#), mint—just about anything will work) by tying a bunch together with string.
2. First spend a few moments simply inhaling the fragrance of your [Herbs](#).
3. Now sweep your bundle from head to toe and around the back of your body. Hold the herb bundle an inch or two out from your body so that you are moving it over the aura that surrounds your physical self.
4. When you have finished, place the [Herbs](#) in a glass of water where their scent will remind you of this simple but powerful [Meditation](#).

Other Methods of Cleaning Your Aura

Our auras are like magnets picking up vibrational energies that are floating around everywhere we go. It is important to cleanse our auras freeing them of foreign vibrations and negative energies. Here are a few simple ways to do it.

Here's How:

1. Using your fingers as a comb, comb through the space surrounding your body from head to toe. Clean your hands with running water before and after doing this.
2. Stand under a waterfall or shower.
3. Walking in the rainfall.
4. Run freely and playfully in the wind.
5. Using a single feather or feather whisk make sweeping motions through the space surrounding your body.
6. Smudge the area surrounding your body with the smoke from [Sage](#), [lavender](#), and/or sweetgrass.
7. Emmerge and soak your body in an epsom salt bath.

Tips:

1. Turkey or owl feathers are especially good feathers to use for sweeping the aura.
2. Take care to do some deep breathing exercises while cleansing your aura to aid in flushing your inner body.
3. Caution: Do not walk in the rain during an electrical storm

Strengthening and Protecting Your Aura

Proper diet, exercise, and fresh air are very important. Limit your use of alcohol, tobacco, or drugs as they will weaken your aura. Stress, mental disorders, emotional trauma, worry and fear will also weaken your aura.

To strengthen your aura you should get plenty of physical exercise, cleanse the bowels to remove [Toxins](#), and [Meditate](#). Music can be very helpful in strengthening an aura (especially Gregorian Chants for 10 min. a day). If you wish to listen to something other than the chants try classical or elemental music that you like.

Fragrance is another good way to strengthen your aura. Smudging with [Sage](#) is highly recommended. [Incense](#) and [Essential Oils](#) can help counter disease and illness. [Sage](#) and Sweet grass should be used for cleansing and balancing and [Frankincense](#) for cleansing and protection.

[Quartz Crystals](#) at least 1 inch work well to strengthen your aura. Double terminated [Quartz](#) (point out of both ends) should be carried in one's pocket for maximum protection

Auric Color Correspondences

(Remember that these are subtle colors impressions not a light show)

The energy field surrounding the physical body can be seen by some as radiating and filled with light. I checked every book pamphlet and article and old lecture note I could find for what colors mean in the aura and just am going to put in almost everything any one said, obviously there are apparent conflicts.

Red Vitality, life force, assertion, forcible active urges, stalwart brave, vengeful, virile, passion, drive, [Endurance](#). Force of will, passion, vitality, desire, physical activity, excitability, anger, intensity of experience.

Maroon [Stamina](#), strength, purpose and restraint, fighting spirit, warmth, cooperative effort, recuperation, moodiness, selfishness

Crimson optimism go getter, challenging competitive nature, eager for success, ready to champion cause, reckless

Scarlet impassioned, likable, spiteful, short tempered, volatile, vivacious

Pink sensitivity, unconditional love, gentleness, willingness to help, serves others, easily hurt, not spiteful or jealous

Orange creativity, high aspiration, proud self sufficient, direct, high minded, restrained, ambitious, not warm or sensual, wants success, rides over others, self justified, confident, narrow outlook.

Gold Goddess energy transformation, openness. Golden may mean spiritual knowledge or mental strength.

Yellow analytical, discipline Sun, dispel evil, scientific mind, overcomes ignorance, artistry, wisdom, creativity, confidence

Green growth, change, healing, abundance, adaptable sympathetic, takes life easy, teaching, [Endurance](#), perseverance, persistence, high self esteem.

Dark Green adaptability

Turquoise Love, healing heart, generosity

Blue peace, tranquility, honesty, love, affection, communication, fulfilling the highest ideals of unity.

Indigo spirituality, integrity, psychic skills, ancient memories,

Violet vision, imagination, intuitiveness, healing, unifying, enchantment, charm and deep spiritual understanding. High spiritual energy that can transmute lower energies.

White God, oneness, spirituality, highly evolved spiritually; motivated; incorporates qualities

of all other colors.

Brown earthiness, grounded

Healers often have green, Blue, or Violet in the aura, happily [Pregnant](#) women run to pastels, lovers often have a glow of Rose throughout the aura, intellectual activities can show up as yellow tones clear pure colors are indicative of stronger harmony than muddy colors



Aura Meditations For Everyday Life

Meditation has existed since the birth of humankind, and there are as many different kinds of meditations as there are different kinds of people in the world. Meditation does not require any particular spiritual or religious beliefs, nor is there any one “right” way to [Meditate](#). Some meditations are walking meditations, some focus on clearing the mind, some emphasize breathing and breath control, some involve silently repeating a secret mantra over and over again, and some involve carefully sensing one small thing (like slowly rolling a grape in your mouth and tasting it).

If you have tried a variety of meditations, then you might already know which kinds of meditation work best for you. If you are new to meditation, then you can try a variety of meditations in this chapter, and hopefully at least one of them will appeal to you.

Many studies have shown the benefits of meditation to be real and profound. Simply by [Meditating](#), people have been able to reduce the amount of stress they feel in their lives, alleviate physical pain, deepen awareness, relax muscle tension, improve mind-body coordination, achieve a sense of peace and joy, see more possibilities, and even reduce biological age. In this chapter, different kinds of meditations are provided for assessing and transforming your aura to better suit the life you most wish to live. When you choose the area you most wish to improve (love, money, stress-relief) , you can keep track of your progress in a journal by recording your observations as you undergo the process of changing your aura to change your life. Meditations can be done alone or in a group in which one person guides the meditation process and facilitates the sharing of experiences.

Have you ever been awakened in the middle of the night and not been able to fall back asleep again? Sometimes when you are under a great deal of stress, your mind will focus on problems so much that your sleep may be disrupted. Even when you know that such worries are a waste of your time and energy, they can seem to take on a life of their own in the wee hours. At such times, you may find yourself compelled to wake up and do something active, because so much adrenaline races through your system. In these situations, remember that the best solution might be to [Meditate](#). It may take some effort for you to remember that meditation is an option, because the urgency to do something can be so powerful.

Another time when you can greatly benefit from [Meditating](#), but probably forget to do so, is when you’re frantically trying to get as many things done in as short a time as possible. Like a many-headed Hydra, you can lose your sense of unified vision and feel like you’re being pulled in several different directions at once. It can seem crazy to set aside twenty minutes to [Meditate](#) at such times, since you are keenly aware of how much needs to be done. Try meditation out some time, and see if the twenty minutes you invest in meditation

and/or prayer reaps returns that compensate for the delay and inconvenience involved. Instead of feeling stressed and tired, you can be feeling relaxed and energized. Instead of thinking you have few or no options available, you can see a wide variety of choices you can make. Instead of feeling confused, you can feel focused and centered. There are even times following meditation and/or prayer in which you might feel you are guided to do exactly the right things at the right times, and everything you do feels effortless — like you're being assisted by fairies, elves, and angels!

If you are looking for the best way to enhance your aura and turn your life around, studies have shown that meditation might be the best thing you could do. A five-year study of male felons who were paroled from federal prisons showed that those parolees who practiced meditation were 35 percent to 40 percent less likely to return to prison or be sentenced for a new crime than otherwise similar parolees who didn't [Meditate](#). Meditation was proven to be much more effective than vocational training, psychotherapy, and prison [Education](#) for helping parolees break free of a life of crime. While your problems may not be quite as severe as those of federal prisoners, it's still good to know that such a powerful tool exists for making sweeping changes in your life.

