

BLOCKAGES

21 SEPT 2012

by

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CMG Archives

<http://www.campbellmgold.com>

(2012)

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Introduction

Blockages to our progress are a common phenomenon and with the current difficult cycle of universal energy both internal and external blockages are manifesting with a tenacious grasp and serious consequences.

Consequently, if we analyse the universal energy flow, particularly over the past five to ten years, we find that the more spiritually developed/sensitive the individual is, especially in terms of esoteric existentialism, the more resistance to personal progress they have been experiencing as they interface with the physical world.

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21 Sept 2012

This personal resistance phenomenon is particularly true of the difficult universal energy cycle that commenced five years ago, 21 March 2007 (interestingly marked by the beginning of the actual global *financial meltdown), and which reached an unprecedented reflexive event threshold recently - 21 Sept 2012:

*(*April 2007 - New Century Financial, which specialised in sub-prime mortgages, filed for Chapter 11 bankruptcy protection and cut half of its workforce.*

Because it sold on many of its debts to other banks, the collapse in the sub-prime market now began to have an impact at banks around the world.)

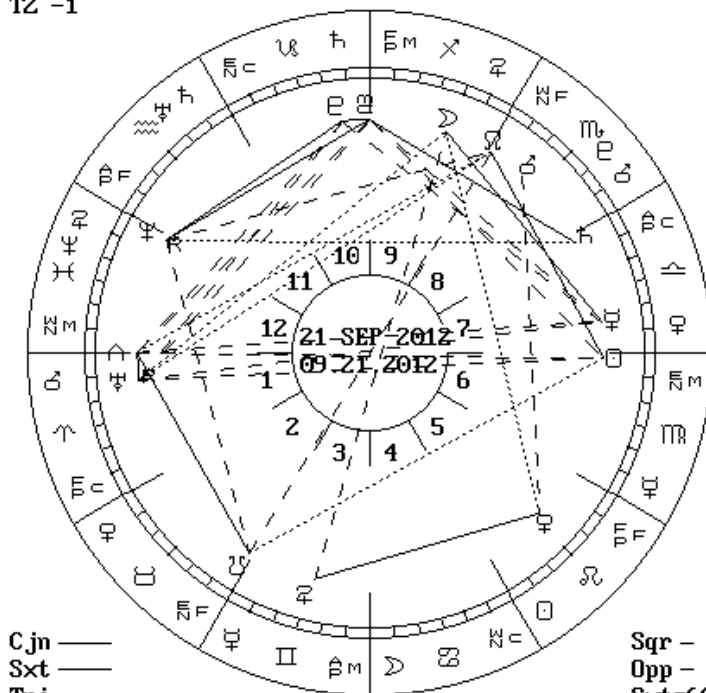
21 SEPTEMBER 2012
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SUN 28VIR52 LA 51.32
 MOO 10SAG58 LO .05
 MER 07LIB48 TZ -1
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F - 4
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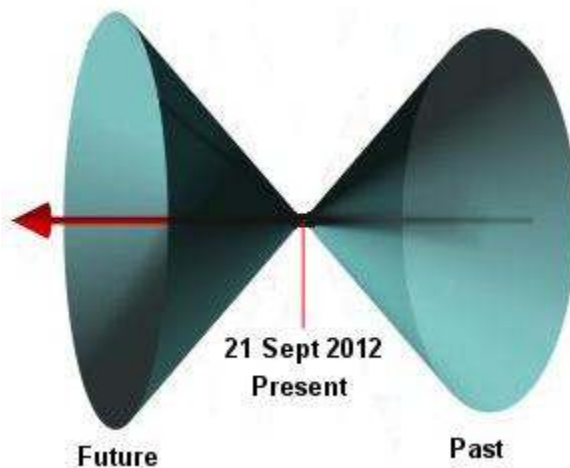
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(mm.dd.yyyy)

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A new cycle begins c. 21 Sep 2012 wherein the past compresses through a reflective birthing cycle into an initial future of reflexed manifestation.

