

Opening Your Energy Field

Because your Spirit Guides and Higher Self are pure energy and you receive guidance primarily from these sources, it makes sense to hone your ability to perceive energetic messages. You can perceive energetic /psychic messages more easily once you open up your energy body to other energies. In order to be open to energy, you need to know how to open your chakras.

You will see, in the picture on the right, the seven main chakras, the colour associated with each chakra and its location.

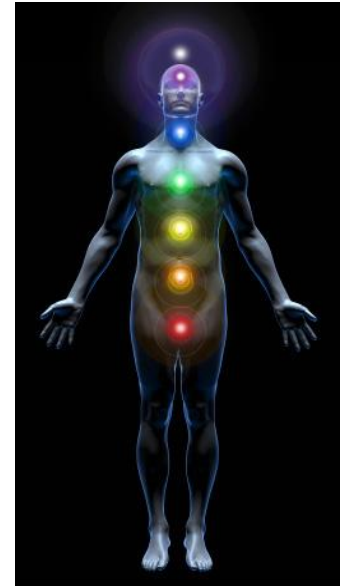
The Root Chakra (red) is located at your perineum. It is the chakra that represents your foundation and connection to the world and all the material things in it. It represents physical safety and security. It also represents money and the financial aspects of life. If you fear for your financial security or if you feel unsafe walking down your own street, it will show at this chakra. This is the chakra that is most animal-like. It is concerned with your material needs and survival on a very primal level.

The Sacral Chakra (orange) is sometimes called the second chakra and is located just below your belly button. This is the chakra of enjoyment, pleasure, creativity, abundance, sensuality, sexuality and your emotions. The physical pleasures of life are experienced at this chakra.

This is also the centre of your creativity, where you take ideas and thoughts and turn them into creations. If you have any hang-ups about sexuality or inhibitions regarding enjoyment of your life, it will show up at this chakra.

The Solar Plexus Chakra (yellow) is sometimes called the third chakra. It is associated with your personal power in interactions with other people and your personal power to make things happen. It is where you take your ideas and act on them, using self-discipline and willpower. It is also where you assert yourself and mark your boundaries. A well-balanced solar plexus means you can assert your wishes and create what you want, without pushing other people around or abusing your power, and without allowing yourself to be taken advantage of by others.

The Heart Chakra (green) is associated with love. It is the bridge between the lower three chakras and the upper three chakras. Centred at this chakra is your relationship with yourself. If you take into account your needs and desires, give to yourself, and take time for self-nurture and self-care, your heart chakra will be healthy and balanced. The heart chakra is like a fountain or a cup — the more you fill it up with those self-nurturing and self-loving energies, the more you can share those vibrations with others. On the other hand, if you neglect yourself and sacrifice your wants in order



to please other people, this will show up at the heart chakra and your loving relationships will be difficult because the loving energies that are usually present at the heart chakra will be depleted. As a result, you will be ‘running on empty’ emotionally—speaking, and may feel resentful when you give to others.

The Throat Chakra (blue) is often called the fifth chakra. It is responsible for your self-expression and communication. This is where you ask for what you want and speak your truth. This is also where you hear others. If you have hang-ups or feel self-conscious in your self-expression, this will show at the throat chakra.

The Third-Eye Chakra (lilac) is the sixth chakra. Centred here at the third-eye is your clairvoyance. Clairvoyance literally means ‘clear-seeing’ — it is your ability to see the world clearly. This chakra is where you perceive the truth and use your intuition to obtain clarity or get to the heart of a matter. It is where you focus your intent to create what you want and it is also where you visualise, because the third-eye is your mind’s eye.

The Crown Chakra (white) is the seventh chakra, a white energy just above the head in the image above. Being at the opposite end of the spectrum from the root chakra, which is more concerned with day-to-day, physical life, this chakra is concerned with your spiritual experiences. Centred at this chakra is your connection to your Higher Self and your Spirit Guides. If you have had negative experiences in a religious setting that still affect you, this will be encoded at your crown chakra. If you are cut off completely from Spirit as an aspect of life, this will also be visible at this chakra. Ideally your crown chakra will be connected fully with Source energy.

