

THE
Intuitive Awakening
COURSE



CHAPTER 5

CHAPTER FIVE

OPENNESS

Welcome to Chapter Five of the Intuitive Awakening Course. This chapter is all about energetic openness.

A state of openness is one of the keys to your psychic development. We have already talked about openness in terms of opening your mind and surrendering your expectations regarding how your Spirit Guides and higher self will communicate with you. There is also another aspect of openness that I will address in this chapter, which is opening your energy up and creating a field of energetic receptivity around you.

You can do this through opening your chakras.

WHY OPEN YOUR CHAKRAS?

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 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, and this chapter teaches you how. If you're new to all of this, you may be wondering what the energy body and chakras are.

If you know about the human energy system, this explanation may be very familiar to you, so feel free to skip the explanation which is coming up.

But for those who are not well-versed in the energy body and the chakra system, you will need some knowledge about them in order to complete this chapter and the audio meditation included here too. So keep reading!



WHAT IS YOUR ENERGY BODY?

Your physical body seems solid, but most of what you think is solid matter is made up primarily of empty space occupied by miniscule particles, which vibrate at high speed. Your whole physical being is in fact composed of tiny particles all vibrating at different speeds, and together they make up the different molecules and cells throughout your entire body.

Cells communicate with one another through the electrical impulses that move through your nervous system, and this creates chemical reactions to fuel your body's processes. This is energy in action.

It is your five senses – in other words, your own limited perception of yourself, that is too slow to see the energy vibrating and in motion.

Seeing only the physical is a trained mode of perception, not a natural one. You can perceive the solidness of your physical body because your senses are accustomed and trained to do so in our culture and educational system. Unless you have retained your childhood ability to see energy, you will have learned to restrict your perception of the world to the physical plane. Yet everything and everyone is still made up of energy, whether you can perceive it or not.

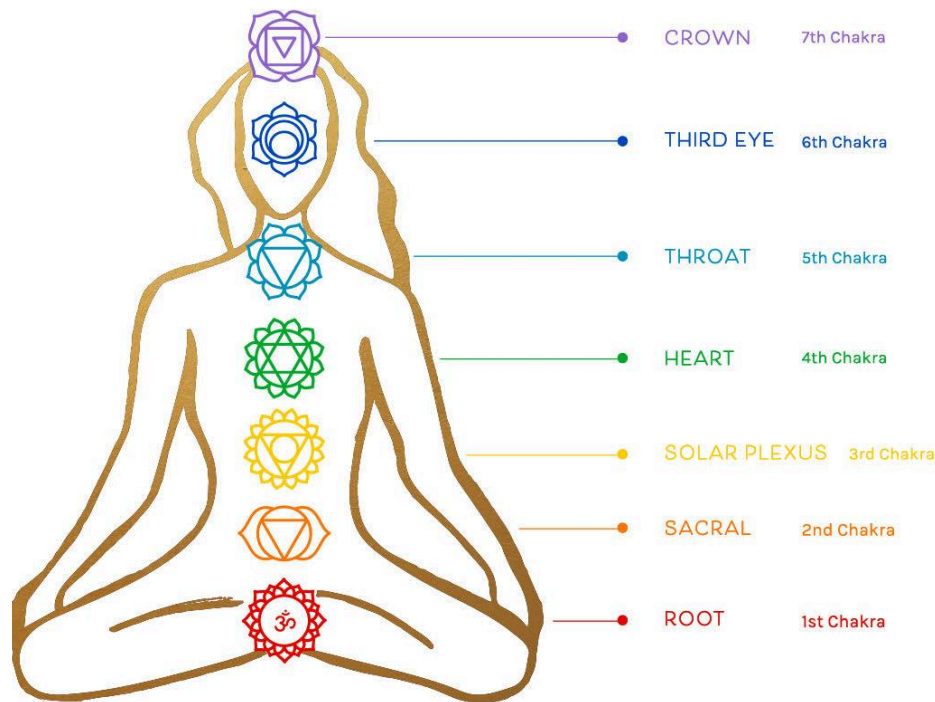
Around the physical human body, there are layers of energy, known as energy bodies. These energy bodies (among them, the mental, emotional, etheric and causal bodies) together make up the aura. The energy in the aura is centred around seven main hubs, called 'chakras'.

