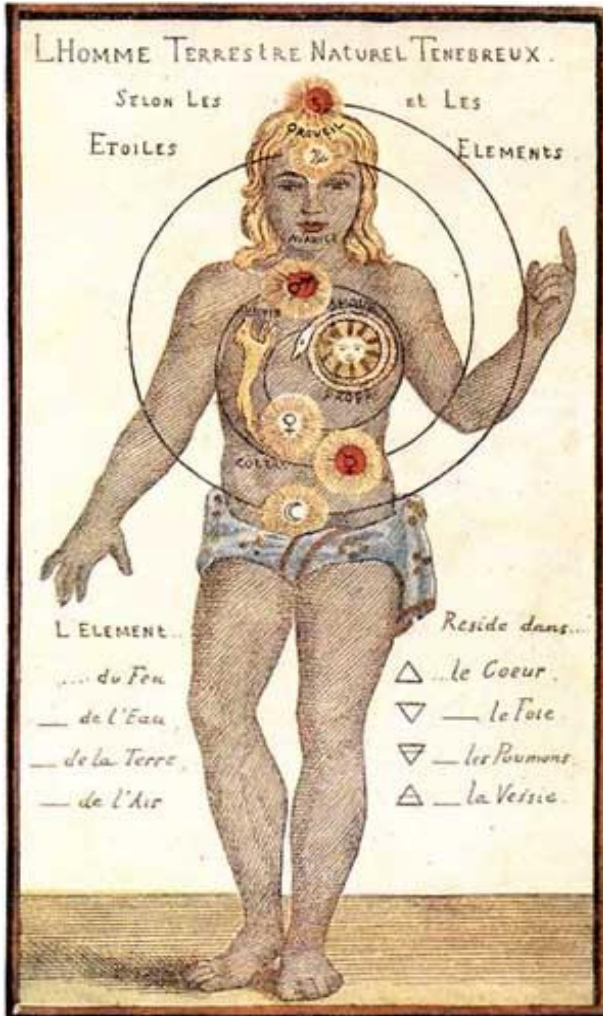




THE HUMERUS CHAKRA EXERCISE



The Humerus chakra is a vital center that allows us to process and organize the energies that inhabit our living space. Its function is to filter the heavy and dense energies that transition through our auric fields. The more we develop and work with the different qualities of our vibratory pattern, or invest in our spiritual

advancement; more we will be working directly with the Humerus Chakra.

We can see the imbalance of this chakra when we feel three different factors at play:

1. A pessimistic way to see life, or always a negative outlook upon different circumstances. It is always followed by a tendency to complain too much and to recount experiences through a victim standpoint.
2. General vulnerability to external energies: It may be a sign of having “holes” or tears on the auric field, creating the propensity to be de-vitalized, depressed or oppressed by people in your immediate environment.
3. When there is a clear impression of the influence of intrusive energies coming from energy attachments or entities. It is of great importance to know how to differentiate between the lack of harmony and interference that may come into our system through the heart chakra, which opens the doors of the emotional body, and the influences that may manifest through the Humerus Chakra, which give us an accurate reading in the degree of vulnerability to an

ample spectrum of intrusive and negative energies.

The following meditation will assist you with the rebalance of your bio-energetic energies, allowing the realignment of your chakras and a connection with your Higher Self. The Humerus Chakra will amplify your inter-dimensional communion with other parts of the self, opening you to another way to absorb and filter energies through vivid awareness.

STEP 1

If you practice meditation on a regular basis, it is advisable that you chose a fixed place and time to continue your practice. This will help you to form a personal egregore, which will facilitate the internal connections with your Higher Self and will stabilize your energies. If possible, chose a place where you will not be disturbed for a short time, while you practice this exercise.

STEP 2

To improve the ambience, you should light incense or an aromatherapy lamp. The fragrances assist in the harmonization of the environment, allowing the meditative experience to be enhanced. Chose music to calm your thoughts and elevate your spirit.