Most of the following meditations require that you have some quiet space to yourself for about twenty or thirty minutes. You can read through all of them to get an idea of which ones might be most helpful or interesting for you, and get a sense of what's involved before you take the time to try them out. Best Possible Life Chakra Meditation

This meditation is a powerful one, capable of changing your life for the better in every possible way. It can require a commitment of a great deal of time at first, but as your focus and attention improve, it will become easier and less time-consuming. The goal of the best possible life chakra meditation is to envision your best possible future self while viewing all seven of the primary chakras — and to align your chakras with this ideal arrangement.

As you begin this meditation process, you may experience some difficulty remaining focused on each chakra. The most important element and success factor for this meditation is that you strongly desire to align your chakras with your highest potential, and remain focused on each chakra as it feels and appears to you — waiting until your chakra changes to match the ideal configuration for you.

1. Imagine your best possible future self in energy form, with all seven primary chakras shining brightly. Feel your love for taking the path to becoming your best possible future self, and through this connection cord of love, sense your future self as if it were your own energy body right now through this energy cord.
2. Starting with the seventh chakra, the crown chakra, compare the way your best possible future self's crown chakra feels with how your current energy body's crown chakra feels. Especially note any differences in energy flow, color, and texture. If there is a big difference between the way your crown chakra feels now and the way it feels in your best possible future self, savor the feeling of your future self's crown chakra. Bask in it; notice every nuance and detail of the experience.
3. Feel the energy line of love connecting your current energy body and your best possible future self's energy body. Notice how the crown chakra on your best possible future self feels, and bring your current crown chakra up to feeling exactly like it. You may notice that other chakras in your energy body are affected by this change, and if this happens, relax in the knowledge that you are attuning your own energy body to its ideal configuration. Each chakra does affect its neighbors and is sensitive to changes. Go slowly and savor the way your crown chakra feels now.
4. Repeat steps 2 and 3 above for the sixth chakra, the third eye chakra. Feeling love

for becoming as much like your best possible future self as you can, sense how the third eye chakra will feel when it is optimally configured for you. Take your time and use all your senses to savor this moment, and when you have noticed every important nuance of feeling, allow your current energy body's third eye chakra to make the transition to its best possible configuration.

5. Repeat steps 2 and 3 above for the fifth chakra, the throat chakra. Feel how much you would love to have a perfectly configured throat chakra, and sense what this feels like. When you have a clear and complete feeling of this, bring it back to your current energy body's throat chakra.
6. Repeat steps 2 and 3 above for the fourth chakra, the heart chakra. This is your chakra of love and compassion, and these are the feelings to focus on now for your best possible future self. How will your heart chakra feel when you are the living embodiment of your best possible future self? Bring this feeling back to your current energy body's heart chakra, and hold that feeling — savoring and embracing it.
7. Repeat steps 2 and 3 above for the third chakra, the solar plexus chakra. This is your communication center between you and the outside world, and a powerful energy center for manifesting what you want in your life. Feel how your best possible future self is holding this solar plexus chakra energy — is it clear and strong, and vibrant and clean? Most likely it's in a lot better shape than your current solar plexus chakra energy! You can remedy this by transforming your existing solar plexus chakra to match that of your best possible future self.
8. Repeat steps 2 and 3 above for the second chakra, the hara chakra just below your navel. This chakra is also known as the “dan tien” chakra, and it is a place you may be inadvertently picking up and carrying other peoples' stuff. Feel how different your best possible future self's second chakra is compared to your current energy body's and allow your chakra to change to match your ideal self.
9. Repeat steps 2 and 3 above for the first chakra, the root chakra at the base of your spine. Feel how well grounded your best possible future self is, and how that allows you to stand up for yourself and feel centered and an important and integral part of all that is. Notice all the sensations in your best-balanced root chakra, and bring those qualities back to your current energy body root chakra.
10. Once you've viewed and transformed all your chakras, take a few more minutes to feel your chakras integrating with one another and interacting with the world around you. Pay attention to how your day goes differently than usual — hopefully in enjoyable ways, and in how you feel about yourself and events that unfold around you.

The first time you do this, it's a good idea to draw what you see and take notes about what you observe in this exercise. Your notes will help remind you of your highest energetic goal. Good Health and Healing Meditation

Just as chronic worry and stress first cause damage to one's aura and then create problems in one's physical body, freedom from stress can eventually clear one's aura and reverse physical health problems. All meditations that increase an overall sense of being simultaneously energized and relaxed are therefore good for one's health.

The following meditation is especially good for improving one's physical health, since that is its primary emphasis and intention.

1. Find a quiet time and space where you can have twenty to thirty minutes alone. Sit

or lie down in the most comfortable position for you.

2. Close your eyes and feel your energy body around you. Notice if you can see any dark areas, holes, tears, rips, or sections of grainy energy.
3. Imagine that you are now calling on a brilliant angel/energy being of love, to help you repair the damaged areas in your aura. (Important: When you first call on angels, be sure to state that you only invite those who come in the purest form of unconditional love. Do not invite any energy beings who make demands upon you or do not feel completely loving.) This energy being is an expert at strengthening your energy field, and when you request assistance will immediately begin repairing all damaged areas of your aura.
4. If your energy body requires extensive assistance, call on another angel/energy being or two . . . or three! Know that whatever you need will be provided, as long as you ask with all your heart and feel grateful for the help you receive.
5. Observe what these angels are doing, and how much better you feel as they work to fluff, clear, and repair your aura. Note whatever physical sensations you feel as this healing continues.

Integrated Meditation

This meditation may seem rather exotic and unusual, because it involves visualizing all your possible selves. There is special value in this meditation, for it works to bring increasing order to the universe across all possible realities. As you find yourself becoming consciously connected to all your possible realities and becoming more relaxed and energized through this meditation, the benefits will be far-reaching and profound.

1. Imagine for a moment that you exist in many different forms across an infinite number of parallel universes. In one universe you are poor, in another you are wealthy, and in yet another you are the opposite gender from what you are today. What remains the same in every universe is some quality of uniqueness about your energy essence and who you truly are.
2. Imagine that as you become aware of all your possible selves, they become aware of you. When you intend to become more energized and relaxed through meditation, so will each of them.
3. Imagine that you and all your possible selves are grounded, so all negativity, stress, and tension slips down and away.
4. With each inhalation of love, all of your possible selves will feel loved and connected. With each exhalation of worries, doubts, anger and fear, all your possible selves feel stronger and more centered.
5. Imagine that you and all your possible selves are connected to a divine source and are receiving inspiration that will allow you to fulfill your unique purpose and special destiny.
6. As you finish this meditation, thank all your possible selves for joining you in this meditation. Prosperity Meditation

You are already prosperous in many ways. This meditation will help you recognize how well you are doing, and increase your confidence that you are attracting all you desire to you right now. The key to success of the prosperity meditation is the feeling of it. It

depends on your ability to feel gratitude and love, and to let go of fears and resentments.

1. Close your eyes, and see yourself as spirit or God would see you — shining brightly, like a star. You are surrounded by love and were created from love. You are precious beyond measure. You are blessed with the ability to help yourself and others in many ways. You have great potential within you to shine more brightly than ever before. The only things that have ever stopped you from shining so brightly have been your fears and resentments. Let go of all blame and anger, and all doubt and worry. You are a divine being of inner light who has become manifest in physical form. As you more fully embody this divine light, you will be blessed with abundant prosperity. Help is always here for you. All you ever need to do is ask spirit for guidance.
2. Open your eyes and say aloud three times, “The source of all prosperity is infinite, and blesses me with abundance. Thank you for fulfilling my every need today and always.”
3. Feel the loving energy of all those who support your endeavors.
4. Using all your high sensory perceptions (clairaudience, clairvoyance, clairsentience, clairgoutance, clairolorance) , imagine your best possible future as fully and vibrantly as possible. See and feel yourself immersed in every aspect of life as you most need it to be. Say aloud, “All my favorite dreams have come true!” and feel the joy and exuberance of this being so.

