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CHAKRA POWER SECRETS

Clearing Your Chakras for Health, Prosperity, & Spirituality

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INTRODUCTION: YOUR JOURNEY BEGINS



Over a span of more than 50 years I have developed a clairvoyant ability to see chakras and auras and I understand the function of them and how they play a role in balancing the physical, mental, and spiritual state. In fact, the work I have done in over 40,000 individual counseling and healing sessions usually include scanning the chakras to discover the causes of blocks, accidents, illnesses, self-sabotage, depression, bad luck, and many other negative programs that are all processed through the chakras.

Chakras can be simply explained as the energy centers that exist within your body. Its name originated from an old Sanskrit word that means “wheel”, “circle” and “cycle”- which describes the spinning motions of Prana (vital life force energy) at these points.

These energy points serve as openings for Prana to flow through our physical bodies, where it will be taken up and collected to be transformed and emitted for use. These energy centers correspond exactly to the seven main nerve ganglia and are responsible for regulating physiological processes like the immune response, organ functions as well as psychological processes such as emotions and behavior.



There are seven major chakras present in the body - Root Chakra, Navel Chakra, Solar Plexus Chakra, Heart Chakra, Throat Chakra, Third Eye Chakra and the Crown Chakra. Each chakra is different in a sense that they have specific functions and qualities, which correspond to the refinement of energy from the base-level (the first six chakras) up to the higher vibration spirit-level awareness (the 7th chakra).

The three lower chakras (Root Chakra, Sacral Chakra, Solar Plexus Chakra) are associated with core emotions and needs, as the energy circulated at this particular area vibrates at a lower frequency and is denser in nature. Meanwhile, the four upper chakras (Heart Chakra, Throat Chakra, Third Eye Chakra and the Crown Chakra) correspond to our higher mental and spiritual aspirations.



Each chakra has a specific color associated to it, which can be attributed to its energetic qualities. The frequency of the vibrations it emits results in the different colors that are characteristic of the different chakras. This can be explained by the manifestation of the different colors we see

A blockage or unbalanced flow of energy in any one of these energy centers will result in the manifestation of health and/or emotional and behavioral problems. This leads to the inability to lead a fulfilling, happy, and abundant life.

The importance in discovering the functions of your chakras is to learn how to clear issues, information, and emotions stored and processed through each chakra.

When your chakras are clear they work for you rather than against you. In fact, once your chakras are clear, what you desire in relationships, finances, health, and spiritual qualities become almost automatic.



CHAPTER 1: TUNE INTO YOUR SUBTLE ENERGY

1. Have you felt like your energy is drained? It might be!
2. Do some issues you struggle with keep coming back? That's not just your karma!
3. Have you unexplained aches and pains? There is always a cause!
4. Does it seem like it takes a lot of effort to move forward? It is probably not bad luck!
5. Have you had a hard time controlling your weight? It may not be what you think!
6. Do you have mental confusion? It may not be in your head!
7. Do unexpected emotions come up out of "nowhere?" They're from somewhere!

These are common questions people have asked me about in my retreats and private sessions, and the answers to them don't lie where you'd think to look. Most people look for physical solutions to solve physical conditions, and sometimes that solves them; however, there is often another source of these conditions. Can you guess what that might be?

It is not uncommon for the answer to be where most people would never think to look. This is where learning to tune in to your inner space comes in handy. So in this book I'll be telling you what to look for and where to look. You'll need to spend a small amount of time applying some simple meditative techniques, but you'll be surprised at what you will discover.

Here's something to think about.

You may realize you've been struggling with some of the same issues for years, but knowing it hasn't freed you from it. Why is that?

I work with clients who tell me it wasn't until I guided them to understand the deep subtle causes of their problems that they were able to move past them.

So knowing about an issue is only the first step to a permanent solution. I know some people who have spent thousands of dollars with a plethora of techniques and therapy sessions, who told me it wasn't until I guided them to understand the deep causes of their problems that they were able to make lasting progress. This is because most therapies and self-help programs do not address the patterns held in a person's subtle energy field, and that includes techniques that access your subconscious mind.

There is an Invisible Force that Controls Your Life

So what is that all about? It comes down to the **subtle energy patterns** everyone has set in motion. These patterns show up first in your aura and chakras and then you feel the effects in your body and emotions.

That's right. Whatever is happening in your subtle energy field is affecting your life. What's more when you shift or change your energy field, your life will change as well. Now, How Do You Do That?

A good model to follow is addressing the kinds of energies you have stored in each of your chakras. The chakras are like energy computers that store and process your thoughts, beliefs, and feelings. Each of your major chakras does this a little differently from the others. *Here's what I mean...*

One of your major chakras is near where your physical heart is and it processes such negative issues as betrayal, heartache, regret, grief, and loss. When the heart chakra is open and clear it enables you to operate your life from a place of unconditional love and open-hearted acceptance and trust. This enables you to experience richer relationships with everyone in your life.

Set aside fifteen minutes for this meditative exercise.

1. Sit back and relax.
2. Put one of your hands over the upper center of your chest and attune yourself to what you sense in the heart space in your chest.
3. You may feel emotionally drained, you may notice feelings of jealousy and possessiveness, or issues of trust, fidelity or acceptance. Or you may have a memory pop up of someone you have a relationship with, or you may notice other dark emotions. Whatever it is you feel, just notice how the heart space feels.
4. Make note of two or three memories or reactions that pop up. You don't need to do anything with those memories at this point. Just make note of what they are. **Identification of issues is the most important part of the clearing** and healing process. In fact, 80% of the clearing and healing is set up by discovering the details of the issue.
5. **Be willing to surrender and release any feelings, emotions, or conclusions that surface.**

Keep exploring your memories and inner space this way two or three times during the next few days and as we progress through the chakras you'll delve deeper into the workings of your chakras and how you can get clearer and more soul directed.

CHAPTER 2: IT'S YOUR TIME FOR HEALING

When you think about healing you probably usually think of illnesses and diseases, but healing also applies to your emotions, memories, and failure patterns as well. These are precisely the kinds of issues that spiritual healing and **energy healing** address.

Energy healing relates to clearing and balancing the biofield that surrounds and interpenetrates your body. Spiritual healing is calling on our inner healing connections and alignment with your spiritual nature and soul.

Everyone has accumulated wounds, habits, and patterns which they carry with them that affects the **subtle energy field** around them, and since they are “subtle” and not immediately obvious, most wonder why undesired things manifest in their life when there is really no mystery once you understand how subtle energy works.

