

Dynamic Energy Transformation Meditation

Instructions:

Step 1: Scanning of the aura. Face your hands towards yourself, start from the top of your head and gently stroke down very slowly to the bottom of your feet. This allows you to clear all your energy blockages and activate your chakras. Once you have reached your feet send away all your blocked energies.

Step 2: Place your hands in the First Position – Third Eye (Ajna) meaning “command”. This center is located between the two eyebrows. This is the center for intuition, processing decisions, extra sensory perception, clarity of vision and deep insight. All your stress and mental tension can be released here. Sometimes this center can be visualized by an indigo colour. It can also be any other colour of your choice. Stay here for 3-5 minutes.

Step 3: Place your hands in the Second Position – Throat Chakra (Vishuddha) meaning “purified”. This center symbolizes creativity, receptivity and communication with others. It allows you to trust and surrender to your own inner strength. This is where all your negative emotions, scars and past painful memories get stored. Quite often when this center opens, a lot of emotional and painful scars are released. Sometimes this center can be visualized by the colour blue or it can be any colour of your choice. Stay here for 3-5 minutes.

Step 4: Place your hands in the Third Position – Heart Chakra (Anahata) meaning “unheard sound”. This is a very important center as it has multiple aspects to it. It allows you to experience love, generosity, forgiveness and compassion. There are many layers of the heart going from the physical and emotional, to the spiritual and ultimately the divine heart. This is the place for spiritual enlightenment. Sometimes this center can be visualized as the colour green; it can also be any other colour of your choice. Stay here for 3-5 minutes.

Step 5: Place your hands in the Fourth Position - rest your hands on your knees and relax. Empty your mind completely. Let go of all your thoughts, stress and emotions. For a few minutes let go of this world and sit in complete silence and stillness.