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21 SEPTEMBER 2012 REFLEXED
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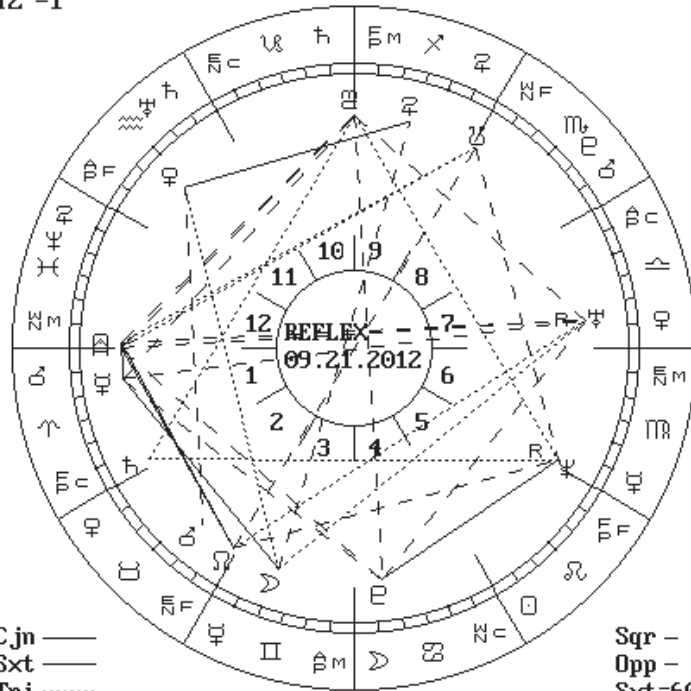
In "reflexed" interpretation, 21 Sept 2012 can be represented thus:

SUN 28PIS52 LA 51.32
 MOO 10GEM58 LO .05
 MER 07ARI48 TZ -1
 VEN 16AQU26
 MAR 19TAU04
 JUP 16SAG06
 SAT 28ARI21
 09.21.2012

F - 4
 E - 3
 A - 3
 W - 2

 P - 7
 N - 5

BT 0 PM
 URA 06LIB51
 NEP 01VIR01
 PLU 06CAN56
 ASC 00ARI00
 MID 00CAP00
 MNN 28TAU58
 MSN 28SC058



01A 00ARI00
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C - 6
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 Opp - - -
 Sxt=60
 Tri=120

(mm.dd.yyyy)

Note: There is almost a complete Key of Atlantis represented through reflexed energy.

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This will be a time of very interesting and contrasting energy manifestation (as above, so reflexed below; and as below, so reflexed above) within all levels of the individual's being (physical/health, emotional/feelings, mental/perceptions, and consciousness/projection).

Additionally, influences from the past, including past cycles, will particularly impinge upon the now - especially those past cycles with unfinished business or unresolved issues from the more recent past.

This will also be true of social change cycles, and past cycles will be reflected in the manifested energy of the now. Consequently, this will be a good time to look back to move forward - to let go of (ground) restricting past issues and to project unencumbered into the future.

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Important:

As this new cycle unfolds, the reflex components will slowly fade over time.

Unfortunately, there is no "one size fits all" interpretation, and the unfolding cycle's energy profile must be overlaid on the individual's life-force energy profile, or the social collective profile, to analyse specific influences and to extrapolate possible trends.

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The Blocking/Restricting Effect

At this time, we are experiencing a universal energy outflow that, as it courses through us as individuals and through our experiential plane as a collective, the past (including the collective past) is reflected in the experiential energy of the now. This is termed a "reflexive" energy flow and, though rare, it can be very disturbing with the result that, as many people have identified, there manifests an intangible and almost indefinable hindrance in personal development and desired goal achievement. One knows subjectively that there is something blocking or restricting one's progress, but it just cannot be confidently quantified.

So what's going on?

In reality we are experiencing an energy flow that causes vibrations, ripples if you will, within our physical experiential self that stimulate uncontrolled and spontaneous symbolic memory reflections (from etheric memory to physical memory - as mentioned previously this is a very unusual phenomenon) of past experiential energy reality and the result is a block (which is difficult to analyse - i.e. etheric symbology which is presented to a level of consciousness which is only equipped to analyse three dimensional and five sense input) to further progress.

The question is, can the blocks be identified and resolved?