For many, the idea that they create their own reality can be a scary thought because they usually can't figure out how they created the situations and conditions they find themselves in. This concept seems reasonable when things are going great, but when they aren't it can seem like you are getting hit from out of nowhere.

KEY SECRETS TO HOW ENERGETIC HEALING WORKS

Physicists tell us that everything is a form of energy and that important piece of information is what enables us to tap into energy healing techniques. If you bring the subtle energies of the body back into balance by shifting the energy or removing an imbalanced energy, the body will usually heal itself.

For instance, almost every problem you will encounter is based on some form of fear. Fear creates a field of disturbance in a person's energy field. Fear can present itself in various forms like anger, low self-esteem, blame, worry, resentment, self-judgment, etc. The energy of fear can locate itself in an organ and gradually cause it to malfunction. As you eliminate the fear, the person's natural life force energy can bring the person back into a healthy state.



In order for a healing of any type to be completely successful, it is essential that the underlying causes are cleared from all levels. If you don't heal an issue through all levels you don't really fully heal it. You may avert symptoms, but if the energetic patterns are not cleared, the pattern will find some way of resurfacing or re-manifesting in the future. For this reason some people have been working on the same issues for 20, 30, or even 40 years. They find themselves going almost endlessly from one challenge or illness to another. It doesn't have to be this way.

WOULDN'T YOU LIKE TO KNOW ABOUT YOUR ENERGY FIELD?

ETHERIC FIELD

(1/2"- 1" out from the skin) Some illnesses have factors in the etheric body. This is the blueprint or matrix of the physical body. It is usually gray and if it is indented the person feels depleted and lacks vitality. In some cases it can have voids as a result of disease or injuries.

EMOTIONAL FIELD

(2"- 4") Most illness and diseases have factors in the emotional energy layer of the aura. Core wounds and energy patterns have a lot of emotional charge with feelings such as unresolved fear, anger and guilt. When these patterns are activated they trigger emotional reactions which only serve to strengthen and perpetuate the problems.

MENTAL FIELD

(4"-10") Some illnesses have factors in the mental body. Sub-personalities form in this layer that limit full expression of the true self. In addition, strong judgments and fixed opinions can block subtle energy and can predispose malfunctions.

SPIRITUAL FIELD

(10" and beyond) Some illnesses have factors in the spiritual layer. Your soul purpose and expression are found in this layer. Spiritual healing can be related to clearing unresolved karmic issues.

When similar circumstances come up several times without seeming causes, it may be karmic in origin. That simply means that energies were set in motion perhaps somewhere in the long forgotten past that are coming back around and manifesting. Be sure to see my free video: ***How to Free Yourself from Karma*** on my YouTube channel. *Please leave a comment too!*

These auric energy fields are all projected from your chakras. You'll certainly want to clear your aura, but if you don't clear the chakras the patterns will simply reform in your aura.

CHAPTER 3: CLEAR & BALANCE YOUR CHAKRAS

Maintaining good physical and mental health requires that you stay in balance, and according to Eastern philosophy that also includes chakra clearing and balancing for improved physical and mental health and high-level spiritual consciousness. Clear energy systems and chakras allow lifeforce to flow freely through your energy meridians and sustains your health and well being. When this flow is blocked or interrupted, it can throw you out of balance.

Your chakras take on and release lifeforce energy throughout your body. Each chakra processes your life experiences in three important ways: feelings and emotions, pictures of events that happened in your past, and mental assemblies of beliefs and conclusions derived from your life events.

The seven chakras must be in balance in order for the flow of this life energy to work unimpeded. When they are blocked, stuck, or even fully wide open, the result is an imbalance. There are several things that can block a chakra. These blocks are usually emotionally based or mental in nature.

What is a Blocked Chakra?

One example of an issue that often blocks a chakra is childhood trauma. Anyone who experienced abuse or neglect as a child knows that this experience has an enormous effect on how they view and deal with the world around them. The second chakra, which is below the naval, is sometimes referred to as the home of the inner child because it stores much of the childhood experiences that created some impact.

Another example of a block to a chakra is tension in the upper abdomen. This is where the third chakra is and where fear, worry, and anxiety are often centered. When this chakra is blocked with these emotional issues a person can experience “butterflies” in the stomach, tightness, or indigestion. A person whose solar plexus area are tensed up is most likely under a significant amount of stress. Emotional stress often manifests itself in physical symptoms.

Other conditions that contribute to chakra imbalances are cultural conditioning, a limited or inflexible belief system, bad habits, physical injuries or emotional reactions, a lack of attention, feeling shut down, and other coping/defense mechanisms one has developed in life to deal with problems.

Chakra Balancing from the Outside In

There are several "outside in" methods that a person can utilize to clear and balance chakras. Some of the less effective than "inside out" methods, but more common methods, are such things as yoga, tai chi, qi gong, physical

exercise, meditation, energy healing, reiki, color therapy, EFT (emotional freedom technique), guided visualizations, crystals, and positive affirmations. Visit more articles on **chakra clearing**

These methods are “outside-in” meaning that they use external methods to heal from the outside to the inside.

Health issues are often a sign of imbalanced chakras because the chakras respond to our interpretations of events. If we react with negative emotions this will have an effect on our chakra system which, in turn, affects the open flow of life force energy throughout the body. Of course, not all problems are due to emotional or mental issues, but even in cases where genetics or other environmental factors lie at the cause, addressing the symptoms through various forms of chakra healing or chakra balancing can often speed recovery or remission.

The Importance of Working from the Inside Out

However, some people feel that the best chakra balancing is “inside out” or healing the underlying patterns and raising consciousness in conjunction with healing from outside in. Most emotional issues have roots in the mind because they affect how a person thinks, believes, behaves, feels, and how they relate to other people. Until the judgments and emotional issues are addressed, external methods of healing usually aren’t as effective by themselves in the long term because the issue will often resurface or recreate itself in the same or another way.

Methods of “outside in” remedies will no doubt help with the symptoms, but an unhealthy condition may return if the underlying mental and emotional causes are not addressed. An obvious example is with those who are overweight who lose the weight but end up gaining it back, either because they medicate themselves with food, or they have unresolved emotional issues. To put everything back into balance, the person must also work out the mental reasons why they turn to food for comfort.

Chakra balancing from the inside out can be achieved through activities such as meditation, affirmations, and guided visualization. A person may seek to practice any of these methods because they believe in healing the whole person. Modern medicine, while important, doesn’t always focus on the whole person. Often, the focus is on relieving the symptoms rather than exploring and clearing underlying causes. Holistic approaches aim to heal the whole person instead of masking symptoms. My audio program titled “Chakra Healing” will lead you through guided healing and clearing meditations for each of the chakras.