A Fresh Start Meditation

To a large degree, your life is exactly what you create it to be. By virtue of your daily habitual thoughts and feelings, you create the foundation upon which the house of your life is built. The advantage of cleansing the foundation of your life of energetic clutter is that like a blank slate or tabula rasa, anything at all can be possible for you. This meditation is recommended for you if you have faced persistent problems in life, and wish to find an energetically clean point for starting fresh.

1. Do you remember a time when you were a child and felt wonderfully excited about something? You were not concerned with practicalities, [A.D.H.D.](#) not yet told anyone of how you were feeling and what you were thinking about. You were experiencing a moment that contained all possibility and tremendous enthusiasm.
2. Smell the smells around you as you feel this joyous state of being. You know in your heart and soul that anything is possible, and can look around at the world and feel your heart sing. See the colors and shapes of energy around you; feel their textures.
3. Wrap this special moment up energetically as a present from your past, and bring it to your life in this moment now. Feel the joyous sense of wonder you had and the sheer delight in being alive. This is the energy you can now bring to anything in your life you need it for — anything at all! With childlike wonder and creativity, you can face every situation with love, awe, and fearlessness. You are meant to succeed at bringing your special gifts to the world, and you can feel the sheer joy in reveling in the essence of all you are.
4. If you feel any negative thoughts or feelings, ground yourself and let them go down an auric energy cord to the earth. Look at that present of the bliss of your youthful excitement, and feel once again the sense of joy and wonder it brings to you. You are a whole new person today, refreshed with the youthful vigor of your spiritual energy and ready to do anything you put your mind to!

Bringing Meditation Home

Once you make meditation a regular part of your daily life, you may notice that you feel at home wherever you may be. If you want to know how much of a difference meditation can make in your life, keep track of how often you [Meditate](#) in a journal. When you feel rushed, meditation can bring you back to a sense of living in the eternal now. When you feel tired, meditation can refresh and renew your body and spirits. When you feel confused, meditation can bring you clarity. When you feel defeated, meditation can bring you inspiration and new ideas.

About the Author

Cynthia Sue Larson works with Aura Imaging Systems in California, consulting and developing cutting-edge technology to capture auras on film. She hosts a popular Web site, www.realityshifters.com, providing visitors with information about auras and a forum to discuss their own experiences. Her articles have appeared in magazines such as *Magical Blend*, *Parabola*, and *Lightworker*. Ms. Larson lives in Sacramento, CA.

What Are Chakras?

Chakras are basically subtle energy channels that run through the body, located in different areas of the body. There are many chakras throughout the body but the ones I will mention here are known as the “classical chakra system” and I’ve heard it also referred to as “the basic chakra system”.

The Basic Chakra System:

There are 7 main chakras that are located vertically up the spine starting at the base of the spine and all the way up to the crown area (actually believed to be about 4 finger widths above the head) of the head.

They are located in the center of the body and open on both the front and the back side of the body. Starting at the base of the spine they are known as, The Base or Root Chakra and it is Red, The second chakra above this is known as the Sacral Chakra and it is Orange, the next above this is the Solar Plexus Chakra and it is Yellow, the next above this is the Heart Chakra and it is green, the next above this is the Throat chakra and it is light Blue, the next above that is the Brow (sometimes known as the 3rd eye) Chakra and it is Indigo, and the last is the Crown Chakra and it is Bright white, although colors of purple and gold are also seen in this area.

The Basic Function/Malfunction signs of each chakra:

The Base/Root Chakra Function: Pretty much the foundation system of the body. The Sanskrit word is “Muladhara:, Seat of Kundalini”. This center is our Will-to-live, to survive. IT is our “ground” root though which we gain power, stability, and growth. It’s often referred to as linked to the [Adrenal Glands](#). It represents activity in general such as movement, energy and survival as well as grounding.

It also connects with the legs, feet, hips and base of spine...associated with the [Circulation](#) system and blood. Red is also associated with pain, swelling and inflammation and all heat sensations. On a mental level, red shows assertiveness and self-confidence.

- Enthusiasm and Drive require Red energy. When red energy is suppressed or blocked it can become violent when it finally escapes.

WHEN THIS CHAKRA IS BALANCED, we have physical vitality and strength, We feel connected to nature with a deep understanding of it's rhythms and patterns.

Signs of malfunctioning: An under active chakra might display signs of a lack of energy, stamina, feelings of unreality, of not belonging, not being able to cope. Cold, congested conditions, difficulty with physical movement, coordination or [Circulation](#) problems, inability to sustain energy levels, physical weakness, exhaustion, lacking in drive and enthusiasm, easily drained by company. An excess of Red energy might be displayed as hyperactivity, inflammation, physical [Tension](#), inability to relax, anger, fear, mental and emotional confusion, rapid mood swings, impatience, fidgeting, intolerance, violent outbursts.

CHARACTERISTICS:

- the color is Red
- the musical note is C
- sacrament is Baptism
- the mantra is "lam" or "e" (as in the word fed)
- it is located at the base of the spine
- it's purpose is Kinesthetic feelings, movement
- the spiritual lesson is that of material world lessons
- associated with the mineral kingdom
- governs the adrenal gland
- element is earth
- sense of smell
- it is the place of birth & rebirth, place of ability to draw abundance from the universe
- home/job/passion/ trust/money/ security/ survival/ vigor/food
- the main formation of the chakra was accomplished between 0 and 5 years of age
- this chakra was ruled by the Moon in ancient history and by Saturn in modern day times
- a healthy functioning base chakra spins clockwise

The Sacral Chakra: associated with the qualities of movement and flow of energy. It's located below the navel and above the pubic bone. Also referred to as the "Spleen", "Sacral", "Abdominal". The Sanskrit is "Svadistanna" it is also known as the "Sacred Chakra" and the "Navel" chakra. It is connected to the sensuality of touch and the innocent desire for pleasure; nonjudgmental, spontaneous enjoyment. Associated with the organs within the lower abdomen, especially the large intestine and reproductive organs, and the [Kidneys](#).

Signs of malfunctioning: A lack of Orange energy: Physical rigidity, restricted feelings, Digestive disorders, lack of focus, lack of vitality, being stuck in the past holding on to memories, impotence, problems with uterus, bladder or [Kidneys](#), stiff lower back. Feelings of inadequacy, possessiveness, jealousy and envy, and self regret on all levels.

Anti-social behaviors, lustfulness, selfishness and arrogance all stem form an imbalance in this Chakra center. Other emotions such as the need to control violence, thoughtlessness , hatred, despair, of the future, victimization, masochism, sentimentalism, consumerism, (the need for more stuff.)

CHARACTERISTICS:

- color is Orange
- this chakra represents the plant kingdom
- mantra is "Vamor O" (as in the word home)
- musical note is D

- element is water
- sense of taste
- associated with the spleen in men/uterus in women
- sacrament of Matrimony (union)
- in women , this chakra spins right,spins left from men.
- it is located about 2-3 inches below the navel and in the center of the body.

The Solar Plexus Chakra: Sanskrit “Manipura”. Associated with the planet Venus in ancient times and with planet Mars in modern times. Motivates us to bring about change. Deals with our use of energy and the ability to transform it from a raw state into usable forms. The solar plexus creates change in ourselves as well as around us. It is an organizing type of control center that gives us the ability and will to mold our lives in a more powerful and effective way.