Yes, the blocks can be identified and resolved; however, the resolution will be dependent upon how an individual's spiritual reality is structured.

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Spiritual reality

Spiritual reality falls into two categories:

- 1) Archetypal Spiritual Reality
- 2) Self-Determined Spiritual Reality

Important Note

Some individuals have no spiritual reality whatever, and consequently they passively and autonomically flow through life in the physical plane with the unfolding universal energy randomly expanding their consciousness in the experiential now.

With such individuals it is difficult to resolve any energy blocks that may arise. Moreover, such individuals tend to consult allopathic practitioners rather than esoteric ones; and it is true that they seem to enjoy the prescribed chemicals.

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1) Archetypal Spiritual Reality

All Archetypal Spiritual Reality is based on an evolved spiritual hierarchy (Gods, archangels, angels, guardians, ascended masters, masters, prophets, prognosticators, enlightened ones, illuminators, teachers, gurus, channels, mediums, empaths, sensitives, healers, etc.) which operates within well-defined structures, systems, rites of passage, and established protocols and procedures in both the etheric and physical planes. Again we can identify the old principle of "as above, so below, as below, so above, etc."

In our physical experiential plane the archetypal type of spiritual reality is by far the most common and the most subscribed by individuals. And it's plain to see why - once associated with a particular system, the individual can basically let go and they will be assisted/guided along a "workable/logical" predefined course. Objectives, methodology, and expectations are usually clearly defined and the follower will have an identifiable/tangible support structure of individuals and associated knowledge to help them achieve their desired results. Additionally, many self-determined spiritual individuals also subscribe to and utilize, though possibly only in part, archetypal elements or sub-systems.

For archetypal followers, blocks to personal progress are always internal - a dualistic imbalance related to a past (bad) action/decision which must be resolved/removed and "balance/full fellowship" restored. The resolution process is typically achieved through external intervention/help by another individual who is more "evolved" or "knowledgeable" or "has authority" and is able to help with resolution. Many Archetypal Spiritual systems/practitioners claim the authority to bind/loose energy in the etheric/physical planes (as above, so below, etc.).

Regarding blocks, there is an interesting paradox here - even though the "block" may be external (universal energy, projected energy, attached energy parasites, physical ignorance, etc.), it will still be internalised by the archetypal follower. The internalisation process automatically takes place through sympathetic energy induction (as above so below - as external so internal). However, and this is important, because of the structure of the physical world energy dynamics - "as internal so external" is not possible to spontaneously achieve a direct physical manifestation outside of the physical body. The physical world energy dynamics were deliberately structured with a safe guard to thus prevent thought generated physical manifestations from being easily effected.

Can disease (physical, emotional, mental, etc.) be caused by blocks?

Yes, disease imprinting in the physical body is often the result of blocks, both internalised and external which have been internalised through sympathetic induction.

In real terms, disease is the imbalance of energy flow through the body and can be corrected by re-establishing energy flow balance through the body - and again that could entail the removal of any blocks that are impeding or distorting the natural flow of energy through the individuals physical body.

Important Note

To successfully heal/repair the body and to engender health and longevity (2 x life-span) (i.e. achieving optimum energy flow and balance), four simple keys are required:

- 1) Oxygen
- 2) The 12 mineral building blocks of the physical body/life
- 3) The specific elements (vitamins and minerals, etc.) that the body cannot manufacture by itself
- 4) The transforming power of the subconscious mind

That's all that's needed! (See Appendix)

How is the resolution of blocks achieved?

With Archetypical Spiritual Reality systems, etc., the blocks are typically identified by empathic sensitivity and are interpreted as stereotypical characterisations of good and bad actions/choices in past cycles/experiences which are then personified into human-spiritual accepted group norm terms, and measured against the laws, statutes, and consensus of the archetype. I.e. an individual has done something "bad", or there has been a "bad episode" in their past (this or previous cycles) and consequently there is a "block" in the present which prevents them from moving forward or attaining their desires. Often karma is also added into the equation. Consequently, by following the archetypical healing processes and required protocols the individual may be restored to state of balance and full fellowship and are then able to move on.