CHAPTER 4: CHAKRA CLEARING & HEALING

Your chakras should open and close naturally as you go through the day, but for most people they can also be partially or completely stuck or blocked. When you have negative feelings and reactions that is a good indication you can benefit from chakra healing. If you have had energy work done and have been told that one or more of your chakras is closed or blocked, or if you sense this might be the case, there are some simple chakra healing exercises that you can do yourself to help change this.

Below are a few simple exercises that can help you to begin opening and clearing each of your subtle energy centers or chakras. If you are experiencing a sense of being blocked or stuck in any way it might be necessary to have the help of a professional healer to clear them completely. This takes time and patience but can really accelerate you through the process if you truly want to experience chakra healing and take your energy and consciousness to new levels. My healing and meditation retreats can help you tremendously in this area, as can I through my individual private phone sessions. Here's more information on [my retreats](#).

YOUR FIRST CHAKRA OR ROOT CHAKRA

The root chakra is at the base of your spine and it opens downward. It is concerned with physical matters and security. It is represented by the color red - owing to the fact that it vibrates at a lower frequency.

The Root Chakra is all about being physically present, grounded in the moment, and having a sense of belonging in any given situation. It also corresponds to your survival instincts where it can drive forces of self-preservation.

If you are experiencing any of the issues listed, then that chakra needs clearing. Knowing what the issues are is the first step in clearing.

FIRST CHAKRA: Root Chakra. At Base Of Spine. Red

Physical issues can affect the kidneys, spine, bones, adrenal glands, and bowel
Emotional issues related to fear, doubt, insecurity, and lack.

If this chakra is clear and balanced, you feel grounded, stable, and secure. You don't find it hard to put your trust on people. You will feel present in your current being and feel connected and rooted to your physical body.

However when this chakra is stuck or blocked, you may feel inferior in terms of your appearance, you can feel uncomfortable around people, you can feel out of place, or lost and you do not have control of your life. You may feel that you're not good enough and can easily feel unwelcomed when it is not the case. Therefore, you experience an underlying insecurity, fear, and tension.

Sometimes a person will attempt to compensate for these feelings by relentlessly seeking to accumulate more control, more possessions, and more power. This may result in various forms of addiction.



To open and balance your root chakra you can undertake many activities that make you more aware of your body. This includes such practices as yoga, Tai Chi, walking with mindfulness, and active forms of meditation such as running energy which is described in my **Subtle-Energy Neutralizer** program which also has a very strong grounding practice.

When practicing mindfulness in any physical activity, it is important that you move slowly and place your focus on your body while you are doing an activity; moving too fast or doing an activity that is too intense removes the awareness of your physical body from the exercise.

For instance compulsive gamblers, drug addicts, alcoholics, video-game addicts as well as shopaholics. These are all results of attempts to compensate for an out of balance Root Chakra. When you've become comfortable in that state, it is hard for you to revert back and change for the better.

This particular scenario can be observed with teenagers nowadays who are rebellious and are caught up in social ills as a result of wanting to prove their point and identity crisis. This happens when they do not have a sense of self, and are willing to do anything because of peer pressure to feel more worthy of themselves.

Your First Chakra is Your Money Chakra

Constantly feeling bouts of anxiety, stress, or guilt over money or difficulties with handling or accumulating your finances are also indications of a blocked or stuck root chakra.

These issues may very likely be caused by blockages or imbalances in the Root Chakra which usually manifests itself in the form of fear and insecurities about survival - this ties in closely to financial security, as our basic needs in life are dependent on this aspect.



With an unbalanced root chakra, you will constantly feel insecure when it comes to your finances, even if your income is sizeable. Your survival energy is centered on money and every bill or expense that comes your way makes you feel behind. You have an unhealthy obsession with money and feel the constant need to keep finding ways to earn more money and feel stressed when you don't.

You may also find yourself in a less than ideal career and face financial problems much of the time. You may feel stuck and sluggish, but yet your fear holds you back. You never feel like you are good enough and this affects your drive to achieve what you want in life. These are all signs of an imbalance in the Root Chakra.

With a clear and balanced Root Chakra however, you find yourself more confident in yourself as well as your ability to earn and manage your finances. You organize your finances well; you have enough for what you need and want in life. You are also less likely to have a preoccupation with money or material things.

The 1st Chakra Solution

If you find yourself facing the same issues we spoke about earlier, do not fear - for a solution to your worries is here!

- **Ground Yourself**

Stop whatever you are doing and step into your garden (or the park), without your shoes; the idea is to be close to the earth beneath your feet. You can choose to lay down on the ground, or walk around in the dirt/grass barefooted. Another way to do this also to visualize roots extending from your feet to the centre of the earth.

My favorite method of grounding, which is extremely powerful, is to use your imaging to create a visualization of a tree stump going all the way down to center of the earth. Triple grounding works best. 3', 2' and 1' grounding columns one inside the other. Make them earth-tone colors such as light tan. The color of wood works well.

Put 25,000 or more roots on the base of each column and anchor them firmly to the energetic center of the earth. Be specific and deliberate when you anchor the column strongly into your first chakra at the base of the spine and bind the roots into the core of the earth. Move your lips and describe to yourself what you are doing while you are doing it. Release negative energy and other people's energy on you down the grounding column and deep into the earth. Be sure the grounding stays the same diameter all the way down and clean it with a golden ball of light or golden scrub brushes if you sense it is clogged up. It needs to be done daily.

I suggest doing it when you first get up--sitting on the side of your bed. It only takes a minute, but it can make a dramatic difference in your day. In fact, I know a number of athletes who use this method before they perform and they find it refines their performances.

- **Physical Exercise**

Exercise of any form and kind is also an effective way to help with an unbalanced Root Chakra, whether it is yoga, jogging, tennis, golf, soccer, or just a simple walk - just get up and moving! Doing this will help activate stagnant root chakra energy within you.

- **Incorporate More Reds In Your Life**

It can be your clothes, your house or the items you use. Since red is the color associated with this chakra, engaging with the color red will help to balance this chakra.

- **Meditation**

Seek out a quiet, comfortable place and sit or lie down. Begin to visualize a glowing deep red light emanating from your Root Chakra, and feel the pulsation of its warm radiance. Watch (in your head) the light become a glowing sphere, and imagine a red four petaled lotus flower unfold - you may realize that you have trouble getting the sphere to spin or the flower to unfold itself, which is a sign of blockage. Keep breathing intent and energy into the chakra until the sphere can spin easily and freely. Proceed to send the energy of abundance throughout your entire body through the other chakras.

