

Cleaning and the balance of all chakras

First find a calm place, where can get relax and feel good. Think about a place where you have felt good, or a picture of a place that makes you feel good, where you want to be, where you feel free



Sit calmly, breathing quietly. Relax, relax totally. Place your palms in the Gasse position. Close your eyes. Connect to the meditation energy and request permission to join with this affirmation (or something similar): "I ask my Higher Self, all the custodians and protectors of this meditation to allow me to connect to the Meditation – 'Cleaning and the Balance of All Chakras'"

Feel the flow of energy from the meditation. After that, you can put your hands as you find comfortable or leave in mole position (Gasse).

Feel and imagine, that you are in the stream (beam, channel,) of Pure Kundalini Reiki Energy, that descends on you from space and goes to the center of the Terra. Be in this stream of energy. Just be, be aware and watch what is happening. Feel the part of you that is made up of this energy, let it be in you and let yourself be in it. Feel and see, as the energy of the meditation fills you with the brightest energy, as your own Light fills your entire being. Become this Light, merge with it, dissolve it and then just be. Just watch what is happening. Dissolve so much, that you are distracted by no thoughts, no emotions, no feelings, no sensations... - nothing, but are full in the awareness of your individuality and boundless energy...

Look around now, and perceive how we are all many different colours, in our energy and our bodies. Feel peace with this – see the beauty of all the colours where all are wonderful. Feel the beautiful Light that is everywhere around you.

Stay in this position of the Freedom, Love, Peace... Enjoy it...

Remember, you are in meditation - the observer, a witness. Watch for energy, thoughts, emotions, feelings and do not interfere, just - Testify! Remember, that you are the one who is watching you, someone who sees these, your thoughts, emotions... Watch the observer of your thoughts... Just be in the moment, just exist... In this meditation there is no past, no future, only now, there is only this moment, be in the moment, be here and now.

Allow yourself just to be...

At the end of meditation slowly proceed to the normal state of consciousness, inhale, exhale, slowly open and close your eyes a few times.

After the meditation, if you feel a lot of energy in itself -, ground or use a balancing technique such as Kundalini Reiki or whatever you prefer.



As well thank the energy of the meditation, Higher beings and members of this meditation. Thank you all