

## Wednesday 7<sup>th</sup> February 2018

# Physical Chakra Meditation

Hello and welcome to the physical chakra meditation. Today we will be focusing on the better known part of the thirteen chakra system, the seven physical chakras. In a way this is part of a two part meditation, the second part being the energetic chakras on the 21<sup>st</sup> February 2018. You will likely get more benefit from attending both the physical chakra and the energetic chakra and the physical chakra meditation. The break in-between in for the last of the three sequence of events, the Solar Eclipse Meditation on the 14<sup>th</sup> February 2018, a day before the end event in a sequence that is one in 150 year event.

Today we are focusing on the physical chakras – the seven physical chakras. These correspond to the seven physical energy centres in the body as well as the seven energetic levels overall. I follow a system where there are the same basic seven energy levels at three levels of existence – the Planetary, the Galactic, and the Universal. As we are being on the planetary level, we are going to be focusing on these levels as they manifest at the physical energy levels in us. These will be first explained, then their energies explored through first poetic mediation and then through a guided mediation and worksheet combo.

These chakras correspond to two areas in life, the first being our link to these energies in ourselves. Some we will have fully integrated, others are the ones we have access to as forerunner levels, a part of our whole blueprint we have not grown into yet. The other one is our ability to directly access these levels, which allow us to access parts of material reality in doing so. This allows us to work with these energies both in and out, which makes them important. More information is below.

### The Physical Chakras – An Introduction

There are two types of Chakras – The physical chakras, and the Etheric, or energetic Chakras. The physical chakras are a part of the physical body in energy representation and the energetic chakras are what connect us, through links to the physical chakras to enable out to use the subtler, etheric energies outside ourselves. Briefly, the seven physical chakras are;

- **1<sup>st</sup> – Base Chakra – Red** - Base Awareness – Located in the genital area, at the base of the spine, this chakra controls all of our survival traits, or awareness of survival. This includes our awareness of physical sexuality, hunger, thirst and other survival issues. This allowed us to incarnate as part of the first duality, this allows us to feel our life-force, as well as allow us access to the red light of universal life force as an energy. For this reason it is very important to pay attention to as much as any other Chakra. A Physical Chakra, it came to being when we incarnated as physical life from the soul nurseries.
- **2<sup>nd</sup> – Sacral Chakra – Orange** – Total Awareness - Located in the belly, this chakra represents the energy of total awareness. A physical chakra, this allows us to fully see the material world, anchoring our perceptions. This has no connections beyond the physical world, but is connected to the 2<sup>nd</sup> Link Level as a personal growth milestone, mastering a key skill that enables us to use later higher developments, mastering total awareness.
- **3<sup>rd</sup> – Solar Plexus Chakra – Yellow** – Total Understanding – As a key development they do not get to be so big. This is the completion of a personal milestone, a personal skill that makes us complete in ourselves as a base and the skills that are needed to move onto the next levels and the next step of moving onto integrating into the higher levels. This is not connected to the higher levels but like awareness this is a necessary step to make other skills more important. This makes it important as a result as perhaps one of the most critical foundation levels.
- **4<sup>th</sup> – Heart Chakra – Green** - Intergrational Awareness - The first of the Interpersonal chakras the Heart Chakra integrates many awareness levels from the outside. This Chakra helps us integrate not only the Pink, Universal Awareness energy (Hence the pink and green correspondences of this chakra). Anchoring this in correspondence is the integration of the energies is the 9<sup>th</sup> Chakra, the

awareness of the higher planetary life force, which is located on the right side of the aura, in the anima feedback, commonly located on the right collarbone.

- **5<sup>th</sup> – Throat Chakra – Blue – Intergrational Understanding –** This, like the 4<sup>th</sup> Universal understanding level integrates higher understandings into our awareness so we can use them as a part of our decision making. In this case it integrates the Blue universal understanding light, grounded by the 10<sup>th</sup> Higher planetary life-force understanding, a chakra which has only become active in the past few months since the Spring Equinox shift to the 5<sup>th</sup> Dimension. This means that those who can learn how to use this can make the most use of this ray, and the way it connects through then at the planetary level. This makes this a very important hub of evolution as the human soul group evolves with the planet.
- **6<sup>th</sup> – Third Eye Chakra – Indigo – Evolutionary Awareness –** This level, one of clarity at a planetary level is the highest level of planetary awareness. This served in the evolution to this point to give us access to the energies of the highest planetary awareness levels, the akahistic record and other higher level awareness abilities, and still does. This means that we can use them as part of ourselves to help guide us as we grow and learn, or access to clairvoyant and psychic abilities. For this reason, despite being a physical, personal chakra, it is still very, very important.
- **7<sup>th</sup> – Crown Chakra – Violet – Evolutionary Understanding –** This level, one of access to the highest planetary level of energy, is very important as it allows access to the soul blueprint and the highest access of the self. This allows us to know who we are as we grow, evolve and learn, bringing us back to who we are and the essential self. This also brings in the Violet Universal light ray, bringing in the highest filtered energy. This is the highest physical planetary chakra and the highest level of planetary energy, as well as bringing down the violet universal energy. For all of these reasons the importance to a persons evolution cannot be underestimated.

