

The White Light Christ Energy Meditation

A 3-Part Meditation Exercise

Prepared by: Eric Menendez



DISCLAIMER:

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This exercise is one that was given to me through my higher guidance. All parts had been essentially pulled different techniques together and slightly tweaked them for me, to create a unique recipe that I have found to be tried and true.

This exercise is a **3 in 1** with the first two parts being preparation for the third. In this exercise, we will use the **White Light Christ Light Energy** in conjunction with the Kundalini energy. This exercise aims to help to strengthen and develop your energy centers by consciously moving this energy up the spine and into each energy center to transform and transmute any imbalances and distortions back into love and purity.

This exercise assists in '*shining light*' on the shadow aspects and densities held within each energy center. This essentially **CLEARs** the cobwebs of your channel bringing the '*power plant*' that you are back online after years and perhaps lifetimes of dormancy. As a result, purging may likely result by continued practice of this meditation. This is normal and a necessary part of the process so if you experience this, please be aware that this is normal. This is the prime reason the first part of the exercise involves grounding before any of this work begins.

This exercise not only develops your energy centers but is designed to stimulate the kundalini energy which is known for its transformational power in the process of spiritual awakening and self-development and is known to provide many benefits in a person's life. In Sanskrit, it is referred to as **Shakti** energy and is our divine birthright which resides within us all at the base of our spine. When infused with the white light energy, it creates a very balancing and harmonizing energy throughout, leading to more..

- **Confidence**
- **Compassion**
- **Awareness**
- **Self-discipline**
- **A stronger connection to self**
- **Stronger communication abilities**
- **Enhanced intuition and clarity**
- **And many more**

This exercise opens a doorway that allows more of your true self to embody within you. You essentially become more **MAGNETIC**.

NOTE: Each person is different. My advice would be to try this meditation and then adjust it to your liking and what works for you. Feel free to make it your own unique practice in the way you best resonate. You can use any mantras or mudras you wish, these are simply what I use. Over time, you may find parts of this meditation that work for you and parts that may no longer. I am simply sharing my way.

PART ONE: Grounding

1. Set the intention to ground into the Earth by repeating the following mantra,

“By co-creation, I set the intention to connect to and merge with the Earth’s brown flame energy for harmonizing, balance and grounding.”

2. Visualize growing energetic roots out of the bottoms of your feet all the way down through the many layers of the Earth finally reaching her core. Imagine wrapping your roots around her strongest crystal. Visualize the **brown** flame energy traveling all the way up and gathering at the bottoms of your feet.
3. Imagine the **brown flame** energy coming up both legs.
 - a. Now up your shins and calves.
 - b. Into your kneecaps.
 - c. Up your thighs and into your hips where both energies unite in the base energy center. Bring these energies now into your sacral, into the solar, into the heart, into the throat, into the third eye, and finally into the crown.
4. Lastly, from the crown, bring the energies up a foot and a half above your head and allow it to spiral all the way down and around your auric field grounding, sealing, healing and protecting as you are now firmly grounded into the Earth. Send any unbalanced energy down be released recycled and transmuted into love and light.

PART TWO: Clearing Your Energy/Auric field

1. Set the intention by saying aloud,

“I set the intention to clear my auric field from any and all energies that do not belong to me and are not for my highest good in all directions.”

2. Taking your time, close your eyes and breath in and out slowly and deeply the following colors into your heart (I usually add sparks or shimmers to the energy to aid in the visualization):

- Gold Energy
- Silver Energy
- Emerald Green Energy
- Pastel Pink Energy
- Ruby Red Energy
- Royal Blue Energy

3. Clear your field by visualizing the colors exploding out of your heart and encompassing your auric field. You may sit with this visualization for a few seconds if it helps. Add any mantra that you wish. I say aloud,

“My energy field is now cleared of all energies that are not my own. I seal this in the living field now.”

