

Wednesday 21st February 2018

Energetic Chakra Meditations

Hello and welcome to today's meditation. Following on from the physical chakras comes the energetic chakras. These higher frequency chakras allow us to access energy from what is also called the subtle realms, and what I call the prime ethereal. While the Astral Plane and the Ethereal Plane are two different planes, they also in a way intersect on the Prime Ethereal of our planet. These six chakras give access to higher energies in the physical through the cords and correspondences through the physical chakras, the base seven that is well known from India and beyond. We will be looking at these both in terms of information on their forms and functions, then through a poetic as well as deep energetic meditations.

At a deeper level of the energy body, these chakras give us access to the planetary levels of energy on the prime ethereal as well as the higher energies of the primal planes, the deep earth and the higher universal energies. Through these we get the information and access to subtler, higher energies in our world. The basic information on the six chakras are;

- **0th – Deep Base/Earth Star Chakra** – *Black* - Anchoring Awareness - Located down under the feet, about sixty centimetres below the feet this is black chakra is the anchoring, dense chakra that anchors our energies in the world like the negative in the battery. In the unawakened it only performs this function, but as you awaken it also allows you access to the Black Disintegration Ray of universal energy. Far from needing to be feared, this allows us to let go of what we no longer need and recycle energy, cleansing ourselves. This is a natural energy that is the key to among other things, black holes, the matter recycling of decay and other processes that make the cycle of life possible. This makes it an important Chakra to understand. An energy Chakra, it allows us to anchor in the prime ethereal and came to being with the Base Chakra.
- **8th – Higher Crown/Star Seed Chakra** – *Clear* – Higher Understanding – This is important for many reasons. The first is that it is the positive polarity to the Deep Base/Earth Star negative polarity, closing off our energetic circuit so it works. This is the chakra that also brings in the higher, Universal Platinum White Ray, the purest, all spectrum expression of universal light. This allows us to work with this key energy to cleanse, purify and attune ourselves. This allows us to work with the purer universal energy and enable ourselves to work with the universal energy as a whole, which allows us to keep us on a clear path.
- **9th – Planetary Anima Chakra** – *Deep Green* – Planetary Higher Awareness – This chakra, brought into greater consciousness during the 1960's is our connection to the universal awareness. This makes it vital, not only for helping us understanding the earth. It is also vital to help anchor the Pink Universal Awareness Ray, making it aligned and useful in guiding our perception and purpose. This is situated on the anima circuit, when attuned situated on the right collarbone and connected into the Heart Chakra.
- **10th – Planetary Animus Chakra** – *Deep Blue* – Planetary Higher Understanding – This chakra, a chakra of the understanding, Animus side of the higher planetary life force. Only really coming to light with the transition to the 5th with the Spring Equinox sequence in the last few months, this Chakra has opened up the chance to understand and not just aware of the planetary life force. This has the role of anchoring the Blue Universal Understanding Ray, making it useful for both us and in working with the planetary energies. This allows us to use and understand both energies fully in this planetary plane. Situated, when attuned, in the left collarbone and on the gold animus energy arc, this is understanding the life force of the planet itself.
- **11th – Anima Chakra** – *Silver* – Primal Dark – This chakra has a dual representation. Situated in a pivotal spot, between the Higher Crown Chakra and the Crown Chakra it allows us access to two important things – the energy of the primal dark and the anima energy in our own soul. It allows us to feel and access it, for it to help give us structure through being half of what has been known to be called the Kundali Serpent, the silver half. This makes it a very important structural chakra within us.
- **12th – Animus Chakra** – *Gold* – Primal Light – Like the 11th chakra, this has a dual purpose, being the access to both the primal light energy and our own anima energy. This sit on the right side,

between the Higher Crown Chakra and Crown Chakra, on the Animus circuit. This forms the other half of the circuit that is the kundali structure, the gold animus serpent. This allows the system to work with anima by giving it the framework by giving it form. This makes it a very important structural element, last but not least.

These four Chakras work through ties to the Physical Chakras. The Deep Base Chakra and Higher Crown Chakra are both connected through the Silver and gold Kundali weave that goes up our spine as polaric stoppers, the deep earth allowing access to the deep, black Universal disintegration energy and the deep earth energies below us, the Soul Star to the pure universal light energies, The Etheric Awareness Chakra works through a tie to the 4th Intergrational Awareness Chakra, and the Etheric Understanding Chakra works through a tie to the 5th Intergrational Understanding Chakra, allowing the integration of the greater whole into our thought processes. The last two are not tied into the physical chakra system directly but sit just below the Higher Crown Chakra on the cords that they create, silver for Anima and gold for Animus, powering the entire system both in terms of bringing in the primal polaric energies from a higher source but also working with our own polaric energies. Together they are a key part in holding together the backbone.

The Energetic Chakras **Poetic Meditations**

The Deep Base Chakra **The 0th Chakra**

The Deep Base Chakra
The deep tie to Earth.
The connection of our solidity,
The connection of our souls to life.
Black and solid,
Cleansing and balancing,
Strong and grounding,
The anchor of life,
The anchor of the earth.
The Earth Star Centre,
The Deep Base Chakra,
The essential deep tie to Gaia.

The Higher Crown Chakra **The 8th Chakra**

The Higher Crown Chakra,
The greater crown of humanity,
Bringing in the highest energies,
The clearest levels,
The levels of source,
The levels of origin.
The essential link,
Between Evolution and source,
The essential link,
Between the source and higher energies,
The star of the soul,
The Soul Star Chakra,
The Higher Crown.

