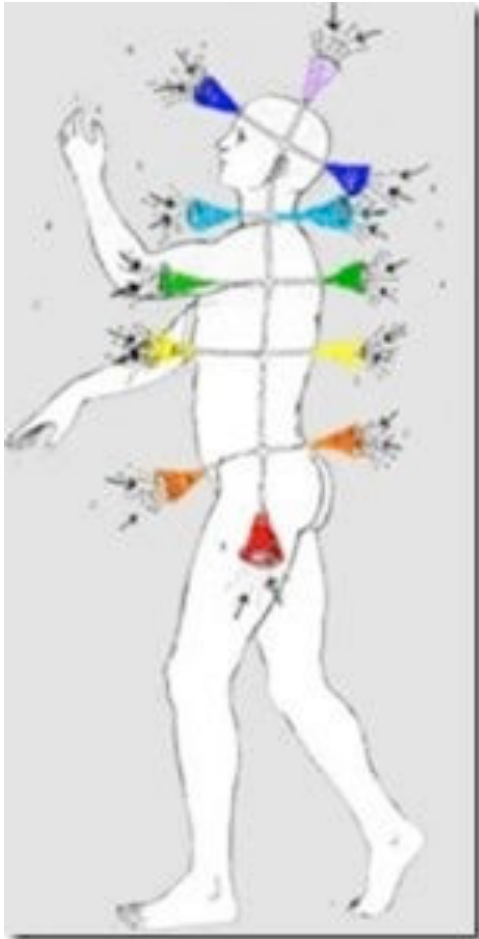


## Chakra Clearing exercises, using the Violet Light

### Chakras - Basic Definitions



Chakra is a Sanskrit word meaning “wheel.” (It is pronounced “chok -rah). The chakras are wheel-like vortices which exist in the surface of the etheric double, or etheric web of ones body. The etheric double is the vehicle through which flow the streams of vitality which keep the body alive, and without it as a bridge to convey undulations of thought and feeling from the astral to the visible denser physical matter, the ego could make no use of the cells of our brains. The streams of vitality flow between the planes of existence, through the chakras and enliven the physical body.

The chakras, or energy-centers are points of connection at which energy flows from the divine plane, to the etheric plane and finally to the physical plane. They exist at the surface of the Etheric double. (There is some disagreement as to whether the etheric double is located inside the physical body or whether it sits just outside the human body, as a membrane of spirit and/or energy.)

Regardless, the Chakra is flower shaped, with its stem being attached to various locations along the spine. The flower-shaped wheel of energy (chakra) rotates perpetually, and into the hub or opening of each chakra flow forces from the environment around us and from the higher planes. Without this inrush of energy the physical body could not exist. The Chakras are what brings energy to the spirit, the spirit is what brings individuality and consciousness to the physical body.

The chakras have been described as flowers having petals, wheels having spokes, and vortices emanating rays of light. Different spiritual adepts have had visions of the chakras and given different descriptions. They are all describing the same thing. The petals or spokes are actually waves of energy emanating from the chakra vortice. The number of waves of energy depends upon the particular chakra. The lesser waves, and also the lower frequencies are in the lower chakras and the higher frequencies/waves are in the higher chakras. This also corresponds to the connection between the chakras and the planes of existence surrounding

the body - the physical, emotional and spiritual planes.

There are front chakras and rear chakras, as seen in the picture above. The chakras do not reside in the center of the body as large colorful balls of energy as is incorrectly depicted in numerous chakra studies. After working with the exercise below, this fact will become perfectly clear.

There is some controversy as to whether it is OK for a chakra to be spinning counter-clockwise. (It is generally held that the chakras are supposed to spin clockwise.) Some believe that if the chakra is spinning counter-clockwise, then that chakra is closed, and unreceptive to energy. But a counter-clockwise spinning chakra can be measured as well as a clockwise spinning chakra by use of the pendulum. Some also believe that if the chakra cannot be measured then it must be closed, or if the spin is very small then that Chakra is weak or at least, not fully open/receptive.

As the chakras are the energetic link between the divine source and our spirit and our physical body, then I believe that at any given time, the chakras are doing exactly what they need to do to support the needs of each specific human being. That means that if a chakra is closed, spinning slowly, spinning counter-clockwise etc., it is doing so for a reason. This is an important point. When first beginning a study about the chakras, one must simply observe and record, paying attention to and recording one's feelings, energy level, day to day experiences and how the chakras are responding to that. At a beginning level, it is not advised to try to modify or adjust the spin of the chakras; as I just said - the chakras are doing what they are supposed to do to support your individual needs at the moment. Such adjustment is an advanced study and may cause damage to the emotional or physical body if practiced improperly.

It is true that a closed, slower spinning, or smaller vortice of energy from a specific chakra can indicate a weakness or a guarding in this area of the body or emotions. Physiological or emotional trauma may cause this. Past life experiences may cause this. An inability to face certain truths about ones life may cause this. There are many possible reasons.

And it is possible to enhance the energies flowing to a specific chakra by working on your own personal healing and by dealing with emotional issues and stressors in your life. Again, I will stress that one should not attempt to change physical and/or emotional problems by forcing energy changes in the chakras first. Techniques to do so are an advanced study and should be taken on only under supervision.

#### Cautions:

- Do not attempt to change the direction of chakra movement during this exercise. Allow the chakra to do as it needs to do, to support your healing.
- Do not try to combine any type of Kundalini chakra work with this exercise.
- Do not perform this exercise excessively in an attempt to clear difficult chakras or in an attempt to effectuate other types of healing. This exercise should be performed once a

week at the most.