It deals with many different systems of the body, digestion, stomach, small intestine, liver, pancreas, spleen (which also effects our [Immune System](#)) and also works in proper functioning of the nervous system and the skin. It's located between the navel and the base of the rib cage. Also related with optimism, self-confidence, spontaneity, flexibility, understanding, a sense of humor, joy, and laughter are natural balanced expressions of the solar plexus.

Signs of malfunctioning: Ulcers, [Diabetes](#), [Hypoglycemia](#), anorexia, nervosa, bulimia, stress related ailments, [Indigestion](#), [Insomnia](#), [Panic Attacks](#), [Headaches](#), muscle [Tension](#), skin irritation, nervous disorders, allergic reactions, [Arthritis](#), [Tension](#), worry, confusion, auto immune disorders, chronic fatigue. An overactive chakra might show signs of over analytical or fussy behavior, narrow concepts, prejudices, lack of tolerance.

CHARACTERISTICS:

- color is yellow
- it is the emotion of anger
- sense is sight
- musical note is: E
- mantra is “RAM” or “AUM”
- it is the element of fire
- associated with the animal kingdom
- it is located about 2 inches above the navel
- pendulum spins left for positive power
- sacrament of Confirmation

The Heart Chakra: Sanskrit word is: “Anahatha” Located at the center of the chest this is also the midway point of the chakra system with 3 chakras above and 3 chakras below. This chakra is balance, equilibrium, community and love.

Associated with the heart, lungs, diaphragm, arms and hands, respiration, growth, the ability to change and adapt, caring, sharing, relationships with others, gives structure to our existence, routine and discipline, all aspects of personal growth and the ability to discern and travel our own personal road.

When this chakra is balanced, there is a sense of calm, clear-sightedness, friendliness and tolerance of others. It is possible to understand the needs of others without feeling our own needs have to be ignored or suppressed. We know where we want to go and we can hold our own ground well.

Signs of malfunctioning: [Asthma](#), [High Blood Pressure](#), lung disease, [Heart Disease](#), colds,

emotionless, power-seeking. Anything that intrudes into or restricts personal boundaries and equilibrium such as: Invasive illness, abnormal growths, lack of control at any level, sense of claustrophobia, being trapped, unfulfilled, restricted, dominated, a need to be in control or be controlled, becoming possessive or obsessive, constantly seeking reassurance, a lack of self worth and isolation..

CHARACTERISTICS:

- color is Green or pink
- sense of touch
- element is air
- musical note is F
- associated with the human kingdom
- Mantra is “yam or A” (as in ahhh)
- associated with the thymus, heart, blood, circulatory system, glands, and lungs
- chakra spins to the right in both men and women
- connected to the sun in ancient times, now it is connected to the planet of Venus
- Sacrament of Eucharist
- located at the breast bone in the middle of the chest

The Throat Chakra: Sanskrit word: “Visshuda”. Communication, inner identity, and telepathy. Related to the thyroid and parathyroid glands, the upper chest, neck, throat, mouth, nose and ears. Note: The shoulders, arms and hands can be affected by both the heart and throat chakras. The throat chakra is primarily concerned with communication, and both throat and sacral chakras are associated with creativity.

Signs of malfunctioning: Throat problems, stiff neck, thyroid problems, ear problems, laryngitis, [Sore Throats](#), [Tonsillitis](#) (these all suggest difficulties within the lines of communication either at an every day level or sometimes simply the need to become involved in some artistic activity)... creativity blocks, lack of inspiration. Very often these symptoms are a sign something is being held back or not communicated, individuality is being stifled and something needs to be expressed.

CHARACTERISTICS:

- color is Blue
- associated with the thyroid , bronchial and vocal apparatus, lungs, alimentary canal, gland, and parathyroid.
- element is ether
- angelic realms
- sense is hearing
- sacrament is Priesthood
- associated with the planet Mars in ancient time and is connected to the Moon in modern times.
- spins to the right in both men and women
- it is located in the throat below the Adams apple.

Brow Chakra: the Sanskrit word is Ajna. Clairvoyance, intellect, belief, understanding and analysis of reality. Inward looking rather than expressive like the throat chakra. Affects the eyes and the conscious workings of the brain , main function is to make sense of the raw information received from the “sense organs”. It also works with memory and planning. another function is to leave behind the constraints of time and space because it gives us greater insight. This chakra more than the other chakras needs integrated balance and a firm grounded energy.

Signs of malfunctioning: When the brow chakra is stressed, the mind becomes clouded

and thought patterns run in chaotic circles, making practical decision making extremely difficult. Intuitive sensitivity may become blocked. Visual defects, nightmares, and [Headaches](#) are also signs of a malfunctioning brow chakra.

CHARACTERISTICS:

- color is indigo, Violet and sometimes yellow
- it is all the elements
- the main element is spiritual
- the musical note is A
- the mantra is “aum, om or mmm”
- it governs the pituitary gland, skeletal system, pineal gland, nervous system, and other glands.
- it is located one finger width above the bridge of the nose at the center of the forehead.
- sacrament of marriage
- associated with the planet Jupiter in ancient times and the planet Mercury in modern times
- it spins to the right

Crown Chakra: in Sanskrit “Sehasara/Sahasrara “...The All is One Center knowingness and Wisdom. A replica of all of the other chakras and the total energy signature of each individual is said to exist within the crown chakra. Here, our unique pattern of consciousness is kept in constant touch with all sorts of information from the outer universe and the subtle dimensions of spiritual energy.

This chakra is connected to the whole of creation. As the base chakra connects us firmly and safely to the earth, the crown chakra opens us to the universal energy. In some ways, imbalances in either have similar symptoms. When balanced, the crown chakra increases the ability to understand things in a wider context allowing one to become more intuitive.

Signs of malfunctioning: [Depression](#), alienation, inability to learn. When the crown chakra loses its balance, a shadow is cast over the whole system. There is a feeling that something is not right, although it can be difficult to describe clearly what is wrong. Feelings of alienation and [Depression](#), a weight descending that makes you feel listless, exhausted and prone to boredom. The crown chakra directly effects the higher brain. The cerebrum which consists of the 2 hemispheres of the brain is the seat of higher consciousness, a lack of balance between the left and right can cause confusion and coordination difficulties, both physically and mentally.

CHARACTERISTICS:

- color Violet/white/ gold
- sacrament of Extreme Unction (anointing of the sick)
- it is all elements.... it is cosmic
- kingdom = source
- mantra “aum”, “ee” (as in bee)
- it is associated to the pineal gland
- it is the seat of the Ketheric Body
- here we must learn to release-to surrender
- in ancient times it was associated with Saturn, in modern times it is the Sun
- located at the top of the head in the center of the skull
- spins to the right

Chakra Correspondences

-Root Chakra Base of spine; low abdominal area. Hematite - general healing & balancing, focuses energies Obsidian - general healing, removes blocks [Cinnamon](#) Oil

-Sacral Chakra About 2 inches below belly button. [Carnelian](#) - health, emotional balance, well being Peach or Pink [Aventurine](#) - balances mind, body & aura [Orange](#) Oil

-Solar Plexus Chakra About 2 inches below the sternum. Tiger Eye - prosperity, well being Yellow Jasper - [Circulation](#), digestion [Lemon](#) Oil

-Heart Chakra Chest at heart level. [Rose Quartz](#) - comfort for the soul, improves [Circulation](#) Green [Aventurine](#) - gives courage, improves patience [Rose Geranium](#) Oil

-Throat Chakra Hollow area of throat, just above the rib cage. Blue Tiger Eye - heals the throat area, helps align the spinal column Blue Lace Agate - anchors spirit to body, assists with clear communication [Ylang Ylang](#) Oil

