

Chakra Cleaning...

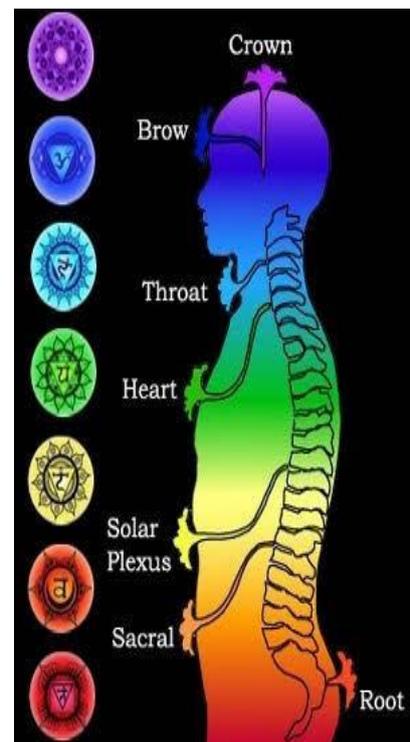
It's good practice to keep our energy centres clean and clear... flow in our energy system creates flow in our health and in our lives. This can be achieved in several ways through various spiritual practices, diet, yoga, healing etc...

I like, at times, to take a very physical & practical approach which can be added to your daily routine. In the Shower! (Not in the Bath)

Step by Step

Image: Christopher Reeves Foundation

1. Begin by washing your body and hair etc... do what you normally do. Open Sacred Space if you wish.
2. A simple way to open space is... *"South, West, North & East, please hold this space in peace. Earth below & Sky Above, please hold this space in Love"*
3. Place one hand just above your coccyx and keep it there for the whole cleansing process. At the 'root' as shown on the diagram
4. Take your other hand and place in front of your base chakra... connect... then wind your hand in an anti-clockwise direction to unwind/open up the chakra.
5. Wash your hand
6. Feel into the chakra and remove any unwanted, stagnant or sticky energy.
7. Wash your hand.
8. Wind the chakra in a clock-wise direct to close it and wash your hand once more.
9. Repeat steps 3-7 for the remaining chakras.
10. It's important to keep that other hand on the coccyx/root during the exercise as this helps us to remain grounded throughout the process.
11. This can have strong effects. Make sure you 'gather' yourself afterwards.
12. Close Sacred Space – *"South, West, North & East, thank you for holding this space in Peace. Earth below & Sky above, thank you for holding this space in Love"*



This is not an everyday exercise unless you wish it to be... But it is as fantastically effective way of getting things moving. I hope it works as well for you as it does for me.

Big Loves, Cx