

Energy Realignment & Cleansing Meditation



***For this meditation we want to sit crisscross.
Begin by taking 3 deep breaths in and out.***

Continue breathing and begin to feel your energy body. Notice any emotions, tension, or tightness you may feel.

Mantra

To connect with your energy body.

- ***"I am courageous for feeling my energy"***
- ***"Nothing outside of my energy body matters in this moment."***
- ***To your energy field, "I am here with you. I feel you. I love you."***
- ***"I am conscious, I am aware, and I am connected to my light."***

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Intention

"I set the intention to ground, balance, and realign my chakras and my energy body."

Chakra Visualization

Imagine each chakra as an open flower spinning as if looking down at yourself from above.

1. Place your awareness on your **root chakra** visualizing an open **red flower** spinning clockwise from above. Hold this visualization and feel the sensations for a few minutes. See a **red energy cord** moving up to your sacral chakra.
2. Place your awareness on your **sacral chakra** visualizing an open **orange flower** spinning clockwise from above. Hold this visualization and feel the sensations for a few minutes. See an **orange energy cord** moving up to your solar plexus chakra.
3. Place your awareness on your **solar plexus chakra** visualizing an open **yellow flower** spinning clockwise from above. Hold this visualization and feel the sensations for a few minutes. See a **yellow energy cord** moving up to your heart chakra.
4. Place your awareness on your **heart chakra** visualizing an open **green flower spinning** clockwise from above. Hold this visualization and feel the sensations for a few minutes. See a **green cord** moving up to your throat chakra.
5. Place your awareness on your **throat chakra** visualizing an open **blue flower spinning** clockwise from above. Hold this visualization and feel the sensations for a few minutes. See a **blue energy cord** moving up to your third eye chakra.
6. Place your awareness on your **third eye chakra** visualizing an open **indigo flower spinning** clockwise from above. Hold this visualization and feel the sensations for a few minutes. See an **indigo energy cord** moving up to your crown chakra.
7. Place your awareness on your **crown eye chakra** visualizing an open **magenta pink flower spinning** clockwise from above. Hold this visualization and feel the sensations for a few minutes.

Grounding Visualization

1. From the **crown** chakra, imagine 7 ship boat anchors dropping through your body, out of your **root** and deep into the ground of earth.
2. Like the wick of an oil lamp, imagine **brown** grounding energy soaking into the anchor and rope as it travels upwards into your **root** through your **sacral**, **solar plexus**, **heart**, **throat**, **third eye**, and into your **crown** chakras.
3. Imagine this **brown** grounding energy flowing out of your **crown** chakra like a fountain encompassing and grounding your energy field.

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BONUS (OPTIONAL)

Mantra To Finish

- *"I am aligned with my divinity"*
- *"I am rebalanced"*
- *"I am peace"*
- *"I am flow"*
- *"I am conscious, I am aware, and I am connected to my light."*

Stretch

Stretch your arms, Legs, Rotate and twist your torso swinging your arms from side to side.

Smudge

Ventilate your house or space before smudging using either **White Sage** or **Palo Santo**.

As you begin smudging, state aloud the intention for what energies you wish to bring in, for example,

"I cleanse and clear all energies that are not for my highest good."

"I bring in the energies of abundance"

"I bring in the energies of peace"

"I bring in the energies of love"

"I bring in the energies of balance"

"I bring in the energies of well-being"

"I bring in the energies of joy"

"I am abundance"

"I am peace"

"I am love"

"I am balance"

"I am well-being"

"I am joy"

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Sound Clearing

You can also use sound to cleanse and clear your space.

There are plenty of YouTube videos that have really good solfeggio frequencies to help in breaking up and removing any stagnant energies in the home.

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