

Clear, Cleanse, and Balance Your Chakras

There are hundreds of chakras spinning ideally in a clockwise direction, attracting healthy energy for us to absorb, while at the same time, throwing off negative energy we no longer need. The healthier the chakra, the more energy we attract. The more energy we attract and hold on to, the healthier and stronger and happier we can be. A healthy chakra is one that is spinning rapidly in a clockwise direction, with no blocks to stop the flow of the Universal and Earth Energy that we need to live. Chakras, however are not always healthy, and for the most part are forever changing. The state of the chakras depends on many different factors, such as lifestyle, thought patterns, emotional history, and past life history as well. As one moves through life and its experiences, the chakras are absorbing the effects.

We always do everything in the Trine (meaning Source (higher Self), Divine Matrix (physical), and lower Self) or three's. We always close a circle, so nothing is ever done as a half. Sit comfortably in a meditation pose or lie down. The object is to be comfortable. The process always starts with three deep cleansing breaths. You can use a pendulum during this process to transfer energy. You just need to set the intentions for the pendulum.

Begin by cleansing the root or base Chakra. It is important that you link the Earth energy fully during this time of balance. Earth energy is fertility, revitalization, and renewal. You need to employ the core of the Earth energy by meditating and visualizing you are drawing the Earth energy up through your feet and into your legs and finally up to the root chakra. This is the beginning of rebirth or cleanse. Take a deep breath, hold, and let it out slowly.

Now use your hands to transfer the Earth energy up to the sacral chakra where relationships, desire, and creation abide. Again, meditate and visualize the energy is surrounding the sacral area. Take a deep breath, hold, and let it out slowly.

Now use your hands to transfer the Earth energy up to the solar Plexus chakra where willingness and actions abide. Again, meditate and visualize the energy is surrounding the solar Plexus area. Take a deep breath, hold, and let it out slowly.

Now use your hands to transfer the Earth energy up to the heart chakra where love and emotions abide. Again, meditate and visualize the energy is surrounding the heart area. Take a deep breath, hold, and let it out slowly.

Now use your hands to transfer the Earth energy up to the throat chakra where communication abides. Again, meditate and visualize the energy is surrounding the throat area. Take a deep breath, hold, and let it out slowly.

Now use your hands to transfer the Earth energy up to the third eye chakra where wisdom and intuition abide. Again, meditate and visualize the energy is surrounding the third eye area. Take a deep breath, hold, and let it out slowly.

Now use your hands to transfer the Earth energy up to the crown chakra where soul and transcendence abide. Again, meditate and visualize the energy is surrounding the crown area. Take a deep breath, hold, and let it out slowly.

Take three deep cleansing breaths and start the Ethereal Energy balance.

Now begin balancing the crown chakra. Visualize a bright white light is coming from the Universal source. Pull the light into the crown area and visualize it radiating from the center of the crown out till it surrounds the top of your head. Take a deep breath, hold, and let it out slowly.

Now use your hands to transfer the Universal energy down to the third eye chakra where wisdom and intuition abide. Again, meditate and visualize the energy is surrounding the third eye area and radiates out until the head is surrounded by the light. Take a deep breath, hold, and let it out slowly.

Now use your hands to transfer the Universal energy down to the throat chakra where communication abides. Again, meditate and visualize the energy is surrounding the throat area and radiates out until the shoulders are surrounded by the light. Take a deep breath, hold, and let it out slowly.

Now use your hands to transfer the Universal energy down to the heart chakra where love and emotions abide. Again, meditate and visualize the energy is surrounding the heart area and radiates out until the chest is surrounded by the light. Take a deep breath, hold, and let it out slowly.

Now use your hands to transfer the Universal energy down to the solar plexus chakra willingness and actions abide. Again, meditate and visualize the energy is surrounding the solar plexus area and radiates out until the mid-torso is surrounded by the light. Take a deep breath, hold, and let it out slowly.

Now use your hands to transfer the Universal energy down to the sacral chakra where relationships, desire, and creation abide. Again, meditate and visualize the energy is surrounding the sacral area and radiates out until the pelvic area is surrounded by the light. Take a deep breath, hold, and let it out slowly.

Now use your hands to transfer the Universal energy down to the root chakra where fears and survival abide. Again, meditate and visualize the energy is surrounding the root area and radiates out until the base area is surrounded by the light. Now visualize a red color is needed at the ending part of the spinal cord. In this location, the energy center is available. Meditate to picture brighter red luminosity at the base area of the spinal cord. It is the final beginning of the rinsing and balancing the foundation Chakra. Take a deep breath, hold, and let it out slowly.

Now, transfer the Universal energy down through your legs and finally to the bottom of your feet. Visualize this protective bubble or cocoon of Universal energy is revolving around your body with increased pace so that it will energize you.

Set your intention (three times) Higher Self, Physical Self, and Lower Self.

