

THE

Intuitive Awakening

COURSE



CHAPTER 5:
MEDITATION TRANSCRIPT

MEDITATION TRANSCRIPT - OPENING & CLEARING YOUR CHAKRA SYSTEM

Note from Anna:

Sometimes students want to create their own shortened process for clearing their chakras using the meditation transcript (below) to guide them.

“Hello and welcome to this series of Intuitive Awakening meditations. There are 3 meditations in total. Please make sure that you listen to them as you are prompted to in the course book, and that way your experience will be more cohesive.

This first recording takes you through a process for opening, closing, and clearing out your chakras. The aim of this is for you to familiarize yourself with this process and then memorize it and use it again whenever you want to tune into your Spirit Guides or Higher self in the future.

And there is also a step for clearing out your chakras, which will remove any blocks to intuition on the level of your energy body.

So, if you are ready for this meditation we are going to begin. Make sure you’re sitting comfortably and make sure that your feet are flat on the floor and your hands are by your sides, not over any of your chakras.

First of all, I’m going to ask you to take a deep breath in to the count of 4, and I will do this with you. If you inhale...2...3...4...and hold your breath...2...3...4...and exhale...2...3...4...5...6...7...8. And let’s do that again. Take another deep breath to the count of 4. Inhale...2...3...4...and hold your breath...2...3...4...and exhale ...2...3...4...5...6...7...8. And take another deep breath, inhale...2...3...4...and hold...2...3...4...and exhale...2...3...4...5...6...7...8.

So that just serves to raise your vibration. And now, I want you to close your eyes if they’re not closed already. And I want you to see yourself sitting there in your mind’s



eye. I want you to imagine and see in your mind's eye two golden spheres sitting underneath the soles of your feet. These are the lights of relaxation. I want you to see these golden spheres entering the soles of your feet.

And as they enter the soles of your feet, they will begin to relax you. They are relaxing all of the little muscles and bones in your feet. See the light of relaxation pass through your feet and your ankles, relaxing your ankles. See your feet and your ankles begin to glow with that light of relaxation.

See the light of relaxation move upwards to your calf muscles, and your shins. Leaving a trail of golden light and leaving all of the muscles relaxed. And every cell relaxed. See the light move past your knees, unlocking and relaxing your knees. See the light move upwards to your thighs, relaxing your thigh muscles.

See that light spread further upwards to your hips, and to your lower back, releasing any tension that you may be holding in your lower back region. See that trail of golden light going from your toes right to your hips and your lower back now. And see the light move upwards to your spine, go from your lower back to your middle back to your upper back.

See the light move past your belly, let your belly relax and be soft. And the light moves upwards to your chest and into your heart, past your rib cage into your lungs. And see that light of relaxation take root in your heart and in the blood that's being pumped around your body. And see that light of relaxation being pumped back down to your toes, to your fingers, to the top of your head.

And then see the light move upwards to your neck. To your shoulders and to your upper arms. And your elbows, and see the golden light move right down to your hands, your fingers. Feel it relax all of the little muscles and bones in your fingers and your hands. Then see the light move further upwards past your neck allowing you to release any tension that you're holding there in your neck.

And upwards to your jaw bone, to your mouth. To your nose, to your eyes, and even to your lashes and your eyebrows. Feel your whole face, all the muscles in your face relax. Feel the hairs on your head relax and your scalp. Notice that your whole body now is glowing with that golden light of relaxation. And notice that the light of relaxation begins to expand out into your energy field and the energy around you begins to relax.



So, just take a moment to feel that relaxed state in your body. From this place of relaxation, focus now on your root chakra, which is the chakra located at your perineum. Just see that red chakra glow and it should be about the size of a softball. Or if you want to visualize it flat, it's about the size of a CD. So allow that, to see that red color in your mind's eye, glowing.

And we're going to ground the root chakra to the Earth before we open your chakras. Just to make sure that you don't fly off into the ethers without being grounded. Allow your root chakra, allow that lovely red color to move downwards into your legs out of the soles of your feet. And see that root chakra shooting through the Earth. See it pass through layers of soil on a journey to the Earth's core. And it's passing through layers of rock, layer of molten rock until it reaches the core of the Earth. And it wraps itself around the Earth's core taking on some of that lovely grounded, earthy energy that it loves.

Now see the root chakra coming back on itself. Shooting back through the Earth towards you. Passing through layers of soil and underground caves and rock. Until it arrives back underneath the soles of your feet and it shoots back up your legs and meets you again at the root chakra. Just see that red color at the root chakra glow a little bit brighter, a little bit more vivid, with that lovely earthy energy, from the Earth's core. With a renewed groundedness and centeredness, take a moment to breathe in that energy that you pulled back with you from the Earth's core.

And now feel that grounded energy at your root chakra begin to move upwards and this is going to ground you at every chakra. Feel that grounded energy at the root chakra move upwards to the sacral chakra, which is the orange chakra just below your belly button. See it deposit some of that grounded energy right in the heart of the sacral chakra. See it move upwards now to the solar plexus chakra and it does the same, leaving some of that grounded energy. And to the heart chakra, and it moves upwards to the throat chakra. And the third eye chakra. And then to the crown chakra.

