



## *TLC Services*

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### **Chakra Clearing Meditation**

Find a comfortable place in which to sit or lie down. Take a few deep letting go breaths before you begin.

Visualize sense or feel a multi-colored crystal pyramid deep in the core of the earth. Know this is your healing crystal. It is your connection to Source energy deep within.

As you connect with the crystal see, sense or feel a silver cord emanating from the tip of the pyramid. Watch as it pushes its way past the solid rock, the tree roots, soil up through the pavement and into the building you are in. Allow this cord to connect to your left foot. As it enters the foot, feel how good it is to simply let go and allow the healing process to begin. Feel the cord come up the foot and into the left knee, the left hip, the left hand, left side of the torso, left arm, left shoulder, left side of the neck, over the left ear, the left side of the head and down the right side of the body. The right side of the neck, shoulder, right side of the torso, arm, hand, fingers, right hip, right thigh, right knee, right ankle, right foot and back into the earth connecting to the crystal once again.

Watch, sense and feel this energy flow for several minutes; in the left and out the right. Know this energy is aiding the healing process, cleansing the body of what it no longer needs. The process is well underway and you are doing such a great job!

Ask you ego self to remain here like a guard outside a doorway. Keep this energy flowing. Address it by name if you like, "Ego, please stand guard. Please watch the energy flowing into my left side and out my right."

You are now ready to clear the chakras.

Connect once again to your crystal. See, sense or feel a red stream of light emanating up through the earth, past the substratum, the tree roots, and soil, into the building you are in and into the root chakra of the body. See the red light circling the chakra. Ask it to spin quickly enough that any negativity, dis-ease or anything you do not need is removed; leaving a bright red healthy energy center.

Sometimes you may receive a message, a visualization of what you should do once you are finished the meditation. For example you could see a book; encouraging you to journal. If an image comes to mind ask yourself to be reminded of it later. Know that you are not doing the meditation and cleansing incorrectly if you do not; the experience is unfolding exactly as it should.

When you feel the root has been cleared move up to the sacral chakra. Its color is orange; see sense or feel an orange stream of light entering the body. Ask it to spin quickly enough that any negativity, dis-ease or anything you do not need is removed; leaving a bright orange healthy energy center.

When you feel ready move to the chakra located at the solar plexus. Its color is yellow; see sense or feel a yellow stream of light entering the body. Ask it to spin quickly enough that any negativity, dis-ease or anything you do not need is removed; leaving a bright yellow healthy energy center.

When you feel the solar plexus has been cleared leap to the heart chakra. Its color is green; see sense or feel a green stream of light entering the body. Ask it to spin quickly enough that any negativity, dis-ease or anything you do not need is removed; leaving a bright green healthy energy center.

When you feel the heart area has been cleared move up to the throat chakra. Its color is blue; see sense or feel a blue stream of light entering the body. Ask it to spin quickly enough that any negativity, dis-ease or anything you do not need is removed; leaving a bright blue healthy energy center.

When you feel the throat has been cleared move up to the third eye point; the area between the eye brows on the forehead. Its color is purple; see sense or feel a purple stream of light entering the body. Ask it to spin quickly enough that any negativity, dis-ease or anything you do not need is removed; leaving a bright purple healthy energy center.

When you feel the third eye point has been cleared move up to the crown chakra. Its color is white; see sense or feel this glorious white stream of light entering the body. Ask it to spin quickly enough that any negativity, dis-ease or anything you do not need is removed; leaving a bright white healthy energy center.

To complete your meditation, visualize sense or feel sparkling and shimmering white light bathing the entire body. Bask in its brilliance for several minutes. Slowly, see all of the streaming light return to the crystal pyramid. Then allow the silver cord to exit deep into the earth as well. The pyramid remains here, awaiting your return whenever you feel the need to use it. Begin to wake the body up, moving it which ever way feels best and enjoy a perfectly complete day.

## Notes on Meditation:

- Allow the experience to unfold organically; do not force it to happen.
- Meditation takes time to learn, do not grow angry with yourself if you lose focus; simply bring the awareness back to the present moment and continue where you left off.
- Visit the Meditation pages at [www.reikiandyoga.com](http://www.reikiandyoga.com) for more information on meditation or sign up for a Meditation class
- Meditation is not about having a clear, empty mind. It is about becoming more mindful. As you continue to work with the practice you will see its benefits in your everyday life.
- How often you perform this chakra clearing is really up to you. You may feel the need to do it weekly, or for some daily. Trust your instincts and most importantly listen to your body.
- The color for the crown chakra can also be violet if you like. Some sources use white while others violet; choose whichever one works best for you.
- If you are unsure of the location of any of the chakras be sure to review them on the website.

P. S. You may be asking yourself why do I need to clear my chakras or why do I even need this meditation? Visit the Chakra pages at [www.reikiandyoga.com](http://www.reikiandyoga.com) hopefully it will help answer some of these questions.

P. S. S. Are you still unclear of the benefits of meditation? Maybe it is time for you to take a meditation class? That way you will be able to work with like minded individuals who can help you stay focused on your goal. The meditation schedule is listed at [www.reikiandyoga.com/schedule.html](http://www.reikiandyoga.com/schedule.html)

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