A chakra is an energy centre that receives life force energy from the Creator. Each chakra receives a different type of life force energy, which is needed for life here on Earth. That energy is then integrated and expressed within the individual's life.

The ways in which we integrate and express those energies are in evidence upon reading the chakras. They contain information about your life, soul, strengths and lessons, past and present.



You will see the seven main chakras in the picture below, with the colours associated with the various chakras and their locations.



The Root Chakra is located at the base of the spine (at the perineum) and is associated with the colour red.

This chakra is the centre of our physical well-being, and is our ‘energetic foundation’. All aspects of our physicality are represented here, including survival, money, ‘groundedness’, connection to reality, tribe, community and family.

This chakra is about the basics we need to have in place in order to survive – which include food, shelter, physical comfort and warmth, and personal safety.

The Sacral Chakra is located just below the belly button, and is associated with the colour orange.



On a physical level, the sacral chakra affects the health of the bladder, hips, spleen and the reproductive organs.

The sacral chakra is the centre of our creativity, vitality, desires and sexuality. While the root chakra is very much about what we need, the sacral chakra is about what we want.

The function of the sacral chakra is to make us aware of all the possibilities for pleasure and enjoyment around us. This chakra is about good times, good food, sexuality, sensuality and other physical pleasures, such as cultural pursuits and the appreciation of beauty. This chakra awakens our senses and helps us to notice what is wonderful about being physically incarnated on planet Earth.

The truth inherent in the sacral chakra is that Earth is a playground, not just a school. Life is to be enjoyed, not just endured.

The sacral chakra is also the seat of our creativity. The creativity arising from the sacral chakra is not sourced so much from Divine inspiration (that would be the realm of the crown chakra) but rather from human ingenuity, born of great desire. This chakra is about finding creative ways to get the things you want out of life.

It is no accident that both sexuality and creativity are governed by this chakra (since our sexuality has the potential to create new life).

The Solar Plexus Chakra (yellow) is sometimes called the third chakra. It governs the liver, pancreas, gallbladder and digestive system. It is located just above the belly button, and 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 chakra means you can assert your wishes and create what you want, without pushing other people around, abusing your power, or allowing others to take advantage of you.

The Heart Chakra is located in the centre of the chest and is associated with the colour green. On a physical level, the heart chakra affects the health of the lungs, heart, shoulders, breasts, circulation, thymus gland, hands and arms.



This chakra is the centre of emotion, love, healing and compassion. The human heart is designed to be connected to energies such as compassion, generosity, forgiveness and love, through the heart chakra. All loving relationships are governed by the heart chakra.

The heart chakra is the bridge and the mediator between the upper and lower chakras. The lower chakras are concerned with **needing** (the root chakra), **wanting** (the sacral chakra), and **getting** (the solar plexus chakra). The upper chakras are about our connection to Spirit, self-expression, intuition and intellect. At the centre of these 'higher' and 'lower' energies lies the heart chakra. The heart chakra tempers our human needs, desires, goals, words and actions, and brings love and emotion into the equation. When balanced, the heart chakra prompts us to ask the following question in all our endeavours: 'Does this really serve me and others?'

I often think of the heart chakra as being like a cup or a fountain – it is necessary to fill it with the energies of self-acceptance, love and nurturing. If it is full, you have something to give to others. But if you do not attend to your own needs and emotional health, your heart chakra will be 'running on empty'. As a result, when you give to others, you will feel drained, resentful, and as if you have nothing to spare.