If an individual is on such a path, then healing and rebalancing should be readily achievable through the ministrations and directions of the archetypical System; and I hasten to add that this is the case with the majority of such adherents/followers.

The only possible exception is when a block is in consequence to an external source (especially if ignorance is also present) and has been correspondingly internalised through sympathetic energy induction, no matter how much introspection, intervention, and healing is done externally the block just infinitely fragments into sub-cycles of linked energy which are never resolved.

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2) Self-Determined Spiritual Reality

For the individual who has self-determined their spiritual reality (as in esoteric existentialism), they find themselves completely outside the pale of any hierarchy with its associated structures, elements and beings, and are therefore left to identify and resolve any blocks by themselves.

However, the esoteric existentialist understands that all experienceable reality is just energy - in fact, all experienceable reality (physical, etheric, mental, and conscious) is the energy-potential of the common-collective projected through that collective's individual will. In other words, the experienceable universe is but a reflection of the individual's own potential that they have yet to experience and unify with.

Because of this understanding and approach, all perceived "blocks" are external, and can be defined and identified as un-synchronised energy which causes reflexed memory traces from the past (the collective past, previous cycles, and this cycle) to impinge in the now, and consequently interrupt, attenuate, or distort the flow of experiential reality in a relentlessly unfolding space time continuum and thus impede progress.

Such distortion or imbalance revealed/manifested in the individual's life-force energy flow can not only impede progress, but can also imprint dis-ease with associated physical, emotional, and mental pathologies.

How is the resolution of blocks achieved?

Because everything relates to energy and energy flow, the key to the resolution of blocks is the simple utilization of the individual's etheric body to balance and correct the energy flow in the physical body - again, "as above, so below".

Because of the incomplete nature/physiology (two-strand DNA where ten-strand DNA is needed) of the human physical body, it is not surprising that life-force energy problems occur and life expectancy is so short - as below, so the individual's energy above is distorted and attenuated as it flows down and through.

Consequently, to clear any blocks and to get the energy flowing harmoniously, and as it should, it is necessary to relax the physical body to a level where the individual's consciousness can disconnect

from the physical, go up a notch, and directly link with the etheric body and associated personal and collective memories (which, in reality, are one and the same) associated therewith.

In this projected state the uncontrolled and spontaneous symbolic memory reflections (from previous cycles) and the negative memory trace engrams (from this cycle), when reviewed and understood, will simply discharge and become part of the individual's accreted experiential reality. In this state "energy is energy, and there is no good or bad, right or wrong, guilt or innocence, or duality - there is only experiential energy that the individual has unified with, and experiential energy (potential) that the individual has yet to unify with.

Consequently, when the trace engrams are reviewed, the etheric awareness understands the symbolism (recorded in the energy matrix - memory) and the experiential reality is simply accepted and added to the personal and collective etheric memories.

Once something has been experienced (and this is especially true of experiences in the physical world of sensation) it cannot be un-experienced; consequently, it has to be accepted as just that - an experience. Not good, not bad, not right, not wrong - just an experience. Consequently, this process of reviewing the blocks/engrams/memories/experiences/distorted energy, etc., in a state of etheric awareness, allows for "acceptance" to be unconditionally effected, and the associated energy to be discharged and the block removed.

The simplest and the most general approach is to simply relax the physical, and through the subconscious mind (the etheric consciousness) balance the body's energy centres (the chakras) and, by reflex, the distorted energy and blocks are resolved. (See Appendix for a simple Chakra Balancing Procedure that can be therapist directed or self-administered)

If needed, a more specific approach can be effected (engendering positive change, healing, improving spirit vision and insight, exploring specific cycles and memory traces, etc.). However, the procedure is exactly the same - relax the physical, let go, raise consciousness to an etheric level, and then use the etheric consciousness to specifically explore, understand, reprogram the self, and resolve the energy traces of existence.

Visit: <http://www.campbellmgold.com> for specific programs that can help.

Is not this true meditation - to relax deeply, to let go, and to synchronise with the universal energy flow? The universe is unfolding as it should, and by synchronising therewith the individual will also unfold as they should.

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Afterword

As the seeker develops along their experiential path, they become aware that they are different from the majority of people around them, and very different from the structured spiritual individuals they encounter.

