

# Guided Chakra Cleansing And Purification Audio Meditation Music Mp3 Download

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About the Meditation 30 Mins session to allow you to use color and sound to clear and cleanse your chakra energy system. Regular maintenance of your energy meridians is essential for light workers involved with healing and spiritual work. Also an excellent practice for those who wish to clear emotional blockages, charge their natural energy, trigger remembrance and emotional and physical well being. The session should be used with the visualization technique based on the colors of your chakras to help you to optimize them and clear away negativity which builds up day to day and blocks the flow, causing both emotional and physical problems The sound session uses brainwave entrainment to stimulate and release negative memory and sooth the limbic system, which is the physical part of our chakra system. As the sounds calm and relax these areas, emotional problems and fears can be released. Read through the following script until you can easily visualize it in your minds eye. The brainwave entrainment session is available below Chakra Color Cleansing Meditation - (click here to go to printable version) When carrying out any healing work on others it's important to protect yourself from their negative energies. During treatment you should surround yourself with a protective white light. After treatment all energy ties must be mentally cut in order for you not to take unwanted effects with you. A good idea is to carry out a cleansing ritual often like the session we provide, even better would be to connect to the earth with bare feet during the session (may be a bit chilly though ;-). Get your sound session and headphones ready and find a comfortable place where you are least likely to be disturbed. You should sit in a chair with your feet flat on the floor to allow the earth energies to flow correctly. Do not hunch your back but sit upright and relaxed with your hands resting on your thighs. Start the sound session. First, concentrate yourself fully on the following breathing technique; Do this about five - ten times (you dont have to count do what feels right) Take in a deep, slow breath, fill your lungs, expand your abdomen, hold for a few seconds then very slowly breathe out, try to take about twice as long to breath out. 1. Concentrate on the area at the base of your spine until you can feel it tingle or warm. Now imagine a red ball that begins to spin there, slowly at first and then speeding it up. 2. Keeping the red ball spinning, move up to your navel, concentrate until

the area tingles or warms and again picture an orange ball that begins to spin there, slowly at first and then speeding it up. 3. Keeping the other balls spinning move up to your solar plexus and concentrate until it tingles or becomes warm, picture a yellow ball that begins to spin there, slowly at first and then speeding it up. 4. Keeping the other balls spinning move up to your heart and concentrate until the area tingles or becomes warm, imagine a green ball that begins to spin there, slowly at first and then speeding it up. 5. Keeping the other balls spinning move up to your throat area and concentrate until it tingles or warms, imagine a blue ball of energy that begins to spin there, slowly at first and then speeding it up. 6. Keeping the other balls spinning move up to your third eye (middle of the forehead) and imagine an indigo ball of energy that begins to spin there, slowly at first and then speeding it up. 7. Keeping the other balls spinning move up to your crown area, concentrate until the area tingles or becomes warm and imagine a violet ball of energy at the top of your head that begins to spin there, slowly at first and then speeding it up. Continue to listen to the sounds, concentrating on keeping all of the chakras spinning. Allow yourself to adjust when the session finishes and drink a fresh glass of water. This session can be carried out daily or as often as you wish. This session can be used daily as part of your meditation routine and can also be used for sleep induction. Our Guarantee When using the sessions all we ask of you is to give them a fair chance to work. Resistance, both mentally and physically, can block you from entering altered brainwave states. It may take a little time to get used to the sessions and relax into them. Regular practice ensures better results! If, however, you are not satisfied to the extent that you do not feel our sessions are what we say they are, we will give you a no fuss refund - can't say better than that!

### How To Use The Sessions

The use of Headphones will provide a more personal and intense effect AND avoid affecting those around you. You will need to find a comfortable place to be, where you are least likely to be disturbed. If the environment is a little chilly, we suggest you have a blanket over you as your body temperature may drop. A glass of water may be needed at the end of the session. When you begin to listen to the session your mind will probably start to wander over to everyday things in your life but try to keep returning your focus to the sounds in your head; this is normal and is the learned art of any type of meditation or hypnosis. After about six minutes of undisturbed listening your brain should begin to entrain toward the given frequencies. You may have strong visual reactions or strange feelings of altered consciousness. Try not to panic and bring yourself out of the states, allow any images to come into your mind - go with the flow, practice makes perfect! It's useful to keep a diary for you to jot down your

experiences after each session for later reflection. Power meditations are a series of Brainwave Stimulation sessions designed to enable deep, hypnotic meditations and self help sessions! We sell no fuss, professionally backed audio meditations and brainwave entrainment's in mp3 download format to use with headphones. The use of Headphones provides a personal and intense effect AND avoids affecting those around you! The decision to use the Mp3 format was taken with a view to reduce the pollution caused to the environment by gross CD manufacturing! The lower overheads of mp3 production means we can reflect the money saved in our prices to you, our customers, and further, our non existent packaging and the absence of a team of graphic artists and advertising professionals further enables us to offer you the genuine product without the box, the gimmicks and all the trimmings that usually come with anything bought today! - It's all good; you save money - we ALL help to save the environment!

PRECAUTIONS: Do not use whilst driving or operating machinery. Because of the repetitive & hypnotic nature of some of our MP3s, those who suffer from fits, seizures, epilepsy & are pregnant should avoid these & only use our simple nature tracks. Use of the MP3s confirms you have read & understand our warnings,

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