

Global Awakening News

Commentary and Guidance for Enlightened Change During Rapidly Changing Times

“A-List” Updates

Energizing The Power Body EXCERPTED from September 10, 2010 “A-List” Update #7

Link to this update: <http://www.pfcn.net/Bulletins/Update-Sep10-2010.pdf>

Link to previous update: <http://www.pfcn.net/Bulletins/Update-Aug06-2010.pdf>

“...we foresee the end of all humankind’s history of apparent separation from spirit and source. As more and more people all over the world are experiencing new levels of awareness of themselves, they are discovering hidden potentials, feelings of vastness, and experiencing other realities. It is as if a marriage –between heaven and earth –spirit and matter –is in the process of giving birth to something new and wonderful. ... Within the cells of matter are found the elements of creation and of unlimited potential –the known and the unknowable.” (from first draft, circa 1993)

Energizing The Power Body (from John Crawford)

The purpose of the first chakra breathing exercise was to begin the circulation of energies between the physical body and the energetic body. This next exercise will do the same thing but it goes a step further in that it begins the process of awakening and energizing the power body. This exercise is in five parts.

1. First, pay attention to your breathing; feel the air as it moves into and out of your body. Using the rhythm of your breath, you are going to visualize the chakras breathing in energy through the back chakras and out through the front chakras.

Pay attention to the crown chakra. As you take an in-breath, visualize energy entering in through the crown. As you breathe out, visualize energy going out through the base chakra.

Now go to the second chakra. As you breathe in visualize energy coming in through the second chakra at the back. As you breathe out, visualize energy flowing out the front of the second chakra.

Move your attention up to the third or solar plexus chakra. As you breathe in, visualize energy coming in the back of the third chakra and going to the center of your body. As you breathe out, see the energy flowing out through the front of the third chakra and into the luminous energy field.

Now, focus your attention on the heart chakra, the fourth chakra. As you breathe in, feel the energy coming in through the back of the fourth and into your heart. As you breathe out, feel the energy flowing out the front of the heart chakra and into the luminous body.

Next, go to the throat chakra. As you breathe in, see energy coming in through the back of the throat chakra. As you breathe out, see the energy going out the front and into the luminous energy field.

Go now to the brow chakra, the sixth chakra. As you breathe in, visualize energy coming in through the chakra at the back of the head. As you breathe out, see the energy flowing out through the brow or front sixth chakra.

Now, breathe in through the crown chakra and out through the base chakra again. This time when you pull in the energy, you are going to pull the energy from the crown chakra into the center of the body at the third chakra. Breathe out through the base chakra.

2. First, pay attention to your breathing; feel the air as it moves into and out of your body. Using the rhythm of your breath, you are going to visualize the chakras breathing in energy through the back chakras and out through the front chakras.

Pay attention to the base chakra. As you take an in-breath, visualize energy entering in through the base chakra. As you breathe out, visualize energy going out through the crown chakra.

Now go to the second chakra. As you breathe in visualize energy coming in through the second chakra at the front. As you breathe out, visualize energy flowing out the back of the second chakra.

Move your attention up to the third or solar plexus chakra. As you breathe in, visualize energy coming in the front of the third chakra and going to the center of your body. As you breathe out, see the energy flowing out through the back of the third chakra and into the luminous energy field.

Now, focus your attention on the heart chakra, the fourth chakra. As you breathe in, feel the energy coming in through the front of the fourth and into your heart. As you breathe out, feel the energy flowing out the back of the heart chakra and into the luminous body.

Next, go to the throat chakra. As you breathe in, see energy coming in through the front of the throat chakra. As you breathe out, see the energy going out the back and into the luminous energy field.

Go now to the brow chakra, the sixth chakra. As you breathe in, visualize energy coming in through the chakra at the brow or front of the head. As you breathe out, see the energy flowing out through the back sixth chakra.

Now, breathe in through the base chakra and out through the crown chakra again. This time when you pull in the energy, you are going to pull the energy from the base chakra into the center of the body at the third chakra. Breathe out through the crown chakra.

3. This exercise has two parts;

In the first part of this exercise is on in which you will be breathing in from all of the back chakras and crown chakra and breathing out through the front and base chakra in one breath.

The second part of this exercise is to breathe in through all of the front chakras and the base chakra and out through the back chakras and the crown chakra in one breath.

This exercise takes a bit more concentration because you need to visualize all of the chakras at once and see them doing the same thing at the same time. It may take a bit of practice but the results are worth it.

Visualize all of the chakras. On the in breath breathe in energy through the crown chakra and all of the back chakras. Hold this for a few seconds (around 3) then exhale sending out energy through the front chakras and the base chakra.

Now breathe in energy through the front chakras and the base chakra. Hold this for a few seconds then breath out energy through the back chakras and the crown chakra.

4. In this exercise we will be breathing in through the front and back chakra at the same time energizing the power body at the core of the body.

First, pay attention to your breathing; feel the air as it moves into and out of your body. Using the rhythm of your breath, you are going to visualize the chakras breathing energy through both the front and back chakra at the same time.

Pay attention to the base chakra, the crown chakra as well as the power body. As you take an in-breath, visualize energy entering in through the base chakra and the crown chakra at the same time. As you breathe out, visualize energy going out through the base chakra and the crown chakra.

Now go to the second chakra. As you breathe in visualize energy coming in through the front and back of the second chakra. Pull the energy into the core of the power body at the center of the physical body. As you breathe out, visualize energy flowing out the front and back of the second chakra back into the luminous body.

Move your attention up to the third or solar plexus chakra. As you breathe in visualize energy coming in through the front and back of the third chakra. Pull the energy into the core of the power body at the center of the physical body. As you breathe out, visualize energy flowing out the front and back of the third chakra back into the luminous body.

Now, focus your attention on the heart chakra, the fourth chakra. As you breathe in visualize energy coming in through the front and back of the fourth chakra. Pull the energy into the core of the power body at the center of the physical body. As you breathe out, visualize energy flowing out the front and back of the fourth chakra back into the luminous body.

Next, go to the throat chakra. As you breathe in visualize energy coming in through the front and back of the throat chakra. Pull the energy into the core of the power body at the center of the physical body. As you breathe out, visualize energy flowing out the front and back of the throat chakra back into the luminous body.

Go now to the brow chakra, the sixth chakra. As you breathe in visualize energy coming in through the front and back of the brow chakra. Pull the energy into the core of the power body at the center of the physical body. As you breathe out, visualize energy flowing out the front and back of the brow chakra back into the luminous body.

Now, breathe in through the base chakra and the crown chakra at the same time. As you are breathing in see the breath energizing the power body and see it glowing brighter.

Hold this breath for a few seconds then breathe out from the crown and base chakra.

5. For the last exercise we will breathe in through all of the chakras at once. Hold this breath for a few seconds seeing the power body energized and becoming bright.

Now Just Breathe

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