- **Foods**

What you eat is what you are - this theory also holds true here. Consuming root vegetables as well as naturally red colored foods and more dense foods with protein will also help balance out this chakra.



YOUR 2ND CHAKRA OR RELATIONSHIP CHAKRA

The second chakra is very important in all of your relationships: family, sexual, friendships, and others. It also houses a lot of childhood experiences and troubles.

The Sacral Chakra is located slightly below the navel. It is represented by the color orange. This chakra corresponds to your emotional and sexual desires as they relate to your relationships. Conclusions and beliefs formed in childhood are also stored there.

SECOND CHAKRA: Relationship Chakra. Below The Naval. Orange

Physical issues affecting the lower back, bladder, kidneys, reproductive organs, digestive system.

Emotional issues related to childhood including feelings of abandonment, victimization, shame, and addictions. Intimacy and trust issues.

When the Sacral Chakra is open and balanced, your feelings flow freely and you are not over-emotional in expressing them. You are open to intimacy and you are passionate. You are full of life and people love being around you as you bring very positive energy. Most importantly, you do not have any problems in expressing your sexuality.



However, if you have blocks and stuck energy in this Chakra it is hard for you to enjoy and live in the moment and appreciate life, or relate in a healthy way in your relationships. You may tend to be guarded and untrusting and have your guard up.

When both the Root Chakra and Sacral Chakra carry fear-driven energies it is extremely hard to have healthy relationships.

A blockage in the 2nd chakra blocks the flow of creativity, as the Sacral Chakra is the place where creative energy is processed and projected to create your physical reality.



When the Sacral Chakra is open, clear, and balanced, you will naturally be able to seek out the opportunities available in the world around you - since your flow of creativity is unrestrained.

2nd Chakra Solutions

If you are currently experiencing symptoms like those listed earlier in this chapter, it's not the end of the world - help is on the way. To address a blocked or imbalanced Sacral Chakra you can try these activities to clear this particular chakra center.

- **Shake Those Hips**

Yup, you got that right. Go on and gyrate those hips! Latin or African dances or any other movement that involve shaking your hips are great ways to activate this chakra. Hula hooping is also a good activity to do this.

You can also just shake your whole body for a couple of minutes and you'll find things loosen up and make it easier to address any stuck issues.

- **Water Related Activities**

Water is the Sacral Chakra's element, so it's only natural that being close to or in water will restore balance to this chakra. Relaxing near or wading in open water sources such as rivers, lakes, or the ocean is a good activity to balance your chakra. Taking warm relaxing baths or a shower is also one good way to recharge this chakra center. Even listening to sounds of flowing water can help calm and release the energy flow.

- **Make Your Life More Orange**

It can be your clothing, or the items you own; surrounding yourself with orange things can help to stimulate and bring balance to the Sacral Chakra.

- **Meditation**

Again, like all other chakras, meditation is a practice that helps greatly (which is why you should incorporate it in your daily life routine!). Visualize an orange lotus or crescent moon at the area of the Sacral Chakra (slightly below the navel), and breathe deeply while keeping the image in your mind for a few minutes.

I have a color meditation for all the chakras called **Rainbow of Light Meditation**. <https://www.jonathanparker.org/product/mp3-programs/spirituality-enlightenment/chakra-clearing-balancing-energizing/>

- **Healing your 2nd chakra**

Deep breathing while focusing your attention below the naval is another method with thousands of years of history behind it. This process is also good for relaxing the entire body. One way to begin this procedure is to preface the breathing exercises with belly laughing. The way you do this is while sitting up straight put both hands on your belly and start to laugh from you belly. You should feel your lower abdomen going up an down with the laughs as belly laughing utilizes the diaphragm and distends the lower abdomen.

By practicing belly laughing you will find that deep belly breathing will be easier. It is not unusual for people to tense or tighten their throat when they speak as well as breathe shallowly with their chest, but belly breathing will relax you, deepen your diaphragmatic breathing, and open your lower chakras. By staying in your head intellectualizing and analyzing everything you can loose touch with your heart, emotions, and sensuality which are all processed through the four lower chakras. Belly breathing is a way of helping to correct this problem. This is an ancient Chinese Taoist breathing exercise which gives you more vitality. The Taoists believe that people who regularly practice breathing exercises live longer, look younger, and feel better.

Sit on a chair with your back straight and feet touching the floor. If your feet don't reach the floor put a pillow or blankets under your feet. Put one hand over your navel and relax your shoulders. Inhale to the count of 5 through your nose and send the breath to your lower abdomen. Feel the lower abdomen expand at your navel so that it bulges out and expands. Your diaphragm will also move lower. Keep your chest relaxed as you exhale to the count of 5 with a little force that pulls your abdomen back in as the air is released. It should feel as if you are pulling your navel back toward your spine. Repeat this five or ten times.

3RD CHAKRA - SOLAR PLEXUS CHAKRA HEALING

This chakra is centered at the top of your abdomen right below your rib cage. It has effects on your digestion and affects your liver, pancreas, and gall bladder. It is where you channel your life force energy to get things done, so most people hold stress and tension there.

Your 3rd chakra processes some of your strongest emotions such as worry, anxiety, fear, self-doubt, guilt, anger, and hatred. It is also where your self-image is stored. So the beliefs you have about the world and your life are all processed through this chakra.

When you feel butterflies in your stomach, that is due to energy programs in your third chakra. It is the center for unrefined emotions as well as personal power.

THIRD CHAKRA: Solar Plexus Chakra. Yellow

Physical issues affecting the gall bladder, stomach, liver, spleen and nervous system.

Emotional issues related to self-image, fear, anger, guilt, resentment, criticism, blame

The energies you direct through your Solar Plexus Chakra affects how you approach life, career, and relationships of all kinds, such as a romantic relationship, camaraderie, or with your family members. This chakra also represents your individuality, self-esteem and how you stand up for what you believe in in the presence of others. The color yellow is associated with it.



This is where you develop a sense of self and outward judgments and perceptions of others. Clearing this chakra can greatly change the way you experience life and interact with others.

When this chakra is blocked you can experience very low energy, fatigue, and a lack of self-worth. You may feel hopeless and powerless especially when you are under pressure. This result in you saying “Yes” to even things you do not believe in.

Let’s illustrate an example. Let’s say you are assigned a project with your colleague. For the project, you came up with all the ideas and did most of the work. When you have presented the project to your boss and it was well received, your boss asks who came up with the concept and your colleague takes all the credit.