In the picture above, you will see that the chakras are shown as spheres of light that are about the size of a tennis ball. When you are going about your day and immersed in your physical life here on earth, your chakras will not usually be very large or open, unless you are immersed in an area which stimulates the chakra. For example, if you are a teacher and you use your skills of self-expression a great deal, it may be the case that your throat chakra is more open than the other chakras, for example. Or if you work in finance, the chakra of material security (the root chakra) may be more expanded than the others. But normally, most of your chakras will not be expanded too far outside of your body.

*(Note: if you have a gift of empathy, such as emotional, physical or spiritual empathy, your chakras may naturally be very open, **all the time**. If you suspect you are an empath, please take this into account when you do this exercise — it will come very naturally to you and you may notice very little effect on your state of openness. However, the exercise is still a very pleasant experience, so I do encourage you to give it a go. I am an empath and when I started out, I used to use this technique in readings to open my energy field even further.)*

For non-empaths, in order to be open to spirit, it helps to be practiced in opening your chakras up and expanding them to outside of your body. This creates a field of receptivity around you and notifies Spirit that you are open and ready to communicate with the energies around you.

Your Spirit Guides (and Guardian Angels) are located around you. If a clairvoyant (someone who can see energy) looks at your photograph, he or she may be able to see such beings located around your physical body. This is why you need to open your energy body in order to reach them. Your energy reaches theirs when you open it up and they can communicate with you much more easily.

How to Open and Close Your Chakras

You are completely in control of your own energy body. You can open and expand any chakra at will, using the power of your intention. In fact, everything happens through your intention. You command it, visualise it and your energy body responds.

Indeed, your whole energy body responds to your thoughts. If you think a disempowering, negative, awful-feeling thought, your energy contracts slightly (you may notice the stress in your body upon doing this). Try thinking an awful-feeling thought: maybe you can feel the energy collapsing or shrinking? Or possibly you might feel the need to fold your arms to protect yourself, as if you're feeling defensive?

Contrastingly, if you think a succession of good-feeling thoughts, such as 'I am loveable' or 'I am deserving of love and success', your energy will begin to relax and expand. You may feel your body relaxing in response. If you repeat these words over and over to yourself, it is likely you will sigh and let out tension.

These reactions are your auric/energy field responding to your thoughts and beliefs — and that is exactly how opening your chakras works as well. By thinking it and focusing on it, you will see the colours expanding. Your energy will respond automatically to what you focus on in your mind's eye. In addition, the more regularly you do this, the more quickly your energy will respond in future.

Here is the process for opening your chakras:

1. Close your eyes and see your energy body in your mind's eye. At first, it may be difficult to paint the picture — but don't let that put you off: simply focus on the first chakra until it appears in your mind's eye. This is the root chakra, its colour is red and it is located at your perineum.
2. Using the power of your intention, intend the energy to expand and see it expanding outwards in your mind's eye. It may be like rolling out the edges of pastry at first. This may

feel difficult and require a lot of mental energy or, on the other hand, it may expand easily and naturally for you. Your aim is to expand it to about one metre outside of you.

3. When you have expanded the root chakra, move upwards and expand the other chakras one by one until they are all expanded and more or less the same size (although some may expand more fully and more naturally than others).

Tips for Visualising

If visualising your chakras is a new skill that you're finding difficult, don't be put off: the more you do it, the easier it gets!

Visualising your chakras opening has an added benefit of awakening your third-eye — the chakra that is located between your eyebrows. This is the centre of visualising and clairvoyance. Visualising actually serves to 'oil up' the cogs of your imagination so that it is not 'rusty' when Spirit sends you a visual message through your mind's eye. On the other hand, if you never use your mind's eye, it will be too rusty for a picture from Spirit to even form in it. So opening your chakras regularly helps your psychic development in more ways than one.

You do not need to memorise the above process for opening your chakras just yet — the audio meditation which accompanies this chapter will walk you through that process. If you do this several times, you will then begin to memorise it naturally and you will be able to do it more easily on your own.

