

OPEN UP & CLEANSE

We live immersed in oscillating energy fields, patterns of emotion.

Everything is energy.

Sound, the cohesion of these energies, turns energy into form.

We think and feel and it creates a vibration, a subtle sound. Earth emits energy as well. These high frequency waves Earth sends out, scientists call the Schumann Resonance; it is Gaia's breath. It is scientifically proven that the Schumann Resonance directly links to the heart of Alpha Brain Waves (electro magnetic oscillations in humans).

Humans are constantly bathed in Earth's natural frequency. Currently Earth's vibrations are accelerating, resulting in change of our personal frequency as well. The faster energy vibrates, the more information it contains. Our brain waves resonate this; better so when we connect to, and assimilate these new energies.

Acquiesce to Higher Consciousness, develop a spiritual practice that reflects invested energy daily. Align with the Highest Truth. In meditation we slow down to the Universal breath, internally we tap into the mind of the planet, and become one with nature...its pulse dictates 'all that is'.

We are an 'energy body' containing a vast database of stored experiences, spent energies. Every organ in our body responds to this sound vibration. For optimum health we need to investigate our energy daily; open up and cleanse the 7 main energy centers, the chakra's. These centers store and allot our energy. This astral spine, an extension of the sub conscious mind, where energy flows through the central nervous system, corresponds to the spinal plexuses (in the physical body), from which nerves branch out to bestow energy throughout the body.

When we raise our consciousness, the energy begins to flow upward in the spine. We can do this by bringing the body to an Alpha state (via meditation) ~ (a prerequisite to connect with Gaia breath) Alpha being the prelude, the first and original rhythm, stemming from the source. While in this slow breathing presence, we can internally contemplate the body's energy field, while at the same time fill our

Self up on Gaia's resonance. Keeping each energy center healthy will result in a strong connexion with the main source. All thought, feeling, memory is encoded and stored in these energy centers, the Chakras.

For optimum health, it is important to keep these vortexes unobstructed and smooth. Investigate the body daily, listen to its energy; determine its use. A powerful method of cleansing negative energies, or blocked passages is the use of Gemstones. We also use breath as a guide to stimulate, cleanse and energize.

In the morning, while preparing to go into the world, is a good time to investigate the energies that coat our interior wall. It is best to start @root center ~ Muladhara. Slow, deep breath enters the Red hot life energy pool located at the base of the spine; the coccyx center. This center illumines the nerves that go to the lower parts of the body, connecting to Earth, life, and our unique experience. Here we learn to concentrate, to persevere, loyal to our Highest Truth. This is our place of understanding that 'all is one', the electrical guide that connects to every form of magnetic life on Earth. It is also residence of our physical strength derived from our own sense of trust in our ability to be Self sufficient. Focus and lingering in that energy will empower it. Red Garnet is strongly associated with this chakra.

Second energy center, Svadhisthana. The vibrant carnelian orange energy of this chakra, alive with magnetic power, is at the lower abdomen; the place where we store our interaction, finding messages/lessons that relationships bring. It is also the place of feelings of 'security' for Self and for what we wish for others as we progress to start our day. It is home to our creativity (the birth center to ideas). Determine the energetic atmosphere of the body. Placing focus for a minute will re energize this area and get you on your way to start the exciting and mysterious journey fresh. Calcite Tiger's eye is a choice Gemstone for this chakra.

Moving up toward third energy field, Manipura, located @ solar plexus, we find a rich golden yellow energy that honors the Self. Focused attention here will recharge your Self esteem, Self control, integrity, endurance and dignity. Showering your positive energy here will burn & purify obstacles that keep you from your Highest Truth. Citrine Topaz & Golden Calcite are Gems used to enhance this chakra center.

This is the last of the 'lower' vibrational energy centers, concerned purely with 'world consciousness' ~

the next higher realm chakra's are concerned with 'spiritual consciousness'. Concentration in the higher realm will automatically bring the flow of energy upward, raise consciousness.

Our fourth energy center, Anahata, radiates green light @ heart center, expanding our inner rainbow. This is the place of Divine power. The central power house mediator between body & spirit. The place of LOVE; the only true power that makes any difference in the human experience. Open heart center, a myriad possibilities flow your way. This emotional energy is the true motivator. Love Self enough to shield from anger, stress, negative energy (from Self & others). It is important to protect the quality of Love energy that flows through heart center. Enter the interior of the heart; focus energy here for a moment. Open up to all possibilities, people; looking through the heart curiously not with the face of fear. The only way to spiritual consciousness is through the heart. Love in its purest form is unconditional. Rose Quartz, Kunzite and Jade are some of the Gems used in this area.