You really want to speak up and tell the truth but you feel unable to. You are afraid that conflict may arise between you and your partner, so you just keep quiet. In the end, your boss offers your partner a promotion and because of your unwillingness to stand up and speak up for yourself, you miss a golden opportunity. As a result, you feel angry, resentful, disappointed, unworthy, disempowered, and depressed. This creates a repeating cycle that doesn't end until the issues in this chakra are addressed and cleared.

On the other hand, your Solar Plexus Chakra is also where you project your power and when the ego dominates it can cause you to be an arrogant and dominating person wanting to control everything. Your personality can be likened to that of a dictator.

In the workforce context, you will be perceived as a very stubborn and controlling leader. It is likely that your subordinates will feel pressured and stressed when working under your supervision.

The Solar Plexus Chakra also corresponds to your financial condition. When your chakra is balanced and active, then you will more easily become a money magnet. If you own your own business, it will be easier for you to attract customers and create sales.

Do you find that you have to put in a lot of effort and hard work in order to earn money? Do you project fear, worry, and guilt over your finances?

This chakra plays an important role when it comes to personal power - it creates action and gets things done as long as there aren't counter programs running. A blockage in this chakra will manifest will affect your self-confidence which is crucial when it comes to making decisions and taking advantage of opportunities that come your way.

When this energy center is clear and balanced, you will experience much more ease about business and finances. Not only that you will feel more confident and possess the willpower and drive to take action and make decisions. You will have the ability to manifest what you want including money.

3rd Chakra Solutions



If the symptoms sound familiar there are several things you can do to help clear the blocks and restore balance to your Solar Plexus Chakra.

- **Recognize & Stop The Victim Mentality**

Knowing that whatever you are experiencing is an outgrowth of subtle-energy patterns you've set in motion. It takes a lot of lifeforce energy to sustain the victim archetype, and maintain a façade. Explore what it feels like to say no, and step up to claim responsibility and power over your life.

- **Let Go Of Unhealthy Attachments**

Unhealthy attachments are a massive source of energy loss. It is natural and automatic to invest your energy in people and projects; however, this is a potential energy-drain problem when you remain attached to the people and projects. Call your life force energy back from people, places, and projects on a regular basis.

- **Make A Change In Your Daily Routine**

Break out of routine, step out of your comfort zone and start trying out new things. It can be just opting to wake up a little earlier in the morning to do some light reading or exercising before heading off to work, or it could be even meeting with friends instead of eating alone on weekdays.

By sticking to “safe” routines, you will only serve to sustain feelings of powerlessness within you. By stepping up your routine, you will not rely so much in your natural source of confidence and the energy of self belief, but instead be forced get out there and be yourself and to also focus on action. This will help grow your confidence levels in leaps and bounds.

- **Stop Associating With Negative And Critical People**

Cut off (or at the very least, keep them at an arm’s length away from you) such people who criticize and belittle you. Instead, only surround yourself with people who will support you, empower you, and help you grow. It is entirely up to you to decide on the people who will stay or leave your life.

- **Give Yourself Some TLC - Tender Loving Care**

Make an effort to take care of yourself every single day, psychologically as well as physically. Identify areas in your physical, mental, emotional or spiritual health that you have been neglecting, and address those issues head on. A healthy level of self-esteem is essential for a balanced Solar Plexus Chakra, so take care of yourself - it’s a form of self-respect and self-love too.

- **Laugh At Yourself**

The greatest source of strength and power within all of us out there is being able to find humor in the most unlikely moments in life, especially during our darkest and lowest moments. Freedom is found in finding humor in life, so laugh at yourself. Lighten up and don’t take life so seriously - you’ll only disconnect yourself from your source of power.

- **Foods**

Complex carbohydrates like whole grains such as rice and rye are good to balance out the Solar Plexus Chakra - foods like this provide a sustained supply of energy.

Spices such as turmeric and ginger are good energy sources too; they provide a heating element to your body. Not only that, naturally yellow foods such as bananas, corn and pineapples are great to consume; they help balance out this energy center too.

- **Meditation**

Close your eyes and focus on the area where your Solar Plexus Chakra resides (the upper abdomen), and visualize a glowing yellow sphere about the size of a golf ball. Slowly concentrate on making it a little bigger with each breath until it is the size of a baseball while it rotates like a planet spinning on its axis. Hold the intention of softening, relaxing, and releasing any tightness or contraction. Do these for a few minutes, then let the energy dissipate and take a deep cleansing breath, after which you can open your eyes.

You can enhance the effectiveness of this meditation by being in the sun and focus the light, warmth, and power of the sun on your solar plexus. Visualize the warm sun soothing your solar plexus while you imagine a sphere of pink unconditional love about the size of a baseball in the center of the solar plexus chakra. Imagine that beautiful energy radiating throughout your body from the inside out. Acknowledge the warmth of the sun dissolving any disturbance, tension, or anxiety. Do this for 5-10 minutes whenever your third chakra is troubling you.

The best program I have on many of the 3rd chakra issues is titled: *The Prosperity Solution - How to Decode the Abundance Mindset*. You'll find it here: <https://www.decodingabundancemindset.com/>



4TH CHAKRA - HEART CHAKRA HEALING

The heart chakra is located at the lower center of the chest. Green represents the energy associated with this chakra.

The negative energies often found in the 4th chakra are betrayal, grief, loss, suffering, heartache, sadness, and regret.

FOURTH CHAKRA: Heart Chakra. Green

Physical issues affecting the heart, circulatory system, lungs, chest, middle of back

Emotional issues related to Grief, sorrow, betrayal, longing, jealousy, and conditional relationships.

The Heart Chakra is also where the energies of love, kindness, spiritual growth, compassion and devotion are centered. It is the bridge connecting the higher and lower energies of our being and it is the easiest place to connect with your soul.

When your Heart Chakra is clear and open, you are automatically compassionate and kind and are able to maintain harmonious relationships with others.



For instance, if you find it difficult to express intimacy and you don't feel trusting of life or people that indicates stuck or blocked energy in the 4th chakra.

When the Heart Chakra is filled with fear, you'll tend to be distant and guarded around people. You may try to compensate for those feelings by excessive love for others which may suffocate and pressure them. For example, in the context of a romantic relationship. If your Heart Chakra is guarded, you may tend to control your boyfriend/girlfriend's activity and behaviors. This no doubt will put a strain on any relationship.