Clearing Out Your Chakras

During the audio meditation, you will also learn how to clear out your chakra system. I walk you through a process for doing just that.

Clearing out your chakras is helpful to your psychic development because your entire life and soul is reflected in your energy body. If you have a pattern of caring too much about what others are thinking of you, this will be a frequency of inhibition or timidity (or perhaps a mixture of both), which is present and encoded at one of your chakras. You can trigger the dislodging and removal of such behaviours by clearing out those frequencies of timidity and inhibition on the level of the energy body. This is energy healing. How does it work exactly? **It's all about intention!** If you become aware that your energy body contains frequencies that are not helpful to you, you can remove them just through your awareness of where they might have come from and your intention.

Clearing Out Your Chakras—A Quick Exercise

The next time you are in the shower or bath, imagine the water washing away not only the physical debris and dirt from your day but also the energetic debris. Imagine any negative frequencies that you have collected during the day falling away. Those frequencies and energies might be ones that you have picked up from other people who may have directed negative energy at you, such as people who complain or people who are angry.

This sounds incredibly simple but it is a powerful exercise. It helps you to reclaim ownership of your energetic state and maintain it so that you remain positive. If you wish, you may also establish certain energetic boundaries for your energy field. For example, you could instruct your energy to reject your mother's complaining vibes so that they cannot enter your energy field. Or, you could instruct your energy to deny entry to someone who is making you feel guilty or being manipulative. Setting those parameters on the level of energy triggers a real change in your physical life, because energy is a reflection of matter. Your body is a reflection of your entire energetic state. (If it is sick, then you get sick physically.) So changing your energy will directly impact your body and your life.

Exercise: Drawing up Energetic Boundaries

If there is someone (or more than one person) in your life whose vibes you do not want entering your energy field, simply write their name down on a piece of paper and set this intention. Say the following prayer:

"My energy body, my Higher Self, my Guardian Angels, my Spirit Guides...

*I now instruct you to disallow any vibrations or frequencies of <insert type of energy, for example: depression/guilt/anger> from entering my energy field and affecting me.
In particular disallow the energy from _____."*

Saying this prayer sets up some parameters for what may and may not enter your energy field. If you come into contact with someone who is directing negative energy towards you, try setting this intention and see how it impacts your life and interactions with that person. It may be subtle but it will be noticeable.

How to Ground Your Energy

During the audio meditation that will come up in a moment, there is a grounding exercise. I just wanted to take a moment to explain what grounding is and to put this into context.

In order to become energetically open AND remain in balance, you will need to ‘ground’ yourself. To ground yourself means to tether your energy to the Earth plane while you are opening your energy up to the spiritual plane. We do this during the guided meditation that accompanies this chapter by sending your root chakra energy on a journey to the Earth’s core. Your root chakra will then come back to you with some of the earthy, rooted energy that is present at the Earth’s core.

If you fail to ground yourself before you explore the spiritual realms and open up your energy, you risk becoming imbalanced. I’ve known students to feel spacey and light-headed if they neglect this step, so please include it each time you open up your chakras.

Closing Your Chakras

Once you have opened up your chakras, you will need to close them down, so that they reach the size that they were before you opened them. If you neglect this step, you will find yourself feeling too sensitive to the energies around you. Opening your chakras not only sensitises you to the energies such as your Spirit Guides who surround you, but if you go out into the street with your chakras wide open, you might also pick up on the energies of the people you walk past and talk with. This is why it is essential to close them down afterwards. It is not healthy to be *that* open in the real world.

You can close your chakras in the same way that you open your chakras — simply intend it and visualise it in your mind’s eye. Some people like to close the chakras by visualising them as a big lotus flower that closes its petals.

Now that we have covered the concepts of opening, closing and clearing out chakras, listen to the first audio meditation, which will guide you through the whole process. Please do this meditation exercise before you read on. I hope you enjoy it!

After the Meditation

At this point, you will have done the meditation for opening your chakras, clearing them out and closing them. Depending on how skilled you are at visualising, the experience may have been difficult for you or it may have come quite naturally. If it was difficult, don’t let that stop you.