-Third Eye Chakra Top of nose area, between the natural eyes. [Sodalite](#) - increases self-awareness Lapis - stimulates emotional, mental & physical clarity & purity Camphor Oil

-Crown Chakra Top of head, center. [Amethyst](#) - brings spiritual clarity, emotional healing Snow (white) [Quartz](#) - brings pure white energy, helps overcome victim-hood (can be used where clear [Quartz](#) is used, equally effective but gentler) [Lavender](#) Oil Clear [Quartz](#) - can be used with any chakra. Amplifies energy of any other stone or healing modality. Clears and amplifies focus

Balancing and Charging the Chakras

by Julia Jablonski

While the word “chakra” has Hindu (Sanskrit) roots, the energy involved is not partial to any particular religion. It is a universal energy, and all people inhabiting physical bodies on this earth have them. These energy vortexes are the channels through which spiritual energy flows through to manifest in the physical. (Matter is merely slowed down or crystallized energy, hence, our bodies are energy!) The chakras and other smaller energy vortexes (such as acupuncture points) are openings and channels for universal energy to flow into and out of the aura. Through chakra meditation and learning and experience with the energetic nature of the universe, we can awaken our conscious minds to our true spiritual natures.

The following is a general summary of my current understanding of the physical locations and elements associated with each chakra. Over the years I have noticed some discrepancies between how different people “define” each chakra, (particularly the second and third chakras), but the differences have only been minor. Certainly the colors and locations of the chakras are generally consistent. The base chakra extends down and the crown chakra extends up, while the chakras in between have vortexes both to the front of the body and to the back.

- The first chakra is located at the base of the spine and is associated with red. It is the chakra that governs our physical existence, our bodies and our health.
- The second chakra is located in the area of the womb or spleen, and is associated with the color orange. This chakra governs creativity, and some say emotion. (I associate emotion with the third and fourth chakras).

- The third chakra is located at the solar plexus and is associated with the color gold (yellow). It is associated with the will or desire.
- The fourth chakra (the middle chakra in the chain of seven) is the heart chakra and is associated with the color green, and also the color rose, which is the “color of love.” This chakra is connected with emotion and human love.
- The fifth chakra is located at the throat and is a bright blue. It governs communication and personal magnetism. It is the chakra that most influences intercommunication and our “personas.” It is also the link between emotion and thought.
- The sixth chakra is located at the third eye (mid-forehead) and is indigo (deep purply/blue) . This chakra is associated with thought (though some say the third chakra governs thought) and with vision, particularly psychic vision. It is also the chakra of spiritual love and connection.
- The seventh chakra is at the crown of the head, and is violet fading to white further away from the body. This chakra is our connection to our “higher selves” and to the “divine.” It is associated with wisdom and integration of our eternal selves with our current physical selves. It is like our umbilical cord to “God.”

When all the chakras are “whirling,” open, bright and clean, then our chakra system is balanced. When a chakra becomes blocked, damaged, or muddied with residual energy, then our physical and emotional health can be affected. Often this occurs habitually as the result of negative or incomplete belief systems. The effects of our habits, feelings, beliefs, thoughts, fears and desires can be found in our chakras.

For example, if you eat poorly (a lot of processed food, for instance) and don’t exercise, chances are your root (red) chakra is going to become sluggish, darkened and dull. If you “close off” your emotions because they’re painful or overwhelming, your heart chakra is likely to become tight and closed and block emotional energy. If you are extremely centered in your intellect, you may have a bulging and bright brow chakra, but a disproportionately small heart chakra or root chakra. Or perhaps you’re cerebrally focused on finding answers to deep questions about “reality” (as I was for many years). In the West we tend to value the upper chakras over the lower chakras. This probably has its roots in our ancestors’ religious aversion to the “flesh” and their focus on the rewards of “heaven.”

The goal is a strong, clear, balanced energy system. The more open, clear and balanced the chakras, the more energy can flow through your system. This energy is essential for vitality, health, and continued growth on all levels.

The meditation:

I use this type of meditation whenever I need to “recharge” and when beginning astral projection practice and sometimes when beginning psychic readings. More commonly I used a grounding meditation when performing readings. Both are effective and powerful.

Lie or sit in a relaxed and comfortable position, as you would for any meditation. Your spine should be straight and your head in alignment with your body. This meditation is in script mode, should one want to tape it and listen to it while performing the meditation. It is preferable to learn about energy and the methods of balancing, cleansing and charging the chakras and allow one’s own inner voice to lead the meditation. The following is just one way of performing this balancing.

Allow your meditations to evolve and to reflect your individual values and beliefs. If taped, a slow, deliberate pace should be used with a mild voice and the appropriate pauses. The body should already be relaxed and the mind tranquil when beginning this meditation. Eyes are closed.

Now that you are relaxed and feeling very much at peace, take a moment to ground yourself here in this moment, in this body, in this place, in this time...

Take some deep breaths...in. ..and out...in...and out...

Follow the breath as it flows toward your nostrils, as it enters your nose, as it fills your lungs and then as it is expelled. That's it, just relax into this quiet moment. Breathe in... follow your breath...and out.

In...and out.

Feel where your body meets the (chair/bed/floor) . Become aware of your body from head to toe, of your weight, of the heaviness of your limbs.

Now focus on the area at the base of the spine, the area between your legs. This is the root chakra. Its energy is red, and it governs your physical body, your physical health and vitality. In your mind, study the appearance of this chakra; note its color and vitality. Mentally envision the chakra and note any symbolic symptoms of dis-ease.

Have you been caring well for your body? If your chakra is dusty, dirty, torn, or otherwise less than a perfectly brilliant red whirling vortex, imagine your hands (or those of a guide) working on the chakra. If it is dirty, clean away the dirt and throw it into an imaginary pail with a lid. Allow those hands to repair any imperfections, and when the chakra is clean, mentally take the pail and hurl it into the sun. Watch it as it travels through space and then bursts into a zillion bits of energy upon solar contact. Allow the sun to recycle this energy back into the universe.

Now turn your attention back to the root chakra. It is clean and red. You are surrounded by infinite root energy. Imagine the room glowing red with this energy, feel its strength and power. See red swirls of energy flowing to your root chakra. You can feel this as a tingling as the energy fills your root chakra. As the energy swirls in, your chakra grows large and deep red and strong. Allow the energy to fill your chakra until it is so vital that it extends several feet out from your body. In your mind you can see your root chakra, a brilliant red swirling vortex of physical energy.

Now turn your focus up to your abdomen, to the area of the "womb" or spleen. This is the orange chakra, that which controls clear thinking and creativity. Take a moment to observe the chakra. Note its color, its vitality. Is it clean and strong? Or is there work to be done here? Allow those invisible hands to cleanse the chakra, to repair or heal it. Discard any imperfections in the pail, and send the pail to the sun to recycle the energy.

Focus on the orange chakra again. It is now clean and whole, and a bright orange. Call out to the universe for orange creative energy and feel the space around you begin to glow orange. With a tingle you feel the energy begin to swirl into your chakra, charging it with vitality, with creativity, with clear-thought. Watch as your orange chakra grows and whirls, until it extends out from your body for several feet, just as the red root chakra is still whirling and strong.

Turn from the red chakra, up through the orange chakra, to the solar plexus. This is the heart of the yellow chakra, that which governs will and ambition. Take a few moments to examine this chakra. Note its color and appearance. Have you been lazy of late, or

perhaps too driven? Examine your will through this chakra. Allow the invisible hands to cleanse the chakra and heal it, discarding any imperfections or impurities in the pail. Send the pail to the sun for recycling.