- It is best not to perform these exercises and then get into a car, or go to work, or participate in any important life event, sign contracts etc. Chakra exercises alter your energetic body and can also effect you physically and emotionally.

### Definitions:

Sushumna: basically - the central energetic channel that moves through the center of the body between the 1st and 7<sup>th</sup> chakras. All the ends of the chakra vortices connect into the center sushumna channel.

Vortice: a bell-shaped opening, with a spinning or rotating energy.

Etheric web: a golden web of energy surrounding the body; this web protects the physical body and acts as the energetic blue print to the physical form.

Violet light: the violet light is said to be the healing light that was accessed by St. Germain. Simply put it is a high vibrational light, which is used for clearing debris, as it vaporizes energetic debris with it's high intensity. It can also be used for healing by a skilled light-worker or practitioner.

### Preparations:

Sit comfortably in an environment where you will not be interrupted for an hour's time. (Do not lie down for this exercise.)

Have your pendulum at hand. (If you are not skilled at using a pendulum you can still perform this exercise, you will be able to sense your progress, but you may not be able to get an accurate verification of your progress without a pendulum. No matter, do the exercise, experience the results, do it again as you are called to do.)

Have a notebook and pen at hand to record your results.

It is advisable to drink a glass of water after these exercises.

### Exercise:

#### 1. Ground first

Pull in the green energy of the earth, up through your feet and bring it upwards to gather in the solar plexus. Feel it rising upwards within you; feel yourself strengthened and stabilized by the energy of the earth. Stay here for a while gathering and experiencing this healing/grounding green energy.

Pull in the white light of the universe, of the divine source, down into the crown, bring it slowly down the sushumna channel, and gather it in the solar plexus to mix with the green energy. Stay here for a while gathering and experiencing this healing/enlivening white light.

## 2. Energizing

Combine the two energies and circulate them throughout your entire body. Focus on each part of your body (outside limbs: arms, legs, fingers, toes, etc.) and then internal organs. Cycle this energy throughout the entire body as described above three times.

Rest. Breathe normally.

## 3. Perform VL chakra clearing exercises for Heart chakras.

Pull in the violet light (VL) through the crown, and gather it in the heart. Expand this energy in the heart until you can visualize the whole chest area enveloped in VL.

Now gather the VL into the intersection of the heart chakra, in the middle of the shushumna channel. Visualize a ball of energy there at the intersection and then direct that VL out the front heart chakra: breathe in the violet light, accumulating it in the intersection of the heart chakras as you continue inhaling as deeply as you can . . .

Breathe out the VL through the front chakra with the intention and direction to the VL to remove all obstacles and debris from the chakra. Do this until you feel a noticeable shift in the ease of the passage of the VL through the chakra.

Repeat steps for the back heart chakra, breathing and release out through your back at the area of the heart Chakra.

## 4. Pendulum check

Use pendulum and ask a yes/no question ONLY! (Do not get caught up in direction of swing, size, etc.) Ask the pendulum "Is my front heart chakra completely clear and open."

Repeat exercise above until both the front and back heart chakras are clear and open.

NOTE: If you make three attempts and still have not cleared all debris from the heart chakra: Stop the exercise for today. Try again each day until you are successful.

## 5. Finish VL chakra clearing exercises

With clear and open heart chakras, proceed to the rest of the chakras: 1, 2A (front), 2B (back), 3A, 3B, 5A, 5B, 6A, 6B, 7.

Gather the light in the heart, and then send it to the intersection of each chakra (except 1 and 7 which do not have intersections) as you work on clearing and opening.

As you breathe in, gather the VL into the intersection of each chakra, as you continue inhaling as deeply as you can.

Breathe out the VL through the chakra with the intention and direction to the VL to remove all obstacles and debris from the chakra. Do this until you feel a noticeable shift in the ease of the passage of the VL through the chakra. Repeat steps for all chakras, front then back, until all chakras are clear and open.

## 6. RECORD YOUR OBSERVATIONS AND RESULTS.

Other resources on studying the Chakras:

- Judith, Anodea (1999). *Wheels of Life: A User's Guide to the Chakra System*. Llewellyn Worldwide ISBN 0875423205.
- Borsboom, Wim (1999). *The Chakras: A Clearer View*. Victoria, Canada: AuraSphere Unlimited Living.
- W.M. Copenhaver PH.D, R.P Bunge PH.D, M.B. Bunge PH.D (1964). *Bailey's Textbook Of Histology*. Baltimore, Md, USA: The Williams & Wilkins Company. ISBN 683-02073-0.
- Johari, Harish (1987). *Chakras: Energy Centers of Transformation*. Rochester, Vermont: Destiny Books. ISBN 0-89281-054-8.
- Leadbeater, C.W. (1927). *The Chakras*. Adyar, Madras, India: The Theosophical Publishing House. ISBN 0-8356-7016-3.
- Prophet, Elizabeth Clare (2000). *Your Seven Energy Centers: A Holistic Approach To Physical, Emotional And Spiritual Vitality*. Summit University Press. ISBN 978-0922729562.
- Stein, Diane (1995). *Essential Reiki: A Complete Guide to an Ancient Healing Art*. Berkeley, USA: Crossing Press. ISBN 978-0895947369.
- Satyananda, Swami Saraswati (1984). *Kundalini Tantra*. Bihar, India: Bihar School of Yoga.
- Woodroffe, Sir John (1919 - 1964). *The Serpent Power*. Madras, India: Ganesh & Co. ISBN 0-486-23058-9.