

CHAKRA

BALANCING/PROTECTION

by

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Introduction

Balanced chakras result in protection, vitality, and health. Distorted, unbalanced, or weak chakras can be a reflection of physical, emotional, or mental trauma; or they could be an indication of you being the target of psychic attack, or the emotional projections of others. However it is not necessary to identify any specific pathology or negative projection.

By simply balancing your chakras, you will be protected from negative projections and psychic attack of others, and the natural healing process, triggered by your subconscious mind, will be augmented. Your chakras can be easily balanced through the simple visualization procedure that follows.

Chakra Position

The crown chakra is located on the top of the head and vibrates to the colour violet.

The forehead chakra is located in the centre of the forehead and vibrates to the colour indigo.

The throat chakra is located in the centre of the throat and vibrates to the colour blue.

The heart chakra is located in the centre of the chest, above the heart, and vibrates to the colour green.

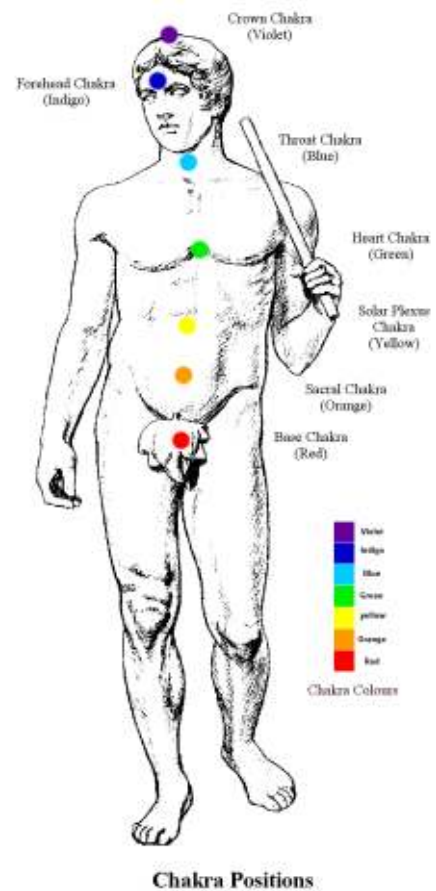
The solar plexus chakra is located approximately three inches above the navel and vibrates to the colour yellow.

The sacral chakra is located approximately three inches below the navel and vibrates to the colour orange.

The base chakra is located at the base of the pelvis and vibrates to the colour red.

Chakra Balancing/Protection Procedure

Read through the following procedure several times, and then carry it out.



Position/Comfort

Sit or lie down.

Sitting

If you are sitting, position yourself with your spine straight, feet flat on the floor, and your palms facing up on your lap. You may wish to place a firm pillow behind your back to help you achieve this position.

Lying

If you are lying down, lie flat on your back with your arms and legs uncrossed.

Open Body Position

By positioning yourself in an open-body position, sitting or lying, with your spine straight, you allow your natural channels of energy to open up and flow freely. In this position you will relax, and you will be able to balance and protect your chakras; and after you've finished, you'll come away feeling refreshed, positive, and full of new energy.

Close your eyes and take a long, slow, deep breath.

Be aware of the normal sounds around you - these sounds are unimportant, so just discard them. Whatever you hear will only help you to relax deeper, and deeper.

Breathe slowly and deeply - let your lungs expand to their fullest and release.

With every breath you take, you will become more and more relaxed.

Let go of tension and doubt.

This is your time; you are safe within this space of gentle peace and concentration.

Breathe slowly and deeply.

Four Breath Relaxation

You are going to take four, long, slow, deep breaths to remove all outside influences, and to slip into relaxation.

With each breath concentrate on relaxation, and just let tension flow away.

Now inhale fully and deeply, and relax from the top of your head, to the tip of your toes. Exhale, and feel all tension flowing out.

Inhale and just relax. Exhale, and feel the warmth of relaxation flow over you.

Again, inhale, relax, relax, and relax. Exhale and feel your body melting.

One more; inhale and let go. Exhale and just let go, and melt into complete relaxation.

Continue to breathe, slowly, and deeply, at your own natural level.

Deepening the Relaxation

Count down from 10 to 1, and with each descending number you will drift even deeper into peaceful and total relaxation.

10, 9, 8, drift deeper.

7, 6, 5, deeper, and deeper

4, 3, 2, drifting deeper, and deeper still,

1, deeper, and deeper.

You are now relaxed, and this is the ideal state for chakra visualisation.

Opening/Balancing the Chakras

Now focus your attention on your BASE chakra *at the base of your pelvis* and visualise a beautiful RED flower in bud at the centre of the chakra.

Watch the petals unfold as the flower reaches its fullest size.

Visualise a glowing RED light radiating outwards from the flower.

Feel the light expand and fill every part of your body.

Visualise every cell in your body filled with the RED light.

See your aura completely filled with the RED light.

And see the RED light extending beyond the limits of your physical body.

Now focus your attention on your SACRAL chakra *about 3 inches below your navel* and visualise a beautiful ORANGE flower in bud at the centre of the chakra.

Watch the petals unfold as the flower reaches its fullest size.

Visualise a glowing ORANGE light radiating outwards from the flower.

Feel the light expand and fill every part of your body.

Visualise every cell in your body filled with the ORANGE light.

See your aura completely filled with the ORANGE light.