Now return your attention to the yellow chakra, that of will. It is now clean and a bright yellow. 'Universe, send me yellow energy, will energy, energy to achieve my goals, to work for that which I value and desire.' Feel the yellow energy surrounding your body, and with a tingle feel the energy swirl into your solar plexus. In your mind you can see your red/root chakra glowing, whirling, your orange/womb chakra pulsing brilliantly, and your yellow/solar plexus chakra glowing strongly, extending several feet out from your body.

Turn your attention to the middle of your chest, to the heart chakra, the green chakra. You may feel an instant wave of emotion. This chakra governs your feelings, your emotional connections to others and to the universe, to life itself. Examine this chakra. Note its color, vitality, any impurities. Gently allow those invisible hands to cleanse and purify the chakra. Reflect a moment on how you've been feeling emotionally lately. Are there bindings holding in pain? Or is the chakra tight and hard with anger? Release any tensions, imperfections or impurities to the pail. Send them to the sun for recycling. They are still yours if you choose to hold them, but for now, release any pain or anger.

Now focus back on the heart chakra. It is clean and a beautiful green color. It whirls strongly and evenly. 'Universe, send me green energy for my heart! Open my heart to the world, to all beings big and small, with compassion for our shared experiences and journey. Fill my heart with love energy, that I may in turn give love to others.' Feel the green energy whirling into your heart. Watch the chakra grow and glow and spin with this new energy.

From the red chakra through the orange chakra through the yellow chakra through the green chakra, your chakras are cleansed and charged and huge with energy.

Focus on the throat, center of the blue chakra which governs communication and personal magnetism. Examine the chakra, noting the color and any imperfections. Perhaps you haven't been honoring your own beliefs and speaking out when you should. Or perhaps you've been talking over others, or not listening well. Perhaps you've been feeling shy and afraid to extend your energy in communication. Allow the hands to heal and cleanse the chakra and when finished, send the impurities to the sun for recycling.

Now the chakra is clean and strong and bright blue. Feel the air fill with blue universal energy. Feel the throat open as this energy swirls into the throat chakra. This energy charges your aura with magnetism, drawing others to you. Feel your throat open with this swirling, strong blue energy.

Focus on the middle of your forehead, the third eye. This chakra is indigo and governs psychic vision and intuition. Examine the chakra for imperfections. Perhaps it is locked up due to fear. Perhaps it no longer spins out of neglect/stagnation. Allow the hands to cleanse the chakra, to heal any imperfections and recycle them in the sun. Now look at the chakra. It is a beautiful deep indigo, clean and whirling.

There is psychic energy available to you beyond measure. Feel it charge the air, swirl in and around and fill your third eye chakra with deep, vital indigo energy. Feel the third eye open, and note any mental visions as this occurs. Now is a good time to pray for increased psychic power. Note the red/root chakra, the orange/womb chakra, bright, strong, big! Move your attention up to the yellow/solar plexus chakra, to the green/heart chakra, open and brilliant, to the blue/throat chakra and the indigo/third eye chakra. Your chakras are huge, whirling, and fully charged.

Now focus your attention at the crown of your head. This chakra is violet near the body,

fading to white further away. This chakra governs your connection to the universe/God/Goddess/The Creator, etc... This chakra is like an umbilical cord to "home." Reflect on your spirituality of late, examine the chakra and allow any healing needed. In my experience this chakra generally needs much less work than the others.

Allow the hands to heal, to cleanse, and recycle the discarded energy in the sun. Now examine the chakra. It is brilliantly violet, glowing white around the outside. Mentally reach out to that which you consider your "source..." to "God" or the Universe. Feel the response, the energy flowing back to you. Pray for the peace and joy of a strong crown chakra connection. Feel the violet energy flowing in, a loving embrace of your whole self, of your soul. See the crown chakra grow enormous, and the white energy surround your body.

All your chakras are now clean, charged and in balance. From the red/root chakra, to the orange/womb chakra, to the yellow/solar plexus chakra, to the green/heart chakra, to the blue/throat chakra, to the deep purple/third eye to the violet/crown, your chakras are spinning and whirling, full of energy and vitality. See the white energy that extends up and out from the crown chakra enveloping your whole body in an egg of white energy.

You are completely refreshed, calm, and peaceful. Your energy is balanced. You are full of vitality.

Traits of Healthy Hand Chakras

In the center of each of your palms are your hand chakras. They can be both expressive and receptive. They are more like channels through which any energy can flow than they are like specific storehouses of specific energy. Your hand chakras are connected to your heart chakra, and their general condition shows where you are in your ability to give, receive, and create in the world.

Are your hand chakras healthy?

Your heart chakra's condition relates to your ability to channel internal love and artistic information throughout your body and spirit, whereas your hand chakra's condition speaks to your ability to channel these things in the external world.

When your hands and heart are properly connected, the outward flow of heart-chakra energy can be controlled by your hands.

People with healthy hand chakras can translate the information of their healthy chakra system out into the world. They are naturally (as opposed to compulsively) giving and caring, but they have an extra dimension: they can also receive. They can receive help, compliments, gifts, and loving advice, without losing their center. And, they can give all these things to others without creating indebtedness, guilt, or recriminations.

Healthy hand chakras confer a natural creativity on their owners. The creativity of these people flows. They don't suffer from dramatic artistic blocks or fallow, muse-free periods. They have a flair for dressing, cooking, home decoration, car restoration—whatever makes them happy.

They don't need to rely on teachers or institutions to validate their artistic expression. They have a comfortable give-and-take relationship with the world and the people around them. They also have a comfortable give-and-take relationship with their own energy, and are able to protect their giving nature by closing off their heart-to-hand connection in the presence of habitually needy people.

Using Crystals to Clear the Chakras

The Chakras are the energy centres located in the area of specific human organs. They are linked to each other by channels. Stimulating the Chakras by means of [Meditation](#) creates a feeling of wholeness and balance beneficial to both mental and physical health. Placing a specific crystal on a Chakra helps to evoke and stimulate the most subtle forces.

Below we describe several [Crystal Healing](#) exercises.

- Before and after [Crystal Healing](#) sessions engage your mind while placing the [Crystals](#). Which visualisation images would be most inspiring for you?
- Clear the room of discharged negative energy after a session, using the same cleansing method you used to cleanse your [Crystals](#) (see Preparing Your [Crystals](#) section).
- Wash your hands in cool running water directly afterwards to boost your body's beneficial negative ions.
- Re-cleans your [Crystals](#) straight after a session. It is easier to remember which [Crystals](#) you used and ensures you don't forget this essential process altogether.

Balancing The Chakras For healing to take place the Chakras must be balanced and in harmony. Use two single-terminated [Quartz](#) crystals:- * Lie down and settle yourself comfortably. * Place one of the [Crystals](#) at your feet, with the point towards your head. Put the other crystal at the crown of your head with the terminated end pointing down. * Take a few minutes to visualise your entire subtle energy system becoming harmonised and balanced. * Be aware of any sensations of blockage or soreness. * Ask your higher mind to indicate what the problem is and how to deal with it. Act on that intuitive guidance in a separate session with whichever additional [Crystals](#) you need to use at that time.

A Revitalising Energy Boost Hold two single-terminated clear [Quartz Crystals](#), one in each hand, while sitting upright on a chair with your feet firmly grounded. The terminated (pointed) ends of the [Crystals](#) should be directed towards your body. This positive polarity directs energy from the universal field, distributing it throughout the subtle energy system. Breathe slowly and deeply, visualising the energy coursing through your body, leaving you feeling revitalised.

Welcome Stress Relief Lay comfortably on the floor and place a single-terminated quartz crystal across your Solar Plexus Chakra, with the terminated end pointing upwards towards the Crown Chakra. Visualise the excess inappropriate energy being drawn out of your field and discharged into the universal field. Note: it is important to clear the room of dispersed negative energy after such a session.