These seven energy centres, when cleared, cleansed and balanced, allow us to be aware of, and understand, the energies of these levels both within and without, allowing us to work in harmony and flow with the world.

At the moment our planet is well and truly into the fifth dimensional shift, which started in 2012. This means that the planet has gone up from the third to the fourth in about 1960-1970, to going up to the fifth in 2012. This is a very short shift, a very concentrated shift. There were forerunners for both shifts of course. The work of Jung, and the lesser known work of Steiner in the late twentieth to early twenty first centuries were forerunners. In a five speech book of Steiner's speeches of his I have, but sadly currently in storage and cannot find on the internet, this shift is explicitly mentioned. These were forerunners, and in a way so was all of the spiritualist movements that started at that time. In a way too, many of the technological advances, globalisation and moments such as the laws of attraction were a part of this too coming up to 2012, paving the way for the shift. However, there is still those still left behind, out of the comfortable once removed band from the fourth to the sixth, at the third level because of the sudden shift. These people are at the moment either being educated, or moved onto other places where the third level is comfortable. At this point the human soul group is changing.

We are in this midst of this change, akin from going from the stand alone computer with all functions, to connecting on dial up in the fourth, to full broadband in the fifth. This sudden shift, the vast amounts of energy around are a boon as well as a curse. The boon is that we can evolve and grow at a faster rate, manifest faster etc... But there is also the danger in both the people being left behind. In understanding the energy levels as energies, in the poetic meditation below will understand more about why this is the case, and gain greater understanding on how to use this.

# Poetic Chakra Meditations

I wrote these poetic meditations about two years ago as a way of understand these energies as an entity, something that I am now putting here to introduce the energies that we will be working with in the meditation and worksheet below as a primer;

## *Chakra Meditations* ***The First Dimensions***

*The First Energetic Dimensions*  
*The first Duality*  
*The first soul Evolution*  
*Towards individuality*  
*The first step in a long Journey*  
*The First spark if Individuality*  
*Creating the basis*  
*for all Individual souls*  
*Creating the basis*  
*For who we are today*  
*Without this first Soul infancy*  
*We could not thrive and grow*  
*The First Dimension*  
*Our first Soul Identity.*

## *Chakra Meditations* ***The Second Level***

*The Second level is full awareness*  
*of the self*  
*Of the environment*  
*The second level is friend or foe*  
*The second level is herd and pride*  
*The second level is connection*  
*Connection to others*  
*Connection to self*  
*Connection to reality.*  
*Taking the step from first Reality*  
*To the greater world outside*  
*Creating the basis*  
*For working with others and life*  
*Enabling us to grow*  
*Onward to Sentience*  
*The Second Dimension*  
*The True Self Emerging.*

## *Chakra Dimension* ***The Third Dimension***

*The Third Dimension is Sentience*  
*The Third Dimension is Understanding*  
*This is completing the basic human being*  
*The Basic toolkit of life.*

*From here we evolve further  
Into the energetic flow  
To grow ever further  
Into the flow  
This dimension completes us  
So we can move onto connect  
Move onto further growth  
Further Growth and Learning  
The Third Dimension  
Competing the toolkit for life  
Completing Personal Growth*

*Chakra Meditations*  
***The Fourth Dimensions***

*The Fourth Dimension  
The growth into higher awareness  
The Growth into greater reality  
The first step into evolving  
To a higher Being  
The first step towards growing  
Onto greater realities  
Becoming more aware  
More aware of life  
Beyond the ken of five senses  
Learning and growing  
Beyond the five senses  
Growing ever higher*

*Chakra Meditation*  
***The Fifth Dimension***

*The Fifth Dimension  
The start of Higher Understanding  
The key to further growth  
Esorbition into higher reality  
Into the being  
The being of the self  
The being of the greater world  
Beyond our base senses  
The Fifth Dimension  
The key to higher reality  
Higher understanding  
Evolving beyond the base  
Into full contact with Higher Reality*

*Chakra Meditations*  
***The Sixth Dimension***

*The Sixth Dimension  
The Third eye beyond reality  
The key to Universal awareness  
The key to Seeing clearly  
Guides us when incomplete*

*When Complete and Esorbed  
Keeping us clear  
The Sixth Dimension  
The level of clarity  
The level of Clairvoyance  
The level of pure sight.  
Guiding ever forward  
As we grow  
Guiding us through clarity  
As we evolve and grow.*