Moreover, the blocks that the seeker has been feeling, especially at this time (Sept 2012), are indeed uncontrolled and spontaneous symbolic memory reflections which are the result of the difficult universal energy cycle the earth has been exposed to over the past few years.

Consequently, it is important to remember that the blocks are only experiential energy that have got stuck in the pipe and all we need to do is to accept it and it will discharge. There is nothing we can do to un-experience or pay for anything that has been; so we just accept our experiences, we learn, we understand, and we move on. After all, we are the sum total of our experiences to date - and there is no good or bad, light or dark, hope or despair; right or wrong; there is only the accreted experiential energy that we are. Even God cannot change the past!

So we man-up, we wipe the blood out of our eyes, we unconditionally accept who we are, and we drink deeply from the cup of life - for it is good, it is very, very, good. And if our association with other travellers, on the journey of life, is beneficial to them - then that is also very, very, good.

We don't need to do anything except to let go, take each day as it comes, and let our etheric-selves take us into the next phase of experiential reality.

So don't over analyse, just be - you are already where you need to be...

End

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APPENDIX
THE FOUR KEYS
TO
HEALTH AND LONGEVITY

Introduction

There are four keys, which if correctly applied will greatly engender health and longevity to the point of doubling the individual's life span:

The First Key to health and longevity is simply Oxygen. Without oxygen the human organism dies; and with the correct application of oxygen, the human organism will not only live, but will live better, destroy disease, heal quicker, and dramatically live longer.

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The Second Key to health and longevity links to the "elements of life". When Dr W H Schuessler (1821-1898) analyzed human blood and tissue, he found that there were ten essential constituent minerals. Moreover, with any imbalance of those minerals, the situation develops that is called "illness" or "disease". However, a normal balance of the twelve essential minerals can be re-established with the administration of the deficient mineral in a readily assimilated form, which passes rapidly into the bloodstream and then into the cells, and an augmented healing takes place.

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The Third Key to health and longevity is to supply the missing links, the elements that the body cannot synthesize itself, to the body. Remember what Linus Pauling (1901-1994) said, "*You can trace every sickness, every disease, every ailment to mineral deficiency.*" This is where the third key comes in, and the application of vitamins and minerals to correct the deficiency and to effect wellbeing, healing, and to promote longevity.

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The Fourth Key to health and longevity is rooted in the power of your subconscious mind. Dr Joseph Murphy (1898-1981) summed up the Fourth Key when he said: "*Within your subconscious depths lie infinite wisdom, infinite power, and infinite supply of all that is necessary, which is waiting for development and expression... I have seen the power of the subconscious lift people up out of crippled states, making them whole, vital, and strong once more, and free to go out into the world to experience happiness, health, and joyous expression. There is a miraculous healing power in your subconscious that can heal the troubled mind and the broken heart. It can open the prison door of the mind and liberate you. It can free you from all kinds of material and physical bondage.*"

Thus, by releasing the power of your subconscious mind, you can attract all that you desire into your life, including health, abundance, and longevity.