So, every chakra in your chakra system is glowing with that groundedness and that rootedness that you brought back from the Earth's core. And now you're ready to open your chakras. Focus again on the root chakra – take note of the color which appears in your mind's eye when you focus on the root chakra. It should be a red color. You may find that it's a very dark red, perhaps a little bit muddy. So just take note of the color that is there.



And using the power of your intention, which is the power you use to create anything and everything in your world - you're going to expand that red energy outwards to about one meter outside of you. So just see that root chakra, the red energy that may look like a softball or horizontal like a CD. See it begin to expand. You may find that it's rather difficult like rolling out the edges of pastry or dough. Or you may find that it pops out rather easily. Just keep using the power of your intention to push out those edges until it's one meter outside of you.

Now you should see your root chakra expanded in your mind's eye to one meter outside of you, roughly. And then move upwards to your sacral chakra, take your focus off the root chakra and onto the sacral chakra which is the orange chakra just below your belly button. And do the same. See that orange energy in your mind's eye, take note of the color. It may be orange or a specific shade of orange. And again, using your intention, push out the edges of the sacral chakra. See it expand until it's reached the same size as the root chakra.

So, now you should have the root chakra and the sacral chakra, the red and the orange one, both expanded. Your guides, your Spirit Guides who are around you notice that you are a little bit more open, than you were five minutes ago before having opened those chakras. Now take your focus from the sacral chakra up to the solar plexus chakra, which is the yellow chakra just above your belly button. Take note of the color. It may be a very specific shade of yellow for you.

Use your intention to push out the energy of the solar plexus. Notice whether it's easy or difficult. You may feel it expand naturally, or you may be pushing it out. When the solar plexus chakra is expanded, move upwards to the heart chakra, which is the green chakra just over your breast bone. And allow the heart chakra energy to expand in your mind's eye until it's about one meter outside of you.

So now you should have all of your lower chakras expanded, and the heart chakra expanded. Just take note of the color of the heart chakra. It should be green, but you may find that it's a different shade of green - a dark green or a muddy color. And now take your focus from the heart chakra onto the throat chakra, which is the blue chakra at your throat, at your neck. Look at the color which takes shape in your mind's eye and see it expand. Push out the edges until it's a meter outside of you.

When you're done with the throat chakra, move upwards to the third eye chakra, which is the lilac color between your eyebrows. See that lilac color in your mind's eye -



watch it expand to about one meter outside of you. And then finally, moving upwards to the crown chakra, see the white chakra just above your head begin to open and expand. And if you like, you can visualize this as a whirlpool on the top of your head, getting bigger, and bigger, and bigger, until it matches the size of all of the chakras below it.

Scan your whole chakra system now and you should see each chakra expanded and open and roughly the same size. Your Spirit Guides have noticed that you are very open and much more open to their guidance than you were twenty minutes ago. And much more receptive. Scanning your chakra system, if you notice that any chakras that you've opened before have shrunk or contracted a little, just use your intention to push out the energy back to where it was.

Now, in your mind's eye you see a figure standing next to you. This figure is an angel, your guardian angel who specializes in removing any debris, negative energy that's in your chakra system that you're ready to let go of. This can be negative energy you've picked up during your experiences in the past. It can be negative debris that belongs to other people you've perhaps picked up empathically. This is an angel who specializes in removing all of this stubborn stuff for you.

In your mind's eye, see this angel holding a vacuum cleaner, the end of a vacuum cleaner. The angel will use this to go from your root chakra right up to your crown chakra, removing the debris that you're ready to let go of, centered at each chakra. And in doing this, you will feel lighter.

See the angel take the vacuum cleaner and apply it to your root chakra. And if your root chakra, which is the red one, if that looked a little bit muddy before, see the angel vacuum out anything which is muddying that chakra. As this is the chakra of safety, belonging, family, survival, and money – you see the angel vacuum away any fears or concerns that you're having related to money, any fears past or present of not having enough, of your security being threatened. Feel that energy leaving your root chakra. Feel the angel vacuuming away any fears relating to your physical safety. See that chakra looking bright red and glowing a beautiful red color as the angel replaces all of that gunk with the truth that you are safe and protected, and that you can never be harmed.

Now the angel is applying that vacuum cleaner to your sacral chakra, the orange chakra just below your belly button. And this is the chakra relating to sexuality,



emotions, sensuality, enjoyment, and abundance. See the angel removing any fears or negative energy relating to the body, to sexuality, to your sexuality. You may see past experiences come to mind. See them being uprooted from the sacral chakra and being removed. See the angel removing any guilt around enjoyment or pleasure. See the angel removing any past experiences involving neglect of the body, and not caring of the body. Feel these being removed and healed. The angel replaces all of that stuff that's been uprooted with the truth that life is not just a school, but also a playground, and pure enjoyment.