When it concerns the Heart Chakra, there can be two extremes and sometimes too much of anything is not always good. For instance, yes it is desirable to be compassionate toward others but that does not mean you should say “yes” to each and every person who deems your help. In other words, an unbalanced heart chakra or one with boundary issues can either be too open to manipulation or overly guarded.

Therefore, it is important that you address the issues in your Heart Chakra or it could result in two extreme conditions.

Open Your Heart

Have you ever wished for more peace, tranquility and love in your life? There are ways of achieving this inner peace, and also benefit from more tranquility and love in the process through your heart chakra.

The heart chakra is most commonly associated with feelings of love, including **unconditional love**. It is also the center of emotional empowerment. This chakra governs a variety of parts of our body including the heart, circulatory system, lungs, blood, breasts, arms and hands.

Those who are out of touch with their heart chakra may consistently have issues with emotions like anger, grief, jealousy and loneliness. These unpleasant feelings may even manifest in physical ailments such as heart conditions, asthma, and problems in the upper back and shoulders.

It is through our heart chakra that we stay in touch with our emotions. However, over time, it is quite easy to lose the connection to one's feelings. This can also reduce one's empathy and compassion for others. Anyone wishing to be in touch with himself or herself as well as others needs to reconnect with this important chakra.

FINDING MORE PEACE AND LOVE

The simple truth is that an open heart chakra will lead to a better and more fulfilling life. Why? Focusing on bringing more peace, tranquility and love into your life will gradually begin to shift your consciousness. This is yet another reason that visualization is an important tool for transforming your life.

It may seem “too easy” to focus on peace and find it, but that is exactly how it works. By focusing on your heart chakra and being more open to a life rich in peace and love, you will find more of both.

Now, this may, of course, seem impossible at first if your life seems too chaotic or is causing you stress. However, these situations are actually when you need to visualize and meditate on what you want the most. Within the heart chakra lies the ability to self-heal and heal others as well.

OPEN UP YOUR HEART CHAKRA AND LET THE CHAOS GO

Learning to address and deal with the chaos around you is essential for achieving what you are seeking. Opening up your heart chakra means that you are opening up your heart to love, and that means you are opening up your entire life to new possibilities. If you are unhappy, then you need to make changes and change and love go hand-in-hand. Opening up your heart chakra and embracing life and all the possibilities that it holds will allow for that transformation.

ANCIENT WISDOM

The heart chakra plays a key role in yoga and can also play a key role in your meditation sessions as well. While meditating, focus on being not just calmer, but also being happier and more at peace. Focusing on the heart chakra can bring you into greater balance in all areas of your life.

Some find that it is useful to touch the chest during meditation. This may initially help you locate the spot where the energy is located. But remember that your heart chakra isn't actually in your physical body. Instead, it is a subtle physical body that radiates through this location.

Few other techniques can help you achieve a greater sense of inner peace as meditation. The results can be profound. Ultimately, understanding your chakras and the healing energy that they possess will transform your life.

Heart Chakra Solutions

- **Meditation**

Sit down in a quiet and comfortable place, and close your eyes. Take a couple of deep breaths to calm you down. Place both of your palms over your heart chakra. Move your hands around until you find a spot that feels comfortable. Imagine a beautiful green flower opening from a tight bud to a full bloom.

As your mind visualizes this, feel the energy of appreciation for the people in your life. Acknowledge forgiveness for yourself and anyone else who comes to mind. Then, bring your palms together in prayer pose at the center of your chest and feel the releasing energy within you. Take a deep breath and open your eyes when you are ready.

- **Schedule A Regular Time To Do What You Love**

Commit to doing what you love. This can be your passion projects or your hobbies such as baking, art, music, gardening, volunteering, or hiking. Set a schedule to make sure you adhere to the time and you make time for it no matter how busy you are.

- **Follow Your Dreams And Desires**

Brainstorm for ideas you'd like to manifest that you think would be fun and energizing. Do not let your dreams die just because you think you do not have time to realize them. Set some goals and take time to work on them consistently. This can be having that dream house or it can even be building a business you have always wanted.

- **Foods**

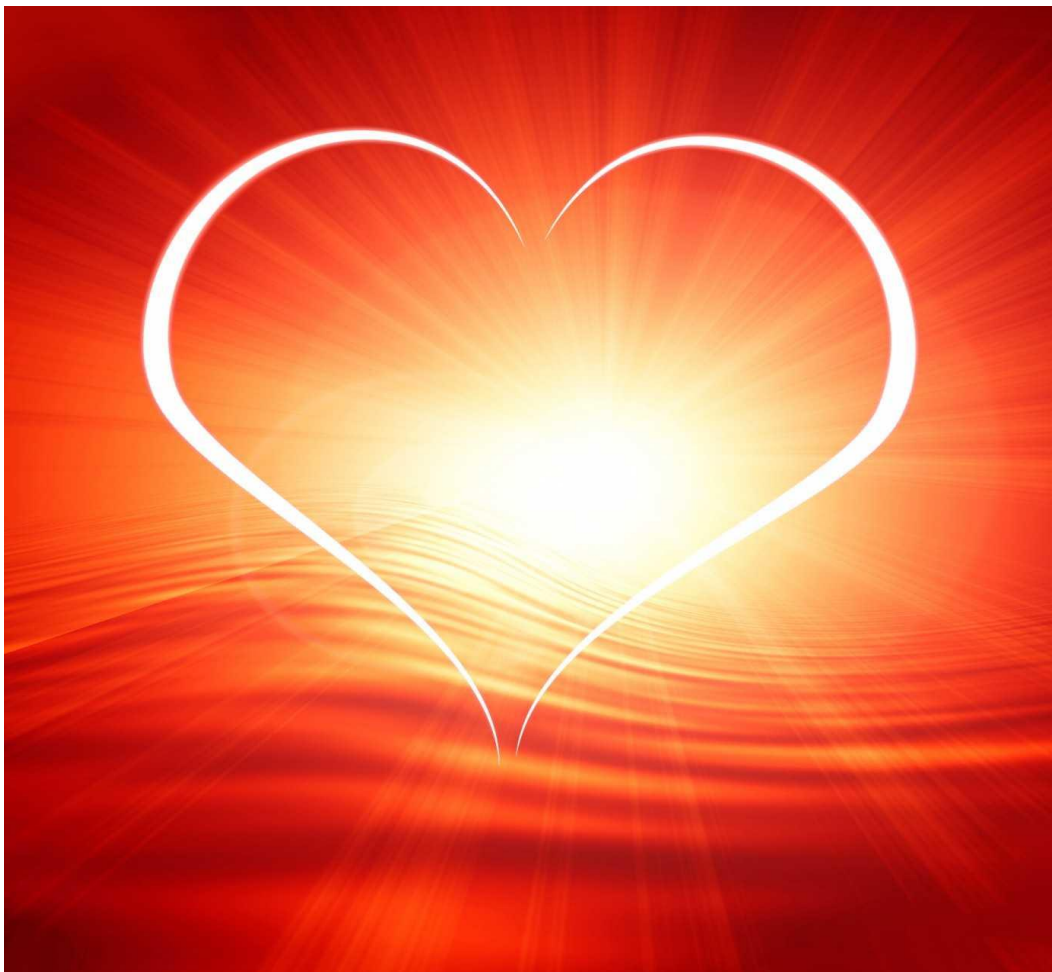
Chakras are all connected to specific energies within yourself. Therefore, you may select certain food that contains specific vibrations or energies which may help balance your chakras.

