



THE DOLPHIN CHAKRA CRYSTAL MEDITATION



PRELIMINARY

Find a comfortable place to sit.

Begin a 4 x 4 breathing pattern:

- Breath in 4 beats
- Hold 4 beats
- Breath out 4 beats
- Hold 4 beats.

Center yourself in your Heart Chakra.

MEDITATION

Visualize yourself basking in the sun on a tropical beach. Feel the warmth of the sand on your back and light of the sun on your skin.

The ocean is smooth as glass, reflecting the light and the expanse of the sky.

As Above, So Below.

Slowly, the tide is coming in. There are no waves: the water just slowly rises. Filled with radiance of the sun, the water is like liquid light.

The water continues to rise and soon, you are floating in an expanse of liquid light stretches off to the horizons. There is you, the sun and the liquid light. You feel it cradling your body and filling each and part of you with its luminosity.

You become aware that another is with you. You turn your head and there is a dolphin. He is bright blue and his dark eyes are filled with ancient wisdom. You stare at each other, recognizing deep and ancient kindred.

He turns to go and then pauses, looking back at you. Slowly, as if the water is viscous, you reach out and grasp hold of his dorsal fin.

Together you move out over the water. Slowly, he begins to move down beneath the surface. You open your mouth and breathe in the liquid light. The warm liquid light permeates you being.

Once you are comfortable with the transition from the surface to under water, the dolphin dives at a steeper angle, taking you downward into the heart of the ocean.

Ahead, you see pillars of light: one for each color of the rainbow surrounding one of brilliant whiteness. As you move closer, you notice that these pillars of light are beamed upwards from giant crystals of the same colors.

You swim in a complete circle around the crystals, marveling at their size and beauty.

You move closer to the top of the giant red crystal. Once there, the dolphin starts swimming in a downward clockwise spiral

around the crystal. You feel your first chakra open. The red energy cleans, purifies, and recharges your root chakra and you can feel the energy spinning in harmony with the clockwise spiral of the dolphin. When the dolphin reaches the bottom of the crystal, the energy of your first chakra has been reset to its original Divine blueprint and all the energetic debris has been cleaned and purified.

You send out your Gratitude for the gift you have received. The dolphin swims back up to the top of the crystals.

You move closer to the top of the giant orange crystal. Once there, the dolphin starts swimming in a downward clockwise spiral around the crystal. You feel your second chakra open. The orange energy cleans, purifies, and recharges your second chakra and you can feel the energy spinning in harmony with the clockwise spiral of the dolphin. When the dolphin reaches the bottom of the crystal, the energy of your second chakra has been reset to its original Divine blueprint and all the energetic debris has been cleaned and purified.

You send out your Gratitude for the gift you have received. The dolphin swims back up to the top of the crystals.

You move closer to the top of the giant yellow crystal. Once there, the dolphin starts swimming in a downward clockwise spiral around the crystal. You feel your third chakra open. The yellow energy cleans, purifies, and recharges your third chakra and you can feel the energy spinning in harmony with the clockwise spiral of the dolphin. When the dolphin reaches the bottom of the crystal, the energy of your third chakra has been reset to its original Divine blueprint and all the energetic debris has been cleaned and purified.

You send out your Gratitude for the gift you have received. The dolphin swims back up to the top of the crystals.

You move closer to the top of the giant green crystal. Once there, the dolphin starts swimming in a downward clockwise spiral around the crystal. You feel your fourth chakra open. The green energy cleans, purifies, and recharges your fourth chakra and you can feel the energy spinning in harmony with the clockwise spiral of the dolphin. When the dolphin reaches the bottom of the crystal, the energy of your fourth chakra has been reset to its original Divine blueprint and all the energetic debris has been cleaned and purified.

You send out your Gratitude for the gift you have received. The dolphin swims back up to the top of the crystals.

You move closer to the top of the giant blue crystal. Once there, the dolphin starts swimming in a downward clockwise spiral around the crystal. You feel your fifth chakra open. The blue energy cleans, purifies, and recharges your second chakra and you can feel the energy spinning in harmony with the clockwise spiral of the dolphin. When the dolphin reaches the bottom of the crystal, the energy of your fifth chakra has been reset to its original Divine blueprint and all the energetic debris has been cleaned and purified.

You send out your Gratitude for the gift you have received. The dolphin swims back up to the top of the crystals.

You move closer to the top of the giant indigo crystal. Once there, the dolphin starts swimming in a downward clockwise spiral around the crystal. You feel your sixth chakra open. The indigo energy cleans, purifies, and recharges your sixth chakra and you can feel the energy spinning

in harmony with the clockwise spiral of the dolphin. When the dolphin reaches the bottom of the crystal, the energy of your sixth chakra has been reset to its original Divine blueprint and all the energetic debris has been cleaned and purified.

You send out your Gratitude for the gift you have received. The dolphin swims back up to the top of the crystals.

You move closer to the top of the giant violet crystal. Once there, the dolphin starts swimming in a downward clockwise spiral around the crystal. You feel your seventh chakra open. The violet energy cleans, purifies, and recharges your seventh chakra and you can feel the energy spinning in harmony with the clockwise spiral of the dolphin. When the dolphin reaches the bottom of the crystal, the energy of your seventh chakra has been reset to its original Divine blueprint and all the energetic debris has been cleaned and purified.

You send out your Gratitude for the gift you have received. The dolphin swims back up to the top of the crystals.

The dolphin now moves to the center of the circle of crystals, to the giant clear crystal that pulses with brilliant white light. He starts his slow counterclockwise downward spiral around the crystal. Your chakras are all fully charged from the individual crystals and they start resonating in time, merging into one unified chakra.

Light fills you even fuller and part of you is amazed that your consciousness and energetic bodies are expanding to accept more and more of the white light.

You realize that this Light is the Light and Love of Source, of All That Is.

You bask in the Light.

You bask in the Love.

You are One with All That Is.

(Spend as long as you wish in this connection with Source)

When you come back to yourself, you are laying back on the beach. The water has receded, but your dolphin is swimming back and forth just beyond the water's edge.

You rise, and with your hands together, you bow to the dolphin. Namaste. You send out your Gratitude.

The dolphin rises vertically from the water and dips his head. *Namaste, little sister/brother. You are welcome.*

CLOSING

Slowly come back to yourself. Continue to breath in the 4 x 4 breathing pattern:

- Breath in 4 beats
- Hold 4 beats
- Breath out 4 beats
- Hold 4 beats.

Concentrate on the sensations in your chakras. Feel the change in energy.

Close the meditation by sending out Gratitude for the gift you have received and with a Blessing and Prayer for the Healing of others.

Aum Shanti OM. Aum Shanti OM. Aum Shanti OM. And So It Is.