End

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APPENDIX

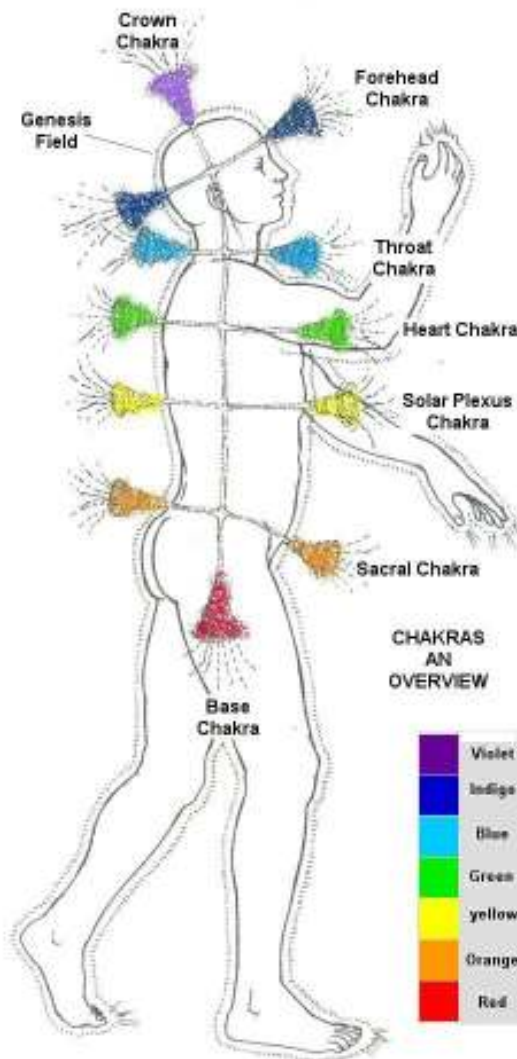
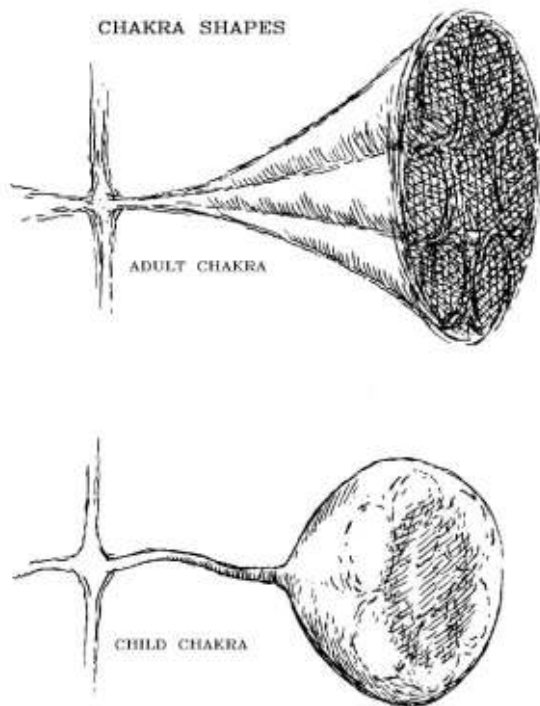
CHAKRA

BALANCING/PROTECTION

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Introduction

The chakras are seven energy centres, rooted in the subtle body, which can be detected and evaluated in the physical body. The chakras appear as spinning cone-shaped vortices of energy, or as saucer-shaped depressions. The shape and size of any specific chakra is dependent upon the health, and 'spiritual' condition of the individual. However, anyone can learn to sense a chakra's energy with their hands or a pendulum. Typically, the chakra manifestation on the front of the body (which is stronger than the one manifested on the back of the body) is used for visualisation, evaluation, and manipulation purposes.



Located along the spine (crown of head to coccyx), the seven chakras are channels and distributors of the universal life-force energy, which flows through and between the individual's physical and the subtle bodies.

Balanced chakras result in protection, vitality, and health. Distorted, unbalanced, weak, or blocked chakras can be a reflection of physical, emotional, or mental trauma (including past cycle trauma); or it could be an indication of the individual being the target of psychic attack or the emotional projections of others. However it is not necessary to identify any specific pathology or negative projection.

By simply balancing the chakras, the individual will be protected from negative projections and the psychic attack of others, and the natural healing process, triggered by the subconscious mind, will be augmented.

The chakras can be easily balanced through the simple visualization procedure that follows.

Chakra Position

The crown chakra is located on the top of the head and vibrates to the colour violet.

The forehead chakra is located in the centre of the forehead and vibrates to the colour indigo.

The throat chakra is located in the centre of the throat and vibrates to the colour blue.

The heart chakra is located in the centre of the chest, above the heart, and vibrates to the colour green.

The solar plexus chakra is located approximately three inches above the navel and vibrates to the colour yellow.

The sacral chakra is located approximately three inches below the navel and vibrates to the colour orange.

The base chakra is located at the base of the pelvis and vibrates to the colour red.

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Chakra Balancing/Protection Procedure

Read through the following procedure several times, and then carry it out. Alternatively, record the procedure and listen to it as a directed session.

Position/Comfort

Sit or lie down.