The relationship that you have with yourself is the relationship that you will have with others. If your self-talk is kind, and you treat yourself well, it is likely that you will also be kind to others. Love and regard (both for the self and for others) spring from the same source: the heart chakra.

The Throat Chakra is located at the back of the neck and is associated with the colour blue. On a physical level, the throat chakra affects the health of the jaw, throat, thyroid, trachea, oesophagus, teeth, ears and mouth.

All forms of self-expression are governed by this chakra, including the expression of feelings, desires, beliefs, opinions, needs, intentions and thoughts. The throat chakra is the mouthpiece for both the heart and the mind, and it sits between the heart chakra and the third eye chakra, which govern the heart and the mind respectively.

This chakra also governs listening, teaching and learning.



The Third Eye Chakra is located between the eyebrows and is associated with the colour violet. On a physical level, the third eye chakra affects the health of the brain, eyes, nervous system, pituitary gland and pineal gland.

This chakra is the centre of our intuition, perception, imagination and intellect. It is where we see ourselves, other people and the world clearly and with accuracy. Overall, the third eye chakra is about the lens that we use to see the world, the beliefs that we hold about ourselves and others, and how we use the power of our insight and clarity to help us to move forward in our lives.

It is also where we envision, dream and strategise, in terms of what we want to create and manifest.

The Crown Chakra is located at the top of the head and is associated with the colour white.

This chakra is the centre of our spiritual connection – our relationship with our higher self and with Divine intelligence. This chakra is about our soul's plan: what we had chosen for ourselves before we even came here, and to what extent we allow that spiritual plan to integrate our lives and guide our paths here.

Earlier in this chapter, we discussed the lower chakras, such as the root, the sacral and the solar plexus chakras. These lower chakras are about needing, wanting, having and doing. The lower chakras are integrated with the ego and the fear-based human mind; they keep us safe and happy in the physical realm. By contrast, the crown chakra encourages us to get a larger perspective on life and our place in it, and to transcend our human concerns for survival. Via our connection to our higher self through the crown chakra, we may receive information about our reasons for incarnating. This includes our life lessons, our soul gifts, the contribution we are here to make, and the unconscious patterns and fears that we are here to overcome.

To the lower chakras, the worst thing that could happen is death. To the crown chakra, the worst thing that could happen is that we do not fully embrace our gifts or follow our highest path and purpose, and that we live in fear to the point that it stops us from pursuing our soul's purpose.



In the diagram a few pages back, you will see that the chakras are shown as being quite small. 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 (the blue energy at your throat) is more open than the other chakras. Or if you work with finance and investments, the chakra of material security (the root chakra) may be more expanded than the others. Normally though, most of your chakras will not be expanded very far outside of your body.

*(Note: If you are an emotional empath, your chakras will naturally be very open **all the time**. If you're an empath, please take this into account when you do the following 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 pleasant experience that can help to awaken clairvoyance, so I encourage empaths to do it anyway. Plus, there is a chakra clearing aspect to this exercise that empaths generally find useful.)*

For non-empaths, in order to be open to Spirit, it helps to be practised in opening your chakras up and expanding them 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 looks at your aura, he or she may be able to 'see' such beings located around your physical body. These beings are not attached to your energy body as such – they are located a little bit of distance away. This is why you need to open your energy body in order to reach them. When you open it up, your energy connects with their energy, so they can communicate with you much more easily.

HOW TO OPEN AND CLOSE YOUR CHAKRAS

You are in control of your own energy body. You can open and expand any chakra at will, using the power of your intention. Indeed, everything happens through your



intention, when it comes to your energy body. You command it, visualise it, and your energy body responds.

Your whole energy body responds to your thoughts. If you think a disempowering, negative, awful-feeling thought, your energy contracts slightly (and 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. Perhaps you feel the need to fold your arms to protect yourself, as if you're feeling defensive?

If you think good-feeling thoughts, such as 'I am loveable', 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, perhaps you will sigh and let out tension.