STEP 3

With your mind's eye, visualize a white mist surrounding your physical body; slowly visualize a series of bright silver points pungently spiraling around your

body, gradually entering your auric field and reaching steadily your physical body, bringing you calm and tranquility.

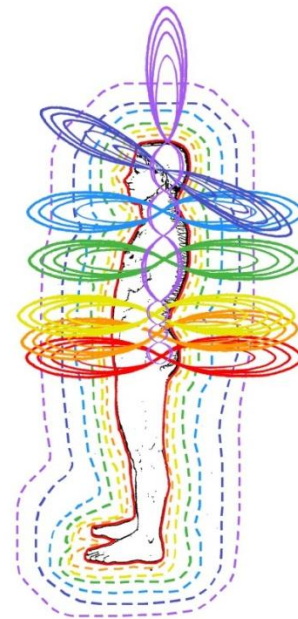
STEP 4

Breathe deeply three times before you start this stage. Visualize your body inside of a tube of Light. This tube vibrates on the frequency of the violet ray. The violet ray is a prime ray for purification and cleansing of the bioenergetics of the physical body. With the violet flame, you are able to transmute all the dense energies that may have entered your dimensional fields.

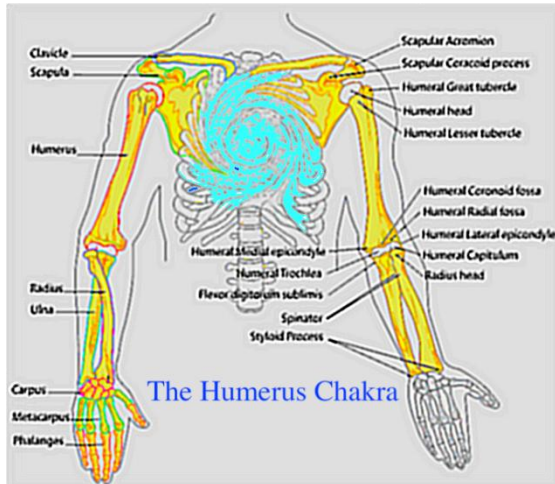
With your mind's eyes, visualize the Humerus Chakra, located at the left scapular on your back, at the level of your left lung, which is the energy point responsible for your psychic protection, showing a cone of blue light energy, with the frequency of celestial blue. Imagine

All Seven Chakras

All Seven Auric Fields



this cone of light expanding and retracting horizontally in the front and the back of the chakra in a cyclic movement.



After doing this same meditation for a couple of minutes, now imagine your entire chakra system vibrating in unison, as one. When you reach the stage where you can actually feel physically the sensation of pulsating, visualize a powerful white light emanating from your crown chakra towards the Center of the Universe. Next, do the same visualization in the inverse order, where the powerful white light enters your system through your crown and traverse all your chakra system and is sent towards the center of Earth, grounding and connecting you with this planet.

Visualize all the filaments that are weaved as connections among the chakras as living Light. As they increase pulsating at the pace of your breath, envision and explosion of Light powerful enough to transform all the dimensions of your body in pure radiant energy.

Try to maintain, this vibration for as long as you may feel necessary, until you feel that it is time to end this transmission.

When all the corporal chakras are back into their spherical format, there form web that connect the energy centers with the spirals points in the surface of the skin. These points are the ones that are interconnected with bigger points of our axitonal systems. Once connected with the axitonal lines, the chakras are able to bond with a broader web of Universal resonance, creating coherent wave movements aligned with higher levels of evolution. These connections and refinement allow the chakras along with the subtle bodies: emotional, mental, and spiritual to meld themselves, forming an unified field of Light energy.

It is inside of this new unified field that an individual conquers the real substrate to receive and manifest the bodies that pertain to a superior Mind, inevitably connected with the waves and the new vibrations of the Universe. It is like an energetic and dimensional upgrade. This entire different new system start transmitting the waves and pulsating impulses by the means of these spiraling circulatory points vibrating towards the circulatory axitonal system that at its turn regulates the flux and influx of body fluids and energy.