For instance, the heart chakra is represented by the color green, so surrounding yourself with green, and eating green, leafy vegetables can help in balancing the energies. This may include kale, lettuces, spinach, bok choy, broccoli and many more. The heart chakra is all about balance and green veggies are neither yin nor yang in traditional medicine. Therefore, they help maintain equilibrium that is essential to this chakra.

If you have emotional tightness in your chest, emotional pain, grief, regrets, betrayal, emotional fear of relationships, or experiencing feelings of lack of love in your life you might want to work on clearing, opening, and healing your heart chakra. One way to do this is by doing a simple visual meditation exercise.

Sit in a straight back chair and close your eyes. Take a few slow, deep breaths. Turn your attention towards your heart and picture yourself actually entering into your heart space within your chest. Picture a grassy hill with a temple on top, which is representative of your heart center. Walk up the hill and into the temple. You are now in the core of your heart. How does it look? How does it feel?

Call in angels to bring a soothing healing presence while you visualize your heart in green healing light. Send your heart blessings of forgiveness, peace, and unconditional love. When you feel the energies shift and relax or when you feel ready then you can leave the temple.



5TH CHAKRA - THROAT CHAKRA HEALING

The Throat Chakra is located at the throat just below the Adam's Apple and is represented by a light blue color. The Throat Chakra is mainly the center for communication, conversation, self-expression, and creativity. This is where your inner voice or your own truth is expressed. This chakra also corresponds to diplomacy, your relationship with others as well as detachment.

When your Throat Chakra is clear and balanced, you willingly express yourself openly and honestly. However, when it is blocked you'll tend to shy away from expressing yourself.

FIFTH CHAKRA: Throat Chakra. Blue

Physical issues affecting the ears, vocal apparatus, alimentary canal, bronchioles, thyroid gland, and sinuses

Emotional issues related to communication issues with self and others, both verbally and internally.

For instance, you are required to attend a meeting. During the discussion, your boss asks for everyone's opinion on whether the office should open up a new branch at a different state. Most of your colleagues do not favor the idea as some of them would need to be transferred to the new branch.

But for you, you think it is an excellent opportunity to grow the business and learn new things. However because you are too afraid to express your thoughts and how you really feel, your boss dismisses the idea.

Many people have the idea that people who have a closed or blocked Throat Chakra are only the shy and introverted types. This is not true. An imbalanced or blocked Throat Chakra can also be associated with those who speak up and are fluent in their speeches, but they rarely speak the truth.



Therefore, imbalances and blocks in the Throat Chakra can be understood in two perspectives; firstly referring to those who are unable to express themselves and secondly, those who do not speak the truth.

Issues in your Throat Chakra can cause you to have too much to share and thereby control or dominate conversations. It can also cause you to not think before you speak and sometimes your words may come across as offensive to others. As a result, people will tend to avoid you as you are not a good listener.

Firstly, a blocked throat chakra will stop you from communicating what you deserve and desire or from speaking your truth. For instance, you are uncomfortable in asking for a salary raise that you really deserve.

This also applies in the context of lending money to other people. You may be afraid to ask the person to pay back the money they borrowed from you. You are not honoring yourself by speaking up.

5th Chakra Solutions

- **Sing Whenever And Wherever You Feel Comfortable**
You can sing in the car, when you are doing your laundry, in the shower or wherever you feel like it.



- **Be Open And Honest With Yourself & Those Around You**

Speak the truth and only the truth. Do not trade your authenticity for the sake of approval of others. Be yourself and it is important to be genuine in everything you do.

- **Learn To Say ‘No’ Kindly And Firmly**

If you find yourself in a situation where people are forcing you to do things against your principles, you have to learn how to say “No”. It is hard sometimes to do especially with people who are close to you but if you say yes all the time, you are compromising what your own truth and standards.

Your throat chakra can also be healed through meditative practices. The fifth chakra is your communication chakra so reciting healing and relaxing mantras while meditating are also helpful at opening and clearing your throat chakra. Pick a mantra with vowel sounds that open the throat when intoned such as ah, oh, or aum. There are thousands of mantras you can choose from. You can just use the open sounds I just suggested or words or phrases that are meaningful to you, but in all cases draw out the open throat sound on the vowels. For more on this see my free meditation articles [Your Meditation Practice](#).



6TH CHAKRA OR THIRD-EYE CHAKRA HEALING

The 6th Chakra or Third Eye Chakra is located between the eyebrows. The chakra is represented by the color indigo.

The Third Eye Chakra is the center of intuition and direct spiritual vision. It is through this chakra that we are able to visualize things through our “third eye” of intuitive knowledge. This chakra also represents forgiveness and compassion.

SIXTH CHAKRA: Brow Chakra. Indigo

Physical issues affecting the eyes, brain, and nose, nervous system.
Issues related to ability to visualize, see colors and images, or judging and holding fixed opinions.

When you have a clear and balanced Third Eye Chakra, it corresponds with your spiritual awakening. You also tend to have good intuition and you dare to achieve your goals.



We usually associate people who have good intuition of having the “sixth sense.” If your Third Eye Chakra is blocked, you tend to depend on authority rather than instinct to make your own decisions. You may also have deluded thoughts. This also results in you being too dependent on conventional beliefs rather than rational.

People with a closed Third Eye Chakra are more mental and conceptual rather than visual. For instance, if you were to ask them if they can visualize in their mind's eye, they are either not able to see images or not see images clearly. People with a weak Third Eye Chakra also have this mindset that it is unnecessary to have future plans and too think far ahead. Usually, these people will have a negative perspective of life.

