



Spinning Chakra Meditation & Healing

What are Chakras?

Chakra is a Sanskrit word meaning energy wheel. Chakras are subtle energy centers that are located within your body. These energy centers work in a similar manner to radios & TV's which receive certain frequencies or digital signals. Just as these devices allow you to obtain sound and vision, Chakras also allow you to tune into energy of varying vibrations. Once activated the Chakras (energy wheels) spin.

How do these vibrations affect me?

The entire universe is energy or consciousness. We are part of this energy field which is the universe: uni – means one. So we are one with the entire universe. The universe is multi-layered: there are many dimensions of time and space & many levels of consciousness. This energy vibrates & depending on our level of consciousness or awareness, we can access these vibrations of energy.

Why should I be aware of vibrations?

Well if your TV or radio had only one channel then you would have little choice about what you see & hear. Similarly, if you are unaware about the Chakras or higher vibrations of energy then you will experience a very limited understanding of who you are and why you're alive. Acknowledging the Chakras means that you have access to the highest knowledge and healing energy.

Why am I not aware of these vibrations?

If you're a functioning human being who thinks & feels then you are experiencing these vibrations. However, you will not experience higher vibrations without some form of spiritual practice.

What is a spiritual practice?

A spiritual practice is one that leads to a greater understanding of life. Any spiritual practice requires some form of meditation. Meditation is the practice of calming the mind and turning ones focus inward towards the soul. Meditation can help us to experience a greater awareness our selves and improve our health.

How can meditation heal?

Meditation can heal the mind and body by gaining access to higher vibrations of energy. These higher vibrations have the ability to affect the mind & body in ways that are beneficial and life altering. We can experience a healthier and more fulfilling life.

Please ask me how to perform the Spinning Chakra Meditation