Your energy field is very sensitive to your thoughts, intentions and beliefs, and responds to them. This is also how opening your chakras works.

Your energy field and chakras will respond automatically to whatever you focus on in your mind's eye.

In addition, the more often you work with your energy field, using the power of your intention, 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. It may well be difficult at first to paint that picture, but don't let this 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 that the energy expands. See it expanding outwards. It may be like rolling out the edges of pastry at first. It may feel difficult and require a lot of mental energy. Or it could expand rather easily and naturally for you. Your aim is to expand it to about one metre outside of yourself.



3. When you've 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).

IS VISUALISING HARD FOR YOU?

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 actually sends you a visual message through your mind's eye. On the other hand, if you never use your mind's eye, it may be too 'rusty' for a picture from Spirit to form in it. So, opening your chakras regularly helps your psychic development in more ways than one.

If after many attempts, you find that visualisation doesn't work well for you, just focus on each chakra in your mind and imagine it expanding, or ask it out loud to expand. (Even if you can't 'see' it, that's okay – this approach will work just as nicely.)

You do not need to memorise the above method for opening your chakras just yet; the Chakra Meditation which accompanies this chapter will walk you through the process. If you listen to the meditation a few times over, you will begin to remember it, and you will be able to do it more easily on your own.

CLEARING OUT YOUR CHAKRAS

During the Chakra 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 for your psychic development because your entire life and soul is reflected in your energy body. If you have negative patterns in your



chakra system, in some cases, you can trigger the dislodging and removal of such patterns through chakra clearing. 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 simply through your awareness of where they might have come from, and by means of your intention. (Note: this doesn't work for all negative frequencies, but it does work for many of them, so it's still worth a go.)

HOW TO GROUND YOUR ENERGY

During the guided meditation that will come up in a moment, there is also a grounding exercise. To put this into context, I want to talk about grounding and what it is.

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 will 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 that earthy, rooted energy that is present at the centre of the planet.

If you fail to ground yourself before you open up your energy to explore the spirit realm, you risk becoming imbalanced. I have known students to feel spacey and light-headed if they neglect this step, so it is good to 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 energies such as your Spirit Guides who surround you, but



if you go out into the street with your chakras wide open, you could 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 always helpful to be that open in the real world.

You can close your chakras in the same way that you open your chakras – you intend it and visualise it in your mind's eye. Some people like to close the chakras by picturing them as large lotus flowers that close their petals.

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

AFTER THE MEDITATION

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

As you become accustomed to opening and clearing out your chakras more regularly, you should notice your capacity to visualise improving. You may also notice 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 negative energy). If you know what each chakra corresponds to, that may give you an idea as to 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. The sacral chakra can also be underactive at times of great stress, 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 be smaller. And 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 could be that your spiritual or intellectual life is your focus at the moment, perhaps at the expense of your mundane, physical, human 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 it in any of your chakras.

HOW CAN I TELL IF A CHAKRA IS UNDERACTIVE?

You will know that a chakra is underactive if it does not open easily. You may intend for it to open, but it may contract again 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 not as grounded as you could be. It could be because this human 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 an underactive root chakra, take care of your physical foundation.

- Make sure that you are eating regularly and choosing balanced, preferably home-cooked, meals
- We can't always control what is going on around us, but the little things in our lives can give us a sense of control (for example, establishing daily rituals and routines, such as going to bed at the same time each night, waking up at the same time each morning, having your meals at the same time each day). All of these nurture and stimulate the root chakra. Sharing food with your family is also very good for this chakra
- Increase your intake of protein
- Attend to the details of your finances – make a budget, check your bank balance. If you're in a lot of debt, read Dave Ramsey's book 'Total Money Makeover'
- Spend time with a pet (your own or someone else's)
- Do some gardening
- Get a massage
- Heal traumas (these affect how grounded you can be in your body)
- Work hard to find a sense of community if you feel isolated
- Spend more time with your family – either blood family or 'spiritual' (chosen) family
- For those who have chronically weak root chakras, past life regression therapy may be helpful. Root chakra issues are often connected to past life situations that relate to survival fears, life-or-death situations, or being displaced or in exile. Other common past life scenarios that affect the root chakra include being sold into slavery, starvation, economic collapse or bankruptcy, experiencing a violent death, or finding oneself in inescapable poverty

Be aware that some people are naturally ungrounded (when this is the case, it can be due to your soul group of origin, *which were discussed at the end of the Chapter Three FAQ document*).