Relief from [Headaches](#) Place [Rose Quartz](#), [Aventurine](#) or Blue Lace Agate [Crystals](#) on the affected area for 5 minutes. Create whatever visualisation image you feel is right. For sharp [Headaches](#), hold the [Crystals](#) against your temples. For duller [Headaches](#) lay with your head against a soft pillow and place a crystal at the back of your head at the point where the base of the skull meets the neck.

Helping Localised Pain Relief This technique can be used for sprained muscles, period pains, [Rheumatism](#) or [Arthritis](#). Hold one single-terminated [Quartz](#) crystal in your right (sending) hand with the pointed end towards the affected area for a few minutes and visualise a soothing image. If the pain is spread over a large area, cover the entire area with exaggerated stroking movements with the blunt (feminine) end of the crystal towards the area of pain. As the crystal comes away from the body, flick the crystal into the air to discharge negative energy.

Realising Your Potential

The following [Crystals](#) should be used for a full body layout:-

- * At the Crown Chakra - [Amethyst](#) to calm the mind, dissolve [Anxiety](#) and absorb negativity
- * On the Third Eye Chakra - [Sodalite](#) to increase spiritual awareness
- * On the Throat Chakra - Blue Lace Agate to help self-expression
- * On the Heart Chakra - Green [Aventurine](#) to centre you while inspiring independence, well-being and health
- * On the Solar Plexus Chakra - [Citrine](#) for optimism and mental clarity
- * On the Lower Abdomen Chakra - [Carnelian](#) to increase vitality and passion, and boost assertiveness
- * On the Root Chakra - Red Jasper to give a sense of balance to the spirit and to ground you physically and emotionally
- * At the bottom of your feet - Single-terminated Clear [Quartz](#) (with the terminated end pointing towards your body) to channel energy through the Chakras.

Focus on a positive satisfying and viable outcome for the future.

Chakra Balancing with Crystals and Gemstones

Base/Root Chakra

[Ruby](#), [Bloodstone](#), smoky [Quartz](#), (hands solar plexus, feet), hematite,(protectio n/ grounding/ stability) , Black [Tourmaline](#), thodeonite, meteorite, obsidian, pyrite, [Rhodochrosite](#), garnet,(anger & impatience), [Citrine](#) (money).

Sacral Chakra

Amber, Carmelia, [Citrine](#), Peridot, Smoky [Quartz](#), Fire Opal, Tiger's eye, Chrysacolla, Clear [Quartz](#), Jade, [Ruby](#).

Solar Plexus Chakra

Amber, [Aquamarine](#), [Carnelian](#), Period, Smoky [Quartz](#), Tiger's eye, [Citrine](#), Golden Topaz

Heart Chakra

[Aventurine](#), [Bloodstone](#), [Carnelian](#), Chrysoprase, Dioptase, [Emerald](#), [Malachite](#), Moonstone, [Rose Quartz](#), Green [Tourmaline](#), [Sapphire](#), Turquoise.

Throat Chakra

Amazonite, [Aquamarine](#), Azurite, Clestite, Lapis, [Sapphire](#), [Sodalite](#), Blue Topaz, [Blue](#)

[Tourmaline](#), Turquoise, Chryasolla, and Kyanite

Brow Chakra

[Amethyst](#), Azurite, Lapis, [Sapphire](#), [Sodalite](#), Sugilite, Blue Topaz, [Tourmaline](#), [Quartz](#), Tiger's Eye, Flourite, [Malachite](#), Pyrite, and Zircon

Crown Chakra

Alexandrite, [Amethyst](#), [Citrine](#), [Quartz](#) crystal, Selenite, Iolite, Sugilite, Rutilite and Clear [Quartz](#), Tanzanite, Diamond

Balancing the 11 Chakras with Color

Color is used in many forms to heal and aid the sick, diseased and distressed. As a color therapist I use the following color to balance the 11 chakras of the physical and energy body of the person. I always start with the heart chakra, the center of the human form and the seat of the soul. Here are the colors I use to balance the 11 chakras:

Heart Chakra: Green (4th) Green is the color of harmony and balance. It is good for tired nerves and it helps with the heart area. It will balance the emotions and bring about a feeling of calmness. Green is a good general healing color because it stimulates growth so it is good for helping heal broken bones, regret of tissue of all kinds. Green is a good color for [Pregnant](#) women to help create an atmosphere of serenity and calm. Too much green may create more negative energy if there is some already present in the person being treated.

Solar Plexus Chakra: Yellow (3rd) Yellow is the color of intellect and it is used for mental stimulation; it will help you think quicker. It is good for clearing a foggy head. To help cure dermatitis and other skin problems and again it must be used carefully because it is very stimulating and could cause exhaustion and [Depression](#).

Throat Chakra: Blue (5th) Blue is the color of truth, serenity and harmony by helping to soothe the mind. Blue is good for cooling, calming, reconstructing and protecting. Blue will help feverish conditions; it will help stop bleeding and will help with nervous irritation. It is very good for burns. Too much Blue could leave you cold, depressed and sorrowful.

Sacral Chakra: Orange (2nd) Orange is also a color of energy. It is used to increase immunity, to increase sexual potency, and to help in all digestive ailments, chest and kidney diseases. Orange will give a gentle warming effect if used lightly. Orange, like red should not be used for too long. It is not a good color for nery people or people easily agitated

Third Eye: Purple (6th) Purple is color that will connect you with your spiritual self. It is good for mental and nervous problems. It will assist very well with [Rheumatism](#) and [Epilepsy](#). Helps with pain, is used in deep tissue work and helps heal the bones. Too much purple and you don't tend to live in this world!

Root Chakra: Red (1st) Red is the color of energy, vitality, and power. It can be used to reduce pain and to warm cold areas. Red is a powerful agent for healing diseases of the blood or [Circulation](#). It will help with [Depression](#). Red is not to be used on people who have [High Blood Pressure](#) or [Anxiety](#). If you stay under the red ray for too long or are exposed to red for a considerable time, it will make you very agitated or even aggressive.

Crown Chakra: Indigo (7th) Indigo is a higher aspect of Blue, so it will have all the attributes of Blue plus it is very good for the head. It will clear a congested head to allow a clearer path for the conscious to the spiritual self. It is used for the diseases of the ears, nose and eyes. Plus it is very good for sinuses. Indigo is a good astringent and it is a good purifier. Too much indigo could give you a headache and it could make you very drowsy.

Omega Chakra: Infrared (8th) Infrared is a more intense form of red. It helps to keep one's boundaries by protecting one from psychic and physical attack

Alpha Chakra: [Lavender](#) (9th) [Lavender](#) is the color of equilibrium; it helps with spiritual healing. It is used as a tranquilizer and it will aid sleep. It is a color of replenishing and rebuilding. It is like a tonic for the body. Too much will make you very tired and disoriented.

Terra Chakra: Silver (10th) Silver is the color of peace and persistence. It is the major purging color so it is very good for removing unwanted diseases and troubles from the body

[Angelica](#) Chakra: Gold (11th) Gold is the strongest color to help cure all illnesses. Gold strengthens all fields of the body and spirit.

About the author

Charles Lightwalker is a Metis shaman, author, medical intuitive, and healer. For more information visit the web site: www.thefamilyoflight.com.

The Hidden Powers of Chakra Meditation

Chakra meditation is a unique form of relaxation that involves deep concentration. By achieving an uninterrupted level of focus, psychic energy is able to flow up through your body, energizing and reinvigorating all of your different chakras along the way.

What is a chakra?