PART THREE: The White Light Meditation

When summoned with intention, the **Christ Light Energy** is a powerful energy that can be used for purifying and cleansing. You can add any stones or crystals that you wish during this exercise. I recommend doing this exercise **ONCE** day to start out. It may seem complex at first but after the 2nd or 3rd time, it becomes muscle memory and automatic!

It is suggested that you use whatever **stone** or **crystal** calls to you as placed in your dominant hand for the wafting portion of the exercise. I use a Labradorite egg 😊.

This practice requires **active movement** using **breathwork, gesture, and visualization**. This combination magnifies intention and aids in quicker manifestations of whatever our minds choose to focus on. In this case, the White Light Christ energy!

Ready? Let's begin!

1. While sitting in an upright position with your feet on the floor, set the intention by affirming aloud,

"By co-creation, I set the intention to bring the Christ Light Energy from my base energy center up to my crown to clear my channel and enhance the divine energetic flow within me for my highest good and the highest good of all sentient life in existence."

2. Begin by rocking your hips and spine in a clockwise motion - like you are hoola-hooping. **You will want to rock throughout this practice until the end as this aids in moving the energy.**

3. As you rock, squeeze your **Mula Bandha** (sphincter muscle – also the same muscle to hold back urine) while inhaling as this creates an energetic seal by which the energy can then be pulled up your channel.
4. While **inhaling, rocking, and squeezing** the Mula Bandha, with the crystal or stone of your choice in your dominant hand - use your dominant hand to **wave/waft or guide** the white light into each energy center while visualizing bright white light filling the energy center and illuminating the area. For simplification purposes, I have added the above steps for each energy center below.
 - a. **Base** Energy Center
 - i. Inhale/Squeeze while wafting/waving/guiding light in
 - ii. Exhale/Unsqueeze while gesturing the light down towards the base as if smoothing.
 - iii. Repeat 3x
 - b. **Sacral** Energy Center
 - i. Inhale/Squeeze while wafting/waving/guiding light in
 - ii. Exhale/Unsqueeze while gesturing the light down towards the base as if smoothing.
 - iii. Repeat 3x
 - c. **Plexus** Energy Center
 - i. Inhale/Squeeze while wafting/waving/guiding light in
 - ii. Exhale/Unsqueeze while gesturing the light down towards the base as if smoothing.
 - iii. Repeat 3x
 - d. **Heart** Energy Center
 - i. Inhale/Squeeze while wafting/waving/guiding light in
 - ii. Exhale/Unsqueeze while gesturing the light down towards the base as if smoothing.
 - iii. Repeat 3x
 - e. **Throat** Energy Center
 - i. Inhale/Squeeze while wafting/waving/guiding light in
 - ii. Exhale/Unsqueeze while gesturing the light down towards the base as if smoothing.
 - iii. Repeat 3x

- f. **Third Eye** Energy Center
 - i. Inhale/Squeeze while wafting/waving/guiding light in
 - ii. Exhale/Unsqueeze while gesturing the light down towards the base as if smoothing.
 - iii. Repeat 3x
 - g. **Crown**
 - i. After the third inhale and final exhale, visualize your crown open and radiating. See your toroidal field illuminate and grow in diameter.
5. When finishing at the crown, become **STILL** and visualize your **spine** and **energy centers** illuminated in beautiful white radiating light.

Do you feel the energy moving?!

6. To conclude the meditation, give gratitude to the Christ Light Energy, The Universe, Mother Earth, and both Divine Feminine and Masculine energies.

-END

AFTER SUGGESTION (OPTIONAL)

Electrolytes – You may wish to consume electrolytes after this exercise so to replenish and rebalance and integrate the energies more efficiently.

Meditate – Be in stillness afterwards and note what information you receive and any subtleties that present.

Journal – How do you feel emotionally, physically, mentally? This may evolve as you continue the practice.

NOTE: You may need to go ground again as this kicks up a lot of energy. Again, everyone is different in how they handle energy so please discern what your body needs!