Sitting

If you are sitting, position yourself with your spine straight, feet flat on the floor, and your palms facing up on your lap. You may wish to place a firm pillow behind your back to help you achieve this position.

Lying

If you are lying down, lie flat on your back with your arms and legs uncrossed.

Open Body Position

By positioning yourself in an open-body position, sitting or lying, with your spine straight, you allow your natural channels of energy to open up and flow freely. In this position you will relax, and you will be able to balance and protect your chakras; and after you've finished, you'll come away feeling refreshed, positive, and full of new energy.

Close your eyes and take a long, slow, deep breath.

Be aware of the normal sounds around you - these sounds are unimportant, so just discard them. Whatever you hear will only help you to relax deeper, and deeper.

Breathe slowly and deeply - let your lungs expand to their fullest and release.

With every breath you take, you will become more and more relaxed.

Let go of tension and doubt.

This is your time; you are safe within this space of gentle peace and concentration.

Breathe slowly and deeply.

Four Breath Relaxation

You are going to take four, long, slow, deep breaths to remove all outside influences, and to slip into relaxation.

With each breath concentrate on relaxation, and just let tension flow away.

Now inhale fully and deeply, and relax from the top of your head, to the tip of your toes. Exhale, and feel all tension flowing out.

Inhale and just relax. Exhale, and feel the warmth of relaxation flow over you.

Again, inhale, relax, relax, and relax. Exhale and feel your body melting.

One more; inhale and let go. Exhale and just let go, and melt into complete relaxation.

Continue to breathe, slowly, and deeply, at your own natural level.

Deepening the Relaxation

Count down from 10 to 1, and with each descending number you will drift even deeper into peaceful and total relaxation.

10, 9, 8, drift deeper.

7, 6, 5, deeper, and deeper

4, 3, 2, drifting deeper, and deeper still,

1, deeper, and deeper.

You are now relaxed, and this is the ideal state for chakra visualisation.

Opening/Balancing the Chakras

Now focus your attention on your **BASE chakra** *at the base of your pelvis* and visualise a beautiful **RED** flower in bud at the centre of the chakra.

Watch the petals unfold as the flower reaches its fullest size.

Visualise a glowing **RED** light radiating outwards from the flower.

Feel the light expand and fill every part of your body.

Visualise every cell in your body filled with the **RED** light.

See your aura completely filled with the **RED** light.

And see the **RED** light extending beyond the limits of your physical body.

Now focus your attention on your **SACRAL chakra** *about 3 inches below your navel* and visualise a beautiful **ORANGE** flower in bud at the centre of the chakra.

Watch the petals unfold as the flower reaches its fullest size.

Visualise a glowing **ORANGE** light radiating outwards from the flower.

Feel the light expand and fill every part of your body.

Visualise every cell in your body filled with the **ORANGE** light.

See your aura completely filled with the **ORANGE** light.

And see the **ORANGE** light extending beyond the limits of your physical body.

Now focus your attention on your **SOLAR PLEXUS chakra** *about 3 inches above your navel* and visualise a beautiful **YELLOW** flower in bud at the centre of the chakra.

Watch the petals unfold as the flower reaches its fullest size.

Visualise a glowing YELLOW light radiating outwards from the flower.
Feel the light expand and fill every part of your body.
Visualise every cell in your body filled with the YELLOW light.
See your aura completely filled with the YELLOW light.
And see the YELLOW light extending beyond the limits of your physical body.

Now focus your attention on your HEART chakra *in the centre of your chest above your heart* and visualise a beautiful GREEN flower in bud at the centre of the chakra.
Watch the petals unfold as the flower reaches its fullest size.
Visualise a glowing GREEN light radiating outwards from the flower.
Feel the light expand and fill every part of your body.
Visualise every cell in your body filled with the GREEN light.
See your aura completely filled with the GREEN light.
And see the GREEN light extending beyond the limits of your physical body.

Now focus your attention on your THROAT chakra *in the centre of your throat* and visualise a beautiful BLUE flower in bud at the centre of the chakra.
Watch the petals unfold as the flower reaches its fullest size.
Visualise a glowing BLUE light radiating outwards from the flower.
Feel the light expand and fill every part of your body.
Visualise every cell in your body filled with the BLUE light.
See your aura completely filled with the BLUE light.
And see the BLUE light extending beyond the limits of your physical body.