The Planetary (Ethereal) Awareness Chakra **The 9th Chakra**

The Planetary Awareness Chakra,
Awareness of the Prime Ethereal,
The awareness of planetary integration,
The awareness of the greater whole of life.
Bringing through awareness of the whole,
So we can see our place in in it,
Awareness of our greater place in life,
The three of life,
The planetary collective,
The connection to the greater whole,
The Ethereal Awareness Chakra.

The Planetary (Ethereal) Awareness Chakra

The 10th Chakra

*The Planetary Understanding Chakra,
The Understanding of the Prime Ethereal,
The Understanding of the planetary whole
And our place in it.
The understanding of our place in humanity
The understanding of our place in the tree of life,
The understanding of where we are,
And where we are going.
The Planetary awareness made sentient,
Allowing us access to greater knowledge and greater innovation,
The Planetary Understanding Chakra,
The gateway of greater knowledge.*

The Anima Chakra

The 11th Chakra

*The Anima Chakra
The personal gateway to primal dark
The expression of our personal anima,
The essential framework of our soul.
The essential element,
One half of a whole,
Allowing us to feel solid,
Allowing us to know time and place,
Allowing us to know where and how we are.
The Anima Chakra,
The essential portal to cycles,
Working through our system,
Creating the silver cord,
The Anima Chakra.*

The Animus Chakra

The 12th Chakra

*The Animus Chakra,
The personal gateway to primal light,
The expression of our personal Animus,
The essential framework of our soul.
An Essential Element,
Half of our soul,
Allowing us the light of progress,
allowing us the light of evolution,
The Animus Chakra,
The Personal element of illumination,
The personal element of understanding,
Working through our system,
The essential gold cord,
The Animus Chakra.*

Etheric Chakra Meditations

- *Sit or lie down comfortably, preferably with your tailbone grounded to the earth as much as possible. Close your eyes and go into yourself.*
- *Feel your Physical Chakras, the cords around them for a few moments before taking ten deep breaths to clean and clear them. Take a few deep breaths after to feel them as they are.*
- *Go deeper into the Physical Chakras, feel the cords down. Feel the connections either side of the physical chakras as you go down deeper; feel the cords through the Heart Chakra and Throat Chakra. Feel them as you go down, feeling the energy centres on the cords. At this point you will feel six new energy centres open to you. Take ten deep breaths, feel them as they work together, pulsating with your connection to the Physical Chakras.*
- *After a deep breath move down to the black Deep Base Chakra six inches below your feet. Feel it pulse, feel it energise and clear, balancing and grounding you out as you take ten deep breaths. Feel it go through you, the deep, grounding energy with a few last breaths.*
- *Move up, past the ghosts of the Physical Chakras, to the glowing, white light centre of the Higher crown chakra, about a foot above your head. Feel it as it glows, taking ten deep breaths to clean, clear and energise, resetting your tie to the higher realities above our planet. With a few, last deep breaths feel how this reset means that more of these energies are flowing through your system through to the physical chakras, down the spine.*
- *Next, move through the silver cord to the Deep Green Planetary/Etheric Awareness Chakra. Feel it change, pulse and grow with life, feel it connect you to the planetary awareness. Feel it reset, as well as the cord to the Heart Chakra, with ten deep breaths, clearing, cleansing and connecting you deeper to the prime ethereal and all your fellow beings on it. Take a few moments to feel the connection, taking a deep breath.*
- *Now move along the silver cord, to the gold cord, to the Planetary Understanding Chakra. Feel yourself touch inspiration, planetary understanding as you do, how it is. This is our connection, through a cord to the throat chakra, to integrating with higher planetary energies. As you do feel what this connection is like now with a breath, before taking ten deep breaths to cleanse and clear your system. Feel the greater access to higher planetary ether and your fellow beings connected to it as you do, allowing a sense of greater united purpose as well as greater access to inspiration.*
- *Move back along the gold cord, down through the deep base, then up, to feel the pure silver Anima Chakra, the origin point of the silver cord. Feel it as it is now, part your energy, part deep, ancient dark energy. Feel how it grounds you and ties you to cycles. Feel it go through your system with one deep breath, then focus on the chakra centre and take ten deep breaths, clearing and cleansing it. Feel it clear up, feel the energy become clearer, the flow better as you do, and with one last, deep breath, feel your system reset with this new, clearer connection.*
- *Move back around, through the Higher Crown Chakra across to the gold centre, the Animus Chakra, on the gold cord about three inches off your shoulder blade on the other side. As you do feel the energy go through you, feel the energy as it comes in, creating the gold cord, going through your system as it is now with one deep breath. Taking ten deep breaths, feel it clear, cleanse and reset. Take a few last breaths to feel how this has reset your entire system anew, before moving out to the entire Energetic Chakra system.*
- *Feeling the system as it is now, take ten deep breaths and feel it work through all connections and cords, re-balancing your system as it is now.*
- *Go back through the connecting cords Chakra System, Feel the energy work through your physical chakras as your ride the cords back. Take a few breaths to see the new, fresh energy coming into the system, feel it change and grow your system with ten deep breaths, bringing it in to cleanse, clear and reset your physical chakra system, through the connecting cords and renewed energy flows. Feel the renewed dual system with a last breath and come back to yourself, seeing the effects on the environment around you, how you see it as well as in you.*

Worksheet
Wednesday 21st February 2018

How did you see the Deep Base Chakra?

How did you see the Higher Crown Chakra?

How did you see the Etheric Awareness Chakra?

How did you see the Etheric Understanding Chakra?

How did you see the Anima Chakra?

How did you see the Animus Chakra?

How did you see the Energetic Chakras and their Connection to the Physical Chakra System?

Notes