*Chakra Meditations  
**The Seventh Dimension***

*The Seventh Dimension  
The highest planetary dimension  
The Level of pure energy  
Of pure thought understanding.  
The level of light  
The level of truth  
The level of Evolution  
Towards full growth and learning  
The final layer of Evolution  
On the planet  
From there we evolve higher  
On the galactic level  
Grow ever forward  
Onward to the next level.*

*Chakra Meditations  
**Soul Journey over The Dimensions***

*The Souls Journey through the Dimensions  
Is a Journey of Evolution.  
This goes from our first soul nursery  
To our Final Evolution  
As we go through this Journey  
We Pick up many things  
Dimension by Dimensions,  
Creating who we are*

*At the First we split  
In the soul nursery  
Becoming the Duality  
The base of being  
At the second  
We become aware of all around us  
Who we are within  
And What is Without  
Moving belong the base  
Of Evolution  
At the Third  
We become fully Sentient  
Mastering Understanding,*

*Mastering the Self  
As we go to the Fourth and Fifth  
We become a part of the group  
The group of the Planet  
The group of soul beings  
Fourth is being aware of it  
Fifth is Understanding  
Then Through to Evolution  
in the Sixth and Seventh  
Towards the Eight Gate  
And the greater Realms beyond  
The sixth brings high awareness  
The Seventh Higher understanding  
Completing Evolution  
On this planetary scale*

*This is The Journey  
Of Evolution  
The Way the soul grows  
Through the dimensions.*

# Physical Chakra Meditation

- *Sit or lie down comfortably. Feel yourself let go of the physical body to your ethereal body*
- *Take ten deep breaths, feeling your physical body. Feel it as you see the physical layer of energy, the glowing energy centres, the silver cord and the gold cord as it wraps around to form the structure. Feel the connections deeper to the energetic, ethereal chakras, but do not go down them. Feel your energy systems as a whole, feel the glowing energy centres, feel the glowing gold and silver cords.*
- *Now, focusing in to feel the deep red energy centre in groin. Feel the first dimensional link to the physical self, taking a deep breath. Take ten deep breaths, focusing the energy flow into the base chakra. Feel it cleanse and clear. Taking one last deep breath, see the chakra as it is now, clean and clear.*
- *Move up, focusing in to feel the Orange energy centre in belly. Feel the second dimensional link to the total awareness, taking a deep breath. Take ten deep breaths, focusing the energy flow into the Solar Plexus Chakra. Feel it cleanse and clear. Taking one last deep breath, see the chakra as it is now, clean and clear.*
- *Continue on, Moving up to the Yellow energy centre in the midriff, just below the rib cage. Feel this as it is for a moment with a deep breath, our final completion and our seat of personal understanding. Feel it complete your personal cleansing, clearing and cleansing as you take ten deep breaths. With one final breath feel this chakra cleared, cleansed and renewed.*
- *Continue up to the first intergrational chakra, the green centre in our rib cage, the connection to planetary awareness. Feel it come in through your Heart chakra, your connections. Feel it go through you, feel it work through the connections to the etheric chakras, as it manifests in your heart chakra connection. Take ten deep breaths, feel the connection cleanse, reset and feel yourself gain better access to higher awareness. Feel this cleared, reset connection and how much more higher awareness in yourself and how you now feel yourself seeing the world differently.*
- *Continue up to the second intergrational Chakra, the blue centre at your throat. Feel the connection to Planetary understanding, Etheric understanding with one deep breath. Now take ten deep breaths to cleanse and clear your system out. Afterwards, feel the cleared and renewed link to planetary, etheric understanding. Take one Deep breath to feel the change in your system and the way it interacts with the world.*
- *Next go up to the first Evolutionary chakra level, the Third Eye Chakra, the indigo centre in your brow. Take a moment to feel the highest levels of energy on our planet connect to you, being aware of it with one deep breath. Take ten deep breaths and feel this connection unclog, clean, clear and work through your system. Take a moment to feel how you connect to this highest level now that the channels are clear.*
- *Next go to the highest physical chakra, the violet/clear centre at the top of your head. Feel how it channels your highest energies, your highest understandings. Go into this Crown Chakra centre with one deep breath, feel how it feels. With ten deep breaths feel yourself reset and clear this channel, giving you better access to higher energy. Feel the smoother flow from the higher energies, the divine source with one deep breath.*
- *Leave your crown centre and focus yourself on your entire physical chakra system. Feel yourself now as you take one deep breath, then take one deep breath. Feel yourself cleanse, clear and balance your system as you do. Taking one deep breath come back to your physical self, coming back to consciousness. Take a few moments to write down and understand your impressions during this meditation.*

Worksheet  
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**What was your impression of the Base Chakra?**

**What was your impression of the Solar Plexus Chakra?**

**What was your Impression of the Sacral Chakra?**

**What was your impression of the Heart Chakra?**

**What was your impression of the Throat Chakra?**

**What was your impression of the Third Eye Chakra?**

**What was your impression of the Crown Chakra?**

**What were your overall impressions of the System?**

## Notes