Chakra is a Sanskrit word that means wheel or vortex. The chakras can be thought of as energy centers that direct the flow of energy through our bodies. Chakras are a part of our consciousness and how we use them reflects on the decisions that we make in our lives.

Achieving Peace

There are different ways to practice chakra meditation, including a method useful for beginners. Before beginning your meditation, ensure that you are dressed in loose and comfortable clothes and find a space that is free from noise and interruption.

The Steps to Inner Harmony

- 1) Begin by sitting or lying down in a comfortable position.
- 2) Turn your attention to one small part of your body such as the tip of your nose or your big toe. Focus on the feeling you have in that one small area. Attempt to connect with the subtle details of that body part.
- 3) When you have done this, allow the feeling of concentration to spread to the rest of your toes (if toes are what you are focusing on). Be careful not to try to absorb too much information. This meditative practice should be organic in its flow and should seamlessly spread throughout the body like a gentle wave. If you feel thoughts of stress or worry

invading your circle of peace, go back to concentrating on that one tiny aspect of your body.

Do not be impatient with this form of meditation; it does require practice. Many individuals use a special guide as a way to achieve perfection in the practice. A self tuning meditation DVD is an ideal way to perform this practice, and uses soft music and personalized musical tones to lead you to peace.

See the World Differently

Over time, the practice of chakra meditation has the power to change your way of thinking. Achieving success in this form of meditation can bring you to a heightened sense of awareness in the world and allows you to view your environment through clearer eyes. For many individuals, practicing chakra meditation daily has led them to a keen awareness of the causes behind certain behaviours, as well as a better understanding of others.

About the author

Anna Dorbyk is a writer for Tune Yourself DVD (<http://www.tuneyourself.com>), a site about meditation benefits and techniques.

Basic chakra Meditation

Chakra Anusandhana means “discovery or search of the chakras”. It is a simple way for beginners to explore the chakras self-tutored. It helps in awakening them gently, and in a balanced integrated way.

How to:

It can be done sitting, or lying.

Close your eyes, adjust your body, clothing.

Let the breath relax, slow and deepen, but do not control it.

After a few minutes of settling in, commence Ujjayi pranayam, and carry on for some time

Now bring awareness to the spinal passage, such that awareness of breath is from bottom to top, Spend a few minutes establishing this inner breath pattern up and down. Ascending with inhalation, descending with exhalation.

Begin to locate chakras within that channel. Need not pin point the exact location, just focus on general area. Try to feel the location of each station and mentally repeat its name as you pass by it. On your way up mentally repeat from Mooldhara to Ajna, and way down reverse the order.

Just before finishing let go of breath sound, then names. And chant mantra 'Om' 3 times.

Precaution:

Awakening of chakra can have its side effects. Excessive mental energy can be a problem with those who do not have abundant physical activity.

Never [Meditate](#) on one chakra without qualified guidance. It can lead to an imbalance and cause personality problems.

Chakra Balancing Meditation

To balance your chakras through [Meditation](#), simply concentrate on each chakra beginning at the base chakra. Visualize the chakra as a sphere spinning and visualize bringing white light directly into the sphere until the sphere is full of the white light... Picture the white light cleansing the sphere and removing all of the negativity within the sphere. If you can concentrate on this enough you will actually be able to feel the subtle energy field here and the vibration of this happening... . now picture a bright red light entering your chakra with vibrant red energy refilling the whole sphere until it is completely full. Now Move up to the Sacral chakra and repeat the same procedure only filling it with [Orange](#) light instead of red, and move all the way up all of the chakras in this manner filling each with their own color after cleansing... .

This is a simple [Meditation](#), there are more complex ways of cleansing and balancing with the use of [Crystals](#), [Reiki](#) and other healing techniques but most people notice a significant difference just after doing one of these meditations.

THE WALKING [Meditation](#)

To begin. Choose a room or an open space. Choose a beginning point and ending point. This ending point can be anywhere from 10 feet to 10 miles! Take a deep breath at the starting point. Concentrate on the here and now. At this beginning point of your meditation. With each step you take say out loud one of the things you would like to change. You may repeat your sayings more than once if you need to. Sentences like, "I deserve to be treated with respect." or "I have had enough procrastination", "I am unhappy".

Now when you reach your end point, turn around .. with each step back to the beginning point say only positive, affirmative sentences like, "I am Happy", "I am a perfect being", "I have all that I truly need", etc. One positive statement for every step that you take back to the beginning. When you reach the end/beginning , take a deep breath, Breathe in gratitude, breathe out a smile. (do this until you feel it . IF the distance wasn't long enough , do it again. Continue the walk until you feel physically, emotionally, and spiritually better... lighter.

You may also wish to carry a basket of stones, shells, buttons...etc. .and place each down as you walk along and pick them up on your return trip. Remember, your intentions are so very important, intend to relieve yourself of the burdens that you carry that no longer serve you for your highest good, Intend to releases, to forgive , to act, and/or to move on.

WHITE LIGHT [Meditation](#)

1. Sit or lie comfortably.
2. Take a deep , slow breath in and slowly exhale out. With each breath in and out, allow your body to relax more, and more, and more. Let your body sink into the chair or floor (or whatever).
3. Focus on your Crown area and allow it to open to receive the energy from this ball of white light. As you open your Crown Chakra to receive this energy you feel completely at ease , completely safe.
4. Draw down this white light energy into your forehead, your eyes,nose,cheeks, chin.
5. Draw down this white light energy into your throat, shoulders, elbows, wrists, to each and every finger, Feel the energy in your fingertips right now. Feel it tingle with

energy and excitement.

6. Draw down the white light energy to your chest, hips, thighs, knees, calves, ankles, into each and every toe. Feel the toes tingle as the energy fills them.
7. Picture this white light energy filling up your entire body. You are the white light energy, and you will now expand yourself. With each breath in and out expand your white light energy to outside your body. Fill up the room, the building, the neighborhood, the city, the state, the country, the world, the universe. You have expanded throughout the entire galaxy!
8. When you are ready to return , bring your energy back into the building, into your body. Allow yourself time to adjust once more to your physical form and when ready, open your eyes. wiggle your fingers and toes. Stretch both arms. overhead and take a big, deep breath in and slowly release again.. You are truly a white light being!



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Alternative Healing Academy

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With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer [basic courses](#) as well as several [Mini Courses](#) which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

[Check out our Affordable Payment Plans!](#)



All graduates of an Alternative Healing Academy home study course will receive a 20% discount off [AHHA Practitioner Membership](#) if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

[Advanced Color/Crystal Reflexology Practitioner](#) | [Basic Anatomy & Physiology](#) | [Basic Reflexology Practitioner](#)
[Basic Aromatherapy Practitioner](#) | [Advanced Reflexology Practitioner](#) | [Advanced Aromatherapy Practitioner](#)
[Basic Color/Crystal Therapy Practitioner](#) | [Mini Courses](#) | [Advanced ReflexAromatherapy Practitioner](#)

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?



Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified.' We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official

title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists) and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully

illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced Reflexology Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.



Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

-A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

-M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

-Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material."

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to."

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

-Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it."

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

-Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - <http://www.ahha.org/>

Professional & Business Member of the National Association of Holistic Aromatherapy - <http://www.naha.org/>

Professional Member of the International Reflexology Association - <http://www.holisticbenefits.com/ima/international-reflexology-association.html>

Professional Member of the International Aromatherapy Association - <http://www.internationalaromatherapyassociation.com/>

Payment plans are available, please [Click Here for More Info](#)

Sales & Refund Policy

We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does ***NOT*** apply to our informational Mini Courses. Please see the [Mini Courses page](#) for more information on those. Please [email support](#) if you wish to be refunded or have questions about our refund policy.