

# Meditation

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## Chakra Shutters

For maximum energy enhancement, your chakras need to be balanced and able to open and close at will, under your conscious control. A simple exercise helps you with this and will cleanse the chakras at the same time.

*Sitting comfortably in an upright chair, close your eyes and establish a gentle breathing rhythm. Encase yourself in a Mantle of Light to protect your energy.*

*Take your attention down to the base of your spine. Visualise a whirling catherine wheel of energy cleansing and purifying the chakra, and then see shields closing over the spot (use your hands over the chakra if this helps). Practise opening and closing these shields until it becomes automatic. You'll be able to sense within your body as the chakra opens and closes.*

*Now take your attention to the sacral chakra just below your navel. Picture the whirling catherine wheel of energy and then close the shields. Practise opening and closing this chakra until it becomes automatic.*

*Now take your attention to your solar plexus and once more visualise the chakra open with its whirling catherine wheel of energy, and then close it off with the shields.*

*Move on up to the heart chakra, opening and closing it a few times. (You may also be able to sense the higher heart chakra, in which case practise opening and closing this as well.)*

*Now take your attention to your throat and check this chakra. Open and close it before moving up to the brow chakra (above and between your eyebrows), and finally move to the top of your head for the crown chakra.*

*Once you're confident you can open and close the chakras at will, practise running your mind up and down your spine to assess the state of your chakras.*

*Before you bring your attention back into the room, take your mind to the ground underneath your feet. A short distance below your feet is the earth chakra. Sense whether this is open or closed and*

*practise shutting it. (This is useful if you're in an area of environmental or geopathic stress.) Before completing the exercise, make sure your earth chakra is open and functioning well.*

*Bring your attention fully back into the room. Then stand up and feel your feet firmly on the floor. Have a good stretch and breathe deeply to ground yourself once more.*

If you find visualisation challenging, use a clear quartz crystal in a circular motion to cleanse each of your chakras and then close it by holding your hand over the chakra for a few moments. You can also use coloured crystals: brown for the earth, red for the base, orange for the sacral, yellow for the solar plexus, green for the heart, pink for the higher heart, blue for the throat, indigo for the third eye and purple for the crown. White stones cleanse the higher crown chakras.

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