



Opening To Wisdom Healing MEDITATION

This is the first healing that you are going to do that you will have to hold all 3 levels of your energy field: your SOUL, your LIFE PURPOSE and your CHAKRAS.

You are going to be doing what a MASTER HEALER does – hold all levels of your energy field.

Begin by closing your eyes and taking a deep breath, bringing the breath to the back of your heart.

Breathe deeply and this time, surround your heart with this energy. With each breath feel yourself coming into your body and feeling more and more grounded. You are now grounded into your body. You are home.

Let's begin to feel the three levels of your energy field. You want to set the intention that all levels are conscious . . . balanced . . . energized . . . and present. This is the way you feel and it is what you do when you are in your Secret Place.

Now as a healer, you need to be able to do all of this for this healing. You need to be able to use the three levels of your energy field. You have to be able to magnify, focus the energy and turn it into a laser beam. To do this you need to feel all levels.

Feel your first chakra, really feel your chakra front and back, spin the chakra all the way through and really get it grounded... Move up to the second chakra, feeling the energy and the spin as you ground the second chakra... Continue by moving up the third chakra and bringing that one into a grounded spin.

The fourth chakra, your heart chakra . . . spin and ground.

The three spiritual chakras – the throat . . . the third eye . . . the crown.

You can now feel your chakras and know they are grounded.

Your hara line needs to be straightened and aligned. Image the hara line coming down through your crown chakra, passing through each grounded chakra and exiting through your root chakra as it anchors you to the earth. You can do this physically or mentally.

What does your hara line feel like?

Is it wide in you, thin . . . what's it doing in there?

Then just feel the expansion of your core essence and your connection to everything – your SOUL.

Notice these feelings and levels and be conscious of these qualities within you. As you come back to this room and begin to open your eyes, hold these qualities of your energy field to use during the healing.

Remember what these three levels feel like. Take the time to feel this energy within you. You have to practice feeling them and learning what they feel like for you, because no one else feels them like you do. You have to know how you hold your own energy field, *your way* of holding it.