Then the angel applies the vacuum cleaner to the solar plexus chakra, the yellow chakra above your belly button. As this is the chakra of personal power, control, freedom, see the angel removing any old memories of power struggle, all of those times where you felt not in control. Perhaps you have specific memories that come to mind as the angel vacuums out any remaining energy relating to that. You may be reminded of power struggles, fears of being taken advantage of. The angel removes all of that, leaving you with a perfectly balanced power at the solar plexus - without any fears of being passive or dominated. The angel leaves you with the truth of the solar plexus that stepping into your power and asserting yourself serves you and others and that it is safe for you to be powerful.

Now the angel is applying the vacuum cleaner to your heart chakra, which is the center of giving and receiving love, the center of how you feel about yourself, whether you feel worthy, or not. The angel is now removing any negative energy, any guilt that leads to self-sacrifice residing with this chakra, any fears of being rejected, all of the times you've beaten yourself up or criticized yourself. Just see the angel remove all of those. The angel leaves you with the truth of the heart chakra that you are at all times enough and worthy of love, and you are indeed a being of love, made from Divine love.

And now moving upwards to the throat chakra. See the angel removing any tension you may be holding at the throat chakra, which arises from repressing the things you need to say, or the things that you needed to say in the past. The angel removes and helps you to release the fears that you have with the throat chakra around speaking your truth and fears relating to how other people will react to you speaking the truth. At the throat chakra, you feel the angel uprooting the hurtful things that you've heard from the past, and see them flying away down into the vacuum cleaner. The angel leaves you with the truth at the throat chakra that it is safe to express your truth and it is safe for your Higher self and your spirit to be apparent in your words.



Moving upwards now to the third eye chakra, this is the center of your clairvoyance, your intuition, the place where you manifest and focus your energy, to visualize and create what you want. See the angel removing any fear that you have relating to your intuitive development, relating to the spirit world, any fear of being unsafe in the spirit world. See the angel remove all the times when you have not trusted your intuition, when you've doubted your perceptions, and relied on external guidance and external opinions to help you navigate your life. The angel leaves you with the truth at the third eye chakra, that your perceptions are used for a reason, and they are a gift of your intuition and are always valid.

Now the angel is applying the vacuum cleaner to your crown chakra. This is the white chakra just above your head. And as this is the chakra of your connection to spirit, the angel removes any past experiences which were negative and impacted you negatively around connecting to spirit - perhaps religious experiences. The angel uproots any fears you have of connecting to spirit, of connecting to your Spirit Guides, and any self-created barriers to tapping into your own wisdom - perhaps fears of being controlled, or punished by God, and perceptions and illusions of separation from the rest of the universe. The angel leaves you with the truth of the crown chakra that it is safe to follow your spiritual guidance and it's safe to connect with spirit.

The angel now sends the contents of the vacuum cleaner, all of that negative energy and debris that was sitting in your chakras that you have now let go of, see the angel send all of this to the light of Source. You may see the angel putting it into a bag and sending it to Source which looks like a big bright energy like the Sun. In the light of Source, this negative energy will be transmuted and transformed back into positive love energy, which is where it came from.

See that being transmuted now, back into love energy. Now see it returning back to you. You may see it coming back to you as in, you are being showered with it, or given the energy like a present, like a gift. You notice this positive love energy strengthens your third eye chakra and strengthens every chakra. And strengthens your intention to develop and awaken your psychic and intuitive perceptions.

Now your energy system is very open and very clear. Just take a moment to be with that level of openness and clarity. You may wish to pause this recording and go within and ask for guidance from spirit. Perhaps you have a question that you wish to ask. Or perhaps you just want to see if any information comes through to you. You are in a



perfect space to receive it, being very open. You may wish to pause the recording now. Otherwise, we will continue with this recording and close down your chakra system.

Wave goodbye to the angel now and know that this angel is always with you and always able to help you remove any negative energy debris in your energy field which does not belong to you, and send it to the light of Source, and return it to you in the form of love energy.

So, now see the crown chakra, which is the white energy above your head, beginning to shrink until it's the same size it was before. If you wish, you may visualize it as a flower with its petals open and you can see these petals close. Then do the same thing with the third eye chakra - the purple energy between your eyebrows. Bring in the energy now using your intention, until it is the same size it was before. See the petals on the flower close. Now moving downwards to the throat chakra - see the energy contract and shrink until it reaches the size it was before you opened it.

Moving downwards to the heart chakra, see the green energy shrink until it's the same size as the upper chakras. Focus on the solar plexus now, the yellow chakra above your belly button. Just allow this chakra to shrink back to its usual size. Focus now on the sacral chakra, the orange chakra below your belly button. See this contract and shrink back to its former size. And finally, see the root chakra, the red energy, begin to shrink until it's back to its former size.

And now take a deep breath and take your focus away from your mind's eye and back into your body. You may wish to open your eyes now. Feel your body, move your fingers and your toes. You may wish to journal about your experiences with this meditation, or move onto the next meditation."