Working the spiritual body scan up to 5th chakra, Vishuddha, located at the throat, we surrender to divine will; knowing that everything is divinely orchestrated. This blue energy wheel is the place of 'choice' & consequence . It contains the central cord of our power (free will) the place we decide truth from illusion. Direct free will here to commit Self to make empowering choices during the day. Ones that bring clarity and raise consciousness. Our personal responsibility includes our energy contributions. Linger here for a moment will successfully keep you reminded all throughout the day that every choice we make, has consequences. Aquamarine is a main Gem stone used in this area.

Floating the body scan up to the next (6th) chakra, the third eye, Ajna, we arrive at our cerebral territory, our mind; a powerful instrument. Linger here in this Indigo, ether energy. This is the center of wisdom. Empower your personal beliefs, attitudes, unique experience. Here we resonate to the energies of our psyche. Lapis is a Gem used to remove obstructions. Interaction here can lead to intuition and wisdom. This is the place we seek our own sacred truth ~ creating a balanced state of mind.

The center of that truth sought is found here at the crown, 7th energy center, Sahasrara ~ the 'present moment awareness'. Linger here in gratitude; Spirit only knows here & now. This violet crown commits Self to stay present. Always, living within the energy of love & compassion, grounded in the world, identified with infinite. For this blazing center the use of clear Quartz & Amethyst are some recommended Gems.

Our energy cleansed, we are ready to embrace the day

In the evening the personal energy body scan takes a reverse route. Sometimes we notice an imbalance, or blocked chakra; it helps to clear this area by visualizing cleansing light pouring in.

At evening we prepare to release our body, mind, spirit to the transcendental nocturnal energies.

Another important moment to scan and cleanse the energy centers. Reminding Self that these centers process the spiritual energy that becomes our aura.

Using breath as our guide, we start our scan at the 7th chakra, and work our way down. Sehasrara connects our energy directly with spiritual guidance. At the crown we find our Self in gratitude, aware of all the divinely orchestrated gifts showered down during the course of day. Any blockage here will manifest as psychological issues. Gemstones related to this chakra are Clear & Rutilated Quartz, Amethyst, Lolite and Tanzanite

Moving down to Ajna ~ 6th chakra; third eye, the seat of intuition. A deep breath will lead us along the pathway to wisdom, facilitating our learning experiences. Here we concentrate on releasing our desire to know (why things happen) and the need to have our expectations met. Blockage here will manifest as eye or sinus issues. Some Gemstones to balance this chakra are Lapis Lazuli, Azurite, Blue Sapphire.

Deep breath moves our attention to Visshudha (5th) chakra. Located @ the throat, this center of will, reviews the choices made during the course of the day. Here we surrender to Divine will. Any obstructions here manifests in the throat, or as communication issues with others. Turquoise, Aquamarine, Azurite and Chrysocolla are Gems that are beneficial to this area.

With slow breath we scan the Heart, our 4th chakra energy center. The place our emotions traipsed through all day. The residence of abundant love. Reflect on your ability to express love & compassion. Honor the moment and be open to learn more about love while asleep. Blockages here manifest as heart issues or problems with the immune system. Aventurine, Emerald and Rose Quartz , are some of the Gemstones related to this chakra.

Scanning down to 3rd chakra, Manipura, @ the Solar Plexus, we find out our feelings about Self. Reflecting here will revive our vitality, and restore our sense of control. Take a moment and ask for guidance on your divine role. Here we accept and honor Self; re energize this area! Some Gemstones associated here are Citrine & Topaz to open the chakra, and Amber & Moonstone to subdue.

When we move our attention down to 2nd chakra, the sexual, sacral, Svadhisthana, we remind Self that this is our center of fear & anxiety; our 'nervous energy' center, where we store stress, fear & anger. Focus attention here and cleanse this energy daily as it also holds the energies stored from our interactions with others. We re energize this center by celebrating our creativity, blessing our gifts. When we change our fears to curiosity, we discover true authenticity. Rubi, Carnelian & Citrine are some of the Gems that affect this chakra, as are Jade & Quartz.

At last we bring our attention to the root chakra. Muladhara connects us directly to Earth, Gaia. Grounding and instinctual feelings permeate. Garnet, Ruby & Bloodstone facilitate clearing, while Hematite, Black Tourmaline & Smoky Quartz help subdue exasperated energies at this root center. Finish the day connected with the force of nature; its abundance, acceptance and appreciation penetrates every cell. Take a deep breath of this life force. Connect to this divine energy, and consciously prepare for the nocturnal journey.

Rest Body & Mind and allow Spirit to drift.

(*) Please note: Breath, visualization & gemstones are not the only tools used in cleansing the energy centers; oils, herbs, mantras and many more tools are also available.