I invoke grounding, protection, and shielding over myself

Let my energy balance from the inside to the outside

With both sufficient desire and sufficient belief, I invoke grounding my physical body to the earth and grounding my etheric body and soul in incarnation.

With both sufficient desire and sufficient belief, I invoke protection against all that is not of the light.

With both sufficient desire and sufficient belief, I invoke shielding against all negative and dark energies.

So shall this be.

CHAKRAS & COLORS

THE BROW CHAKRA - INDIGO

Association: Pituitary Gland, Eyes, Sinuses
Hormonal Stimulus: Various Stimulating Hormones related to multiple body functions and positive feedback
Physiological Response: Self-Responsibility, Sense of inner strength, Ability to visualize creatively, Intuition, Calmness, Clairvoyance
Complementary colors are YELLOW & ORANGE

THE CROWN CHAKRA - VIOLET

Association: Pineal Gland, Brain, Nervous System
Hormonal Stimulus: Melatonin
Physiological Response: Self-Knowledge, Enlightenment, Spirituality, Desire to express the way you feel, Ability to connect to the higher power
Complementary color is YELLOW

THE HEART CHAKRA - GREEN

Association: Heart, Thymus, Lower Lungs, Circulatory System, Immune System
Hormonal Stimulus: Thymosin
Physiological Response: Love, Compassion, Generosity, Normalizing Heart Rate, Allowing new cell growth, Ability to be supportive, Focus on family and having a safe and happy home
Complementary color is RED

THE THROAT CHAKRA - BLUE

Association: Thyroid, Respiratory System, Teeth, Vocal Cords
Hormonal Stimulus: Thyroxin Hormones (Metabolism Control)
Physiological Response: Self-Expression, Communication, Abilities to organize, plan for the future, appreciate beauty, peace and order, to live in truth and speak the truth
Complementary color is ORANGE

THE SACRAL CHAKRA - ORANGE

Association: Reproductive Organs, Kidneys, Bowels, Immune System
Hormonal Stimulus: Spleen and Adrenals
Physiological Response: Self-Respect, Pleasure, Happiness, Friendliness, Humility, Creativity, Sex, Ability to joyfully socialize
Complementary color is BLUE

THE SOLAR PLEXUS CHAKRA - YELLOW

Association: Central Nervous System, Pancreas, Liver, Digestive Tract, Skin
Hormonal Stimulus: Insulin
Physiological Response: Self-Worth, Intellectual Clarity, Optimism, Hunger, Activity, Desire to work together as a team
Complementary color is VIOLET

THE BASE (ROOT) CHAKRA - RED

Association: Spine, Rectum, Legs, Arms, Circulatory System
Hormonal Stimulus: Ovaries and Testes
Physiological Response: Self-Awareness, Physical Strength, Increased Heart Rate, Fear or Courage, Passion, Sex, Ability to focus on physical goals
Complementary color is GREEN

	<i>Chakra One: Muladhara</i>	<i>Chakra Two: Svadhithana</i>	<i>Chakra Three: Manipura</i>	<i>Chakra Four: Anahata</i>	<i>Chakra Five: Visshdha</i>	<i>Chakra Six: Anja</i>	<i>Chakra Seven: Sahasrara</i>
LOCATION	Base of spine, coccygeal plexus	Abdomen, genitals, low back hips, lumbar plexus	Solar plexus	Heart Area	Throat, brachial plexus	Brow, Third Eye	Top of head, cerebral cortex
CENTRAL ISSUE	Survival	Sexuality, emotions	Power, will	Love, relationships	Communication	Intuition, imagination	Awareness
GOALS	Stability, grounding, physical health, prosperity, trust	Fluidity, pleasure, healthy sexuality, feeling	Vitality, spontaneity, strength of will, purpose, self-esteem	Balance, compassion, self-acceptance, good relationships	Clear communication, creativity, resonance	Psychic perception, accurate interpretation, imagination, clear seeing	Wisdom, knowledge, consciousness, spiritual connection
DEMON	Fear	Guilt	Shame	Grief	Lies	Illusion	Attachment
ELEMENT	Earth	Water	Fire	Air	Sound	Light	Thought
EXCESSIVE CHARACTERISTIC	Heaviness, sluggish, monotony, obesity, materialism, greed	Overly emotional, sex addiction, obsessive attachments	Dominating, controlling, aggressive, scattered, constantly active	Codependency, poor boundaries, possessive, jealous	Excessive talking, inability to listen, stuttering	Headaches, nightmares, hallucinations, delusions, difficulty concentrating	Overly intellectual, spiritual addiction, confusion, dissociation
DEFICIENT CHARACTERISTIC	Fearful, restless, underweight, spacey	Frigid, impotent, rigid, emotionally numb, fearful of pleasure	Weak will, poor self-esteem, passive, sluggish, fearful	Shy, lonely, isolated, lack of empathy, bitter, critical	Fear of speaking, poor rhythm, aphasia	Poor memory, poor vision, unimaginative, denial	Learning difficulties, spiritual skepticism, limited beliefs, materialism, apathy