And see the ORANGE light extending beyond the limits of your physical body.

Now focus your attention on your SOLAR PLEXUS chakra *about 3 inches above your navel* and visualise a beautiful YELLOW flower in bud at the centre of the chakra.

Watch the petals unfold as the flower reaches its fullest size.

Visualise a glowing YELLOW light radiating outwards from the flower.

Feel the light expand and fill every part of your body.

Visualise every cell in your body filled with the YELLOW light.

See your aura completely filled with the YELLOW light.

And see the YELLOW light extending beyond the limits of your physical body.

Now focus your attention on your HEART chakra *in the centre of your chest above your heart* and visualise a beautiful GREEN flower in bud at the centre of the chakra.

Watch the petals unfold as the flower reaches its fullest size.

Visualise a glowing GREEN light radiating outwards from the flower.

Feel the light expand and fill every part of your body.

Visualise every cell in your body filled with the GREEN light.

See your aura completely filled with the GREEN light.

And see the GREEN light extending beyond the limits of your physical body.

Now focus your attention on your THROAT chakra *in the centre of your throat* and visualise a beautiful BLUE flower in bud at the centre of the chakra.

Watch the petals unfold as the flower reaches its fullest size.

Visualise a glowing BLUE light radiating outwards from the flower.

Feel the light expand and fill every part of your body.

Visualise every cell in your body filled with the BLUE light.

See your aura completely filled with the BLUE light.

And see the BLUE light extending beyond the limits of your physical body.

Now focus your attention on your FOREHEAD chakra *in the centre of your forehead* and visualise a beautiful INDIGO flower in bud at the centre of the chakra.
Watch the petals unfold as the flower reaches its fullest size.
Visualise a glowing INDIGO light radiating outwards from the flower.
Feel the light expand and fill every part of your body.
Visualise every cell in your body filled with the INDIGO light.
See your aura completely filled with the INDIGO light.
And see the INDIGO light extending beyond the limits of your physical body.

Now focus your attention on your CROWN chakra *on the top of your head* and visualise a beautiful VIOLET flower in bud at the centre of the chakra.
Watch the petals unfold as the flower reaches its fullest size.
Visualise a glowing VIOLET light radiating outwards from the flower.
Feel the light expand and fill every part of your body.
Visualise every cell in your body filled with the VIOLET light.
See your aura completely filled with the VIOLET light.
And see the VIOLET light extending beyond the limits of your physical body.

Confirmation

Your Chakras are now fully open and balanced.

After the opening and balancing of the Chakras it is important to close them again.

Leaving the Chakras open for too long can leave you vulnerable to negative outside energies and influences.

Closing/Protecting the Chakras

You are now going to close your chakras.
This will be done in the reverse order to that of opening and balancing process.

Now focus your attention on your CROWN chakra *on the top of your head* and visualise the VIOLET flower closing into a bud drawing all the VIOLET light back into it.
Watch the VIOLET bud shrink into a tiny point of light at the centre of the chakra.
Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.
Now draw a cross within the circle.
The CROWN chakra is now closed.

Now focus your attention on your FOREHEAD chakra *in the middle of your forehead* and visualise the INDIGO flower closing into a bud drawing all the INDIGO light back into it.
Watch the INDIGO bud shrink into a tiny point of light at the centre of the chakra.
Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.
Now draw a cross within the circle.
The FOREHEAD chakra is now closed.

Now focus your attention on your THROAT chakra *in the centre of your throat* and visualise the BLUE flower closing into a bud drawing all the BLUE light back into it.
Watch the BLUE bud shrink into a tiny point of light at the centre of the chakra.
Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.
Now draw a cross within the circle.
The THROAT chakra is now closed.

Now focus your attention on your HEART chakra *in the centre of your chest above your heart* and visualise the GREEN flower closing into a bud drawing all the GREEN light back into it.
Watch the GREEN bud shrink into a tiny point of light at the centre of the chakra.
Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.
Now draw a cross within the circle.

The HEART chakra is now closed.

Now focus your attention on your SOLAR PLEXUS chakra *about 3 inches above your navel* and visualise the YELLOW flower closing into a bud drawing all the YELLOW light back into it. Watch the YELLOW bud shrink into a tiny point of light at the centre of the chakra. Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was. Now draw a cross within the circle. The SOLAR PLEXUS chakra is now closed.

Now focus your attention on your SACRAL chakra *about 3 inches below your navel* and visualise the ORANGE flower closing into a bud drawing all the ORANGE light back into it. Watch the ORANGE bud shrink into a tiny point of light at the centre of the chakra. Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was. Now draw a cross within the circle. The SACRAL chakra is now closed.

Now focus your attention on your BASE chakra *at the base of your pelvis* and visualise the RED flower closing into a bud drawing all the RED light back into it. Watch the RED bud shrink into a tiny point of light at the centre of the chakra. Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was. Now draw a cross within the circle. The BASE Chakra is now closed.

You are now completed and you may open your eyes when you are ready.

Conclusion

At any time in the future you can use this procedure to balance and protect your Chakras.

Always close your Chakras before going into crowded places or meeting people you find difficult or any situation that you may find threatening. Also always close your chakras before working closely with clients to avoid depletion of your own life-force energy.

Once you are accustomed to the procedure you will be able to do it readily and quickly whenever you desire.

End.

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