So, if your root chakra imbalance does not correct itself with time or through taking the steps above, this could be the reason.



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 an underactive sacral chakra:

- Take a dance class, such as salsa, flamenco or 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 or treat yourself regularly, in some other way
- Host or attend a party
- Create a sense of occasion for birthdays and holidays
- Find opportunities for fun and pleasure
- Have a holiday

Very often, the sacral chakra can be brought back into balance through eliminating imbalances in the root chakra. The root chakra becomes weakened when your needs are not being met or your survival is threatened. It is very difficult to take pleasure in life when you fear for your survival. At times like these, root chakra concerns become more important than the sacral ones, and this inhibits the energy of the sacral chakra. Those who have had their physical survival threatened in a long-term way in the past often have chronically imbalanced sacral chakras.

Change your lifestyle if it is causing root chakra imbalances. For example, are you constantly in a financial crisis or do you feel unsafe living in your neighbourhood?

I also find that some cultures and countries place more of an emphasis on the sacral chakra energies than others do. Certain continental European cultures, such as the Italian and French, generally emphasise the sacral energies more than Anglo-Saxon



cultures. The French are known for their 'joie de vivre' – their love of good food, wine, culture and fashion. These are all areas of life that are governed by the sacral chakra.

THE SOLAR PLEXUS CHAKRA

The solar plexus chakra governs all aspects of personal power.

Power encompasses many qualities, including strength, courage, fortitude and the ability to achieve. Having a strong solar plexus chakra means that you are able to set goals and take action to achieve them. A small or weak solar plexus chakra could mean that for whatever reason, you don't have confidence in your ability to reach your goals in life.

The solar plexus chakra is also the realm of taking responsibility for your life. The truth inherent in this chakra is that we are responsible for our own outcomes, and we have the power to direct the course of our lives through our actions, habits and choices. So, a weak solar plexus chakra may mean that we feel a sense of powerlessness in this area.

Here are some ways to balance an underactive solar plexus chakra:

- If you have a history of being a people-pleaser, start sleeping on requests before you agree to them. Practise saying no when you don't want to do something
- Take heed of the message within your anger. Anger shows that a boundary has been violated, and action is usually needed as a result. Anger represents the solar plexus chakra talking to you about what is acceptable to you
- Honour the sovereignty of others and curb any desires to 'rescue' those around you. Grant others the space and responsibility to change their lives, and in turn, take full responsibility for yours
- If someone is treating you badly, express your standards for behaviour
- Refuse to settle for something that isn't exactly what you want, even if you feel as if you're rocking the boat



- Cut negative cords to overbearing or overprotective parents, abusers and any controlling people in your life

THE HEART CHAKRA

When this chakra is underactive, it can manifest as:

- Being emotionally closed off and having walls around your heart - an inability to be emotionally intimate
- An inability to receive appreciation or support from others
- Not liking who you are, and being unable to see what is good about yourself
- Seeing only faults and shortcomings in other people and being overly critical
- Preemptive rejection: rejecting and pushing away others before they can reject you
- Feeling isolated from the rest of humanity

Here are some methods to balance an underactive heart chakra:

- Read a love story or watch a heartwarming film
- Ask yourself, at the beginning of the day, “What do I really want? What is important to me today?”
- Write a list entitled ‘All the things I love about myself’ and hold nothing back!
- Read beautiful love poetry
- Tell people you love them more often, and find ways to show others that you appreciate them
- Cutting negative cords is excellent for the heart chakra. Psychotherapy is also helpful
- Past life regression therapy – healing a ‘perpetrator lifetime’, in which one has harmed others – is especially beneficial for the heart chakra. When we have not resolved past life experiences, the “character” from that lifetime becomes a sub-personality that lives on within us. Sub-personalities originating from perpetrator lifetimes have a particularly detrimental effect on the heart chakra. Such sub-personalities may still be punishing us for past misdeeds, and we may find it difficult to forgive ourselves and others as a result. (Past life



complexes around grief and the loss of a loved one will also manifest at the heart chakra.)

- Value your skills and make sure that your remuneration is proportional to them. If it is not, resolve to change that
- Heal or otherwise let go of painful or abusive relationships

THE THROAT CHAKRA

When this chakra is underactive, it can manifest as follows:

- Endeavouring to suppress your own opinions, beliefs, feelings and desires in order to keep others happy
- Keeping quiet to avoid judgement from others
- Extreme secrecy or an inability to open up to anyone
- Being unwilling to express needs and desires and expecting others to guess what you want and need

Here are some ideas to balance an underactive throat chakra:

- Take a public speaking class or join an organisation such as Toastmasters
- Ask outright for what you want
- Watch a funny film
- Write some poems and share them with others
- Sing out loud
- Learn a new language
- Scream (perhaps into a pillow, or out in the countryside so that no one can hear you!)

THE THIRD EYE CHAKRA

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



Because you are doing this course, it is unlikely that you will be suffering from an underactive third eye chakra (since people with underactive third eye chakras are not usually interested in developing their intuition).

But if your third eye is underactive, it will manifest as:

- Struggling to see situations from another person's point of view
- Lack of intuition or even belief in intuition
- No desire to see or know what lies beyond the surface of life
- Inability to think for oneself
- No desire to learn anything new
- Lack of self-awareness

Here are some ways to balance an underactive chakra:

- Practise envisioning the week that you want to have on Sunday night – 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

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.

An underactive crown chakra usually manifests as being completely cut off from the spiritual side of life. It could also cause a person to feel their life is devoid of any deeper meaning or significance.



Here are some ideas for balancing an underactive crown chakra in particular:

- Make peace with religious experiences and religious people who have impacted you negatively
- Make a gratitude list every day
- Go on a water fast
- Meditate regularly
- Go on a spiritual retreat

After you have followed these suggestions, if you detect that one or more of your chakras is still closed or overactive, you may be in need of some healing. In many cases, it is possible to make changes to our own chakras by taking actions that affect them, but some chakras contain emotional or spiritual patterns which consistently undermine you, no matter what you do.

A negative cord is one very common cause of these patterns. 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 to an overbearing parent, or to someone who abused you or put you down verbally.

If one of your chakras seems unbalanced and you are unsure about whether you need some kind of healing to address this, write that question down in your notebook as one to potentially ask your Spirit Guides later on in this course.



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 (there is also a written transcript provided of the meditation, in case it helps to have that).

Then for three days in a row, do the following without using the meditation as a prompt:

1. Ground yourself
2. Open your chakras
3. Clear them out
4. And 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.

Something I want you to get into the habit of doing as you move through this course is, to make a note (in the 'new psychic experiences' section of your notebook) of any intuitive guidance that you receive or spiritual experiences that you have.

For example, if you do the Chakra Meditation, and you 'feel' something when you do it, make a note of that, and in particular, write down the details of what happened and how you experienced it. *(Although as mentioned, don't fret if you don't have any experiences to report. It is normal for people not to have any until after they finish the course. No pressure and no expectations!)*

If you have a question after finishing this chapter, please refer to the FAQ for Chapter Five. The questions in that document are ones that have been asked repeatedly by students of this program, so it is likely that if you have a question about the Chakra Meditation or your experiences with it, it will be answered there.