Now focus your attention on your FOREHEAD chakra *in the centre of your forehead* and visualise a beautiful INDIGO flower in bud at the centre of the chakra.
Watch the petals unfold as the flower reaches its fullest size.
Visualise a glowing INDIGO light radiating outwards from the flower.
Feel the light expand and fill every part of your body.
Visualise every cell in your body filled with the INDIGO light.
See your aura completely filled with the INDIGO light.
And see the INDIGO light extending beyond the limits of your physical body.

Now focus your attention on your CROWN chakra *on the top of your head* and visualise a beautiful VIOLET flower in bud at the centre of the chakra.
Watch the petals unfold as the flower reaches its fullest size.
Visualise a glowing VIOLET light radiating outwards from the flower.
Feel the light expand and fill every part of your body.
Visualise every cell in your body filled with the VIOLET light.
See your aura completely filled with the VIOLET light.
And see the VIOLET light extending beyond the limits of your physical body.

Confirmation

Your Chakras are now fully open and balanced.

After the opening and balancing of the Chakras it is important to close them again.

Leaving the Chakras open for too long can leave you vulnerable to negative outside energies and influences.

Closing/Protecting the Chakras

You are now going to close your chakras.
This will be done in the reverse order to that of opening and balancing process.

Now focus your attention on your CROWN chakra *on the top of your head* and visualise the VIOLET flower closing into a bud drawing all the VIOLET light back into it.
Watch the VIOLET bud shrink into a tiny point of light at the centre of the chakra.
Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.

Now draw a cross within the circle.
The CROWN chakra is now closed.

Now focus your attention on your FOREHEAD chakra *in the middle of your forehead* and visualise the INDIGO flower closing into a bud drawing all the INDIGO light back into it.
Watch the INDIGO bud shrink into a tiny point of light at the centre of the chakra.
Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.
Now draw a cross within the circle.
The FOREHEAD chakra is now closed.

Now focus your attention on your THROAT chakra *in the centre of your throat* and visualise the BLUE flower closing into a bud drawing all the BLUE light back into it.
Watch the BLUE bud shrink into a tiny point of light at the centre of the chakra.
Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.
Now draw a cross within the circle.
The THROAT chakra is now closed.

Now focus your attention on your HEART chakra *in the centre of your chest above your heart* and visualise the GREEN flower closing into a bud drawing all the GREEN light back into it.
Watch the GREEN bud shrink into a tiny point of light at the centre of the chakra.
Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.
Now draw a cross within the circle.
The HEART chakra is now closed.

Now focus your attention on your SOLAR PLEXUS chakra *about 3 inches above your navel* and visualise the YELLOW flower closing into a bud drawing all the YELLOW light back into it.
Watch the YELLOW bud shrink into a tiny point of light at the centre of the chakra.
Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.
Now draw a cross within the circle.
The SOLAR PLEXUS chakra is now closed.

Now focus your attention on your SACRAL chakra *about 3 inches below your navel* and visualise the ORANGE flower closing into a bud drawing all the ORANGE light back into it.
Watch the ORANGE bud shrink into a tiny point of light at the centre of the chakra.
Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.
Now draw a cross within the circle.
The SACRAL chakra is now closed.

Now focus your attention on your BASE chakra *at the base of your pelvis* and visualise the RED flower closing into a bud drawing all the RED light back into it.
Watch the RED bud shrink into a tiny point of light at the centre of the chakra.
Now in your mind's eye draw a circle in an anti-clockwise direction where the flower was.
Now draw a cross within the circle.
The BASE Chakra is now closed.

You are now completed and you may open your eyes when you are ready.

Conclusion

At any time in the future this procedure can be used to balance and protect the Chakras.

Always close the Chakras before going into crowded places or meeting people you find difficult or any situation that you may find threatening. Therapists should always close their chakras before working closely with clients to avoid depletion of their own life-force energy or negative imprinting.

Once an individual is accustomed to the procedure they will be able to do it readily and quickly whenever they desire.

End.

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