As you become accustomed to opening and clearing your chakras out more regularly, you will certainly notice your capacity to visualise improving. You may also notice new things about your chakras each time you do it.

For example:

- **The Colour:** You may notice that some chakras are muddy–coloured before you clear them (that’s a sign that they contain a lot of negative energy). If you know what each chakra corresponds to, that may give you an idea of which area of your life the sluggish negative energy relates to.
- **The Size:** If a chakra is very difficult to open or unresponsive when you ask it to expand, it may be that the chakra is underactive. I’ll give you an example: if your sacral (second) chakra doesn’t expand easily, perhaps you have been neglecting your enjoyment, creativity, sexuality and the little pleasures of life. A sacral chakra can be underactive at times of great stress or threat, when enjoyment and pleasure take secondary place to survival. If your focus is on survival and not on enjoyment of life, your sacral chakra will suffer. If you notice that a chakra is underactive, you can take steps to remedy it.

On the other hand, you may notice that some chakras pop out really easily when you ask them to expand. That means the energy of that chakra is very active. If your upper chakras (the throat, third–eye and crown chakras) pop out easily when you expand them but your lower chakras (the root, sacral and solar plexus) are difficult to expand, it might be that your spiritual or intellectual life is your focus at the moment, perhaps to some extent at the expense of your mundane, physical, 3D life. Making a note of what your chakras are doing allows you to bring more balance to your life.

Next, I have included a reference section with suggestions to remedy under–activity should you notice any in your chakras.

How Can I Tell if a Chakra is Underactive?

You will know that your chakra is underactive if it does not open easily. You may intend for it to open and use your will to open it and it may contract pretty quickly. Quite simply, underactive chakras take more energy to open and keep open.

Here are some practical remedies for stimulating underactive chakras.

THE ROOT CHAKRA

If your root chakra is underactive, it means that you are ungrounded. Your physical life is suffering for some reason. Perhaps reality and the world seem too harsh to face. It may be that you focus a great deal on the spiritual or intellectual plane and your upper chakras are overactive. This can often be the case for very creative, artistic and intuitive people.

To balance the root chakra, take care of your physical foundation.

- Make sure that you’re eating regularly and eating balanced, preferably home–cooked, meals
- Increase your intake of protein, by eating more tofu, beans, eggs, fish or meat

- Wear more red
- Attend to the details of your finances — make a budget, check your bank balance
- Spend time with a pet — yours or someone else's
- Do some gardening
- Get a massage
- Spend more time with your family — blood family or 'spiritual' (chosen) family

THE SACRAL CHAKRA

If your sacral chakra is underactive, it means that you are neglecting your capacities for creativity, joy and pleasure. Remember that Earth is a playground — not just a school!

Here are some ways to balance it if it is underactive:

- Paint your nails or get a manicure (or a pedicure)
- Wear beautiful underwear and pay attention to your sensual side
- Take a dance class, such as salsa, flamenco, tango
- Get a new hair cut or revamp your wardrobe
- Visit a spa
- Cook yourself a luxurious meal
- Watch a romantic film
- Buy some flowers for yourself
- Remember to treat yourself regularly

THE SOLAR PLEXUS CHAKRA

The solar plexus is the centre of personal power. If your solar plexus chakra is underactive, it can mean that your boundaries are not very strong. Perhaps you are unused to asserting your will. As the solar plexus is additionally the energy centre of getting things done, perhaps you feel you lack the self-discipline and willpower to take your ideas and thoughts and turn them into actions.

Here are some ways to balance this chakra:

- Practise saying no when you don't want to do something and give others permission to refuse your requests too! Maybe take an assertiveness class.
- Conquer a fear, such as a fear of asking someone out on a date or a fear of standing up to someone
- Finish your projects and keep your promises to yourself
- Join a gym and set yourself a goal for weight or fitness

- Honour the sovereignty of others — curb any desires to ‘rescue’ those around you. Grant others the space and responsibility to change their life and, in turn, take full responsibility for yours.
- Take a self-defence class
- If someone is treating you badly, express your standards for behaviour, ie. “I don’t spend time with people who shout at me / stand me up”
- Refuse to settle for something that isn’t exactly what you want, even if you feel as if you’re rocking the boat

THE HEART CHAKRA

If your heart chakra is underactive, it could be that you are not giving enough to yourself. Perhaps you take too little care of yourself and ignore your emotions and desires. Ironically, people with underactive heart chakras are often experts at catering to everyone else’s needs even when they ignore their own.

To balance this chakra:

- Read a love story or watch a heart-warming film
- Ask yourself at the beginning of a day, “What do I really want? What is important to me today?”
- Write a list entitled ‘All the things I love about me’ — and hold nothing back!
- Wear more green
- Make peace with those you haven’t forgiven
- Read beautiful poetry
- Tell people you love them

THE THROAT CHAKRA

The throat chakra is the energy centre of communication and self-expression. It is where you speak your truth and hear the truth of others. If your throat chakra is underactive, it can mean that you do not habitually ask for what you want. Perhaps you feel inhibited and unsafe in expressing your opinions. Maybe you feel threatened when others don’t agree with you.

To balance an underactive throat chakra:

- Take a public-speaking class or join an organisation like Toastmasters
- Practise asking outright for what you want
- Watch a funny film

- Write some poems and share them with others
- Sing out loud
- Wear something blue
- Learn a new language
- Listen intently to others when they speak and give them your full attention
- Scream (perhaps into a pillow or out in the countryside so no one can hear you!)

THE THIRD-EYE CHAKRA

The third-eye is the centre of your clairvoyance, vision and where you focus your conscious intention to create what you want in your life.

It is unlikely that your third-eye chakra is underactive in the intuitive sense if you have reached this far into this programme and if you are interested in your intuitive development. However, if you think that it is the case, doing this program will definitely help to balance that underactivity.

Here are some more ways to balance an underactive third-eye chakra:

- Wear dark blue (indigo)
- On Sunday nights, practise envisioning the week that you want to have. Write it down.
- Look for new details that you have never noticed before in your workplace and the public places that you habitually visit
- Look for the good in everyone and everything
- Indulge in some daydreaming
- Practise putting yourself in someone else's shoes and seeing a situation from another person's point of view
- Do Byron Katie's 'The Work' (www.thework.com)

THE CROWN CHAKRA

The crown chakra is where you connect to Source, your Higher Self and Spirit Guides. Most people who have a spiritual practice and enjoy exploring their spiritual side do not have an underactive crown chakra.

I really doubt that anyone taking this course needs to open their crown chakra any further, but, if you do sense that yours is underactive, here are some ideas for balancing it:

- Surrender a situation to God / the Divine and trust that good will come of it
- Make peace with religious experiences and religious people who have impacted you negatively

- Practise gratitude and thank Mother Earth for your food
- Go on a fast (NOT recommended for those whose upper chakras are active)
- Meditate regularly
- Go on a retreat

Homework Exercise—Opening your Chakras

For homework, memorise the process for opening your chakras. Feel free to listen to the meditation as many times as you need to in order to memorise it. Then for three days in a row, try to do the following without using the meditation as a prompt:

1. Ground yourself
2. Open your chakras
3. Clear them out
4. Don't forget to close them afterwards!

Once you have done this for three days in a row, you are ready to move onto the next chapter.

If you detect that one or more chakras is still closed or overactive (even after you have followed the suggestions), you may be in need of some healing. In many cases, you CAN make changes to chakras by taking actions that affect them, yet some chakras contain emotional or spiritual patterns that can consistently undermine you, no matter what you do. One very common cause of these patterns is a cord of attachment. For instance, if your throat chakra is very shut down and you find it hard to express yourself confidently and clearly, it may have something to do with a cord of attachment to an overbearing parent, or to someone who abused you in the past or put you down verbally.

So, if you take the steps indicated above to balance your chakras and it appears to make no difference, consider a cord-cutting session instead (offered on my website). Sometimes, healing is needed.