However, when your chakra is over-active you may live in your own world and you always over think. In extreme cases, this may lead to hallucinations where you create problems that were not even there in the first place.

Through utilizing a third eye meditation you can open your subtle senses to perceive higher-dimensional worlds and energies.

So if you want to learn to see someone's aura, or angels, or even your own subtle energies you will have to learn to open this center. This is not for parlor tricks or to impress anyone. This is an important skill that can change and enrich your life.

The third eye or 6th chakra is your center of what is called clairvoyant sight which is a word derived from the French, meaning "clear vision," and refers to the higher-sense ability to intuitively see or perceive subtle energies. Sometimes this is referred to as a sixth sense which means a capability to access impressions that lie beyond the recognized five physical senses.

YOU'LL NEVER VIEW THINGS THE SAME AGAIN

It is not necessary to be clairvoyant to be spiritually enlightened, but it does expand your perceptions of the energies around you, and this can be quite useful in clearing blocks, issues, and limitations, releasing karma, discovering information from your past, and exploring higher levels of consciousness.

What you see with clairvoyant sight can be colors, pictures, visions, auras, chakras, and inspirational and spiritual dimensions. For instance, a clairvoyant can often perceive the chakras and aura energies around people, plants, and animals. Sometimes they also have the ability to see non-physical realms including angels and other dimensional beings and objects.

The third eye is merely an instrument that gives access to refined energies and since everyone has a third eye, much like people have physical eyes, with practice, utilizing third eye exercises anyone can learn to open it and refine the ability to utilize what it offers.

HAVE YOU WONDERED WHAT THE THIRD EYE IS LIKE?

Inside the head behind the center of the eyebrows (about 2") there is a small ball of light often seen by clairvoyants, and the degree of openness of that ball of light determines the level of clairvoyance that a person has. Often people see something, but because of blockages do not see clearly *or* understand what they are seeing.

When the third eye is opened and a person is able to perceive subtle energies, it is seen to radiate light, often with multiple colors coming out of it. There can be rays of golden, silver, or white streams of light coming into it as it receives information. This forms the pictures, and inspiration that is perceived. As the third eye opens more and more the light emanating from the third eye grows stronger and wider. Soon the person's forehead appears bright and radiant.

What You Can Expect to See

In the beginning stages of the third eye opening, colors are seen and indistinct images are perceived like looking through a steamed window, or like looking at something through heat rays on a hot summer's day; they are indistinct. With experience these images become more and more clear, and the energies underlying physical reality can be perceived. Some clairvoyants say that what they see with their clairvoyance is more clear and vivid than what they see with their physical eyes.

WHY PEOPLE'S THIRD EYE IS USUALLY BLOCKED

As the clairvoyant sight opens more, you will see energy fields like clouds surrounding a person 10 or 15 feet from the person's body. Sometimes these fields extend much farther. These colorful layers of energy are what make up the biofield or aura around a person and they carry a lot of information.

One of the aura layers is known as the mental body which carries the beliefs and conclusions from life experiences, while the aura layer known as the emotional body carries pictures and emotional energies of the experiences.

Because the third eye is connected to the first, second, and third chakras through subtle energy cords, if there are blockages there they usually cause a contraction in the third eye.

With most people there ***are*** blockages usually in the form of fears or disbelief. Depending on where the blockage is, determines the difficulty of understanding what is seen. So you will want to utilize the third eye meditations and other tools to clear the blockages.

Opening the third eye and developing a skill in utilizing it generally takes a lot of practice and patience over a period of months and even years.

While some are born with a more open third eye, most are not, but everyone can learn to do it. The guided meditation you can listen to in this article is just a beginning. I have more tools in my **3rd Eye Development Toolkit**.

HOW TO DO A THIRD EYE MEDITATION

As with most meditations it is generally easier to eliminate distractions with your eyes closed, but many people are able to do this with their eyes open. Since you are reading this you will obviously have your eyes open, but you can periodically close them to enhance the process. Or, better yet, just listen to the recording I made of the script that is below.

1. You will need to select a place where you will be comfortable and undisturbed for the duration of this meditation. Loosen any tight or restrictive clothing and lower the lights if they are bright.
2. Proceed with the third eye meditation slowly, allowing plenty of time to settle in and deepen the experience.
3. Begin with a deep breath in through your nose and hold it for an instant before letting it go gently out through your mouth. As you do so, **feel yourself relaxing**.
4. Relax your face by separating your teeth slightly, and notice that your entire body relaxes a little bit more.
5. **Invite the relaxation** to spread more and more throughout your entire body... deeply all the way through you... relaxing you more and more...
6. Bring your attention to a point between your eyebrows. Become aware that your third eye, which is the area of energy in your forehead, is opening and radiating light. Utilize an image of a light about the size of a golf ball radiating golden light much like the sun radiates light 360° in all directions...
7. **Let go and dissolve any fear, anxiety, or uncertainty, and any resistance** or thoughts that this won't work for you... You can do this by getting in touch with the resistance, taking a deep breath, and exhaling out through your mouth as you let go.
8. This is a completely natural process and it is perfectly safe. **The golden light automatically puts you into a refined frequency where only positive experiences can happen**. So just relax and allow it to happen...
9. Allow the golden sphere of light in your forehead to open and send gentle streams of golden light in all directions...more and more...letting it relax you...

10. Allow your body to relax more and more...
11. **Sense and feel you are becoming lighter and lighter** as more and more light flows through your third eye and throughout your body.
12. Allow yourself to let go and release all questions and all uncertainty...
13. Give yourself permission to let your third eye open naturally and automatically on its own... all the time relaxing more fully and opening more completely...
14. This is a perfectly natural process. **Let your mind relax around any ideas of what to expect.**
15. **This is a good time to call out to angels and spirit guides, and ask them to support you.** Ask them to assist you in doing for you what you do not know how to do yourself.

Give them *permission* to do whatever is necessary to assist you in opening your third eye and your clairvoyant vision.

16. Allow the golden light to continue to flow through you and out your third eye chakra... Open a beautiful expanse of golden light; pure and clear over the top of your head.

Let this light become more clear and pure...

17. **Now connect with your soul and Higher Self, and ask it to fill you with the purest light...** Filling your entire body and aura with the purity of the golden light...into every place in you and around you ...
18. Ask if there is a message for you about opening your third eye... pause here for a minute or two and see if you receive any impressions.
19. Now ask what you need to do or know to open your third eye to further your service ... What else needs to happen?
20. Notice if there are any thoughts, images, impressions, or visions that come into your mind's eye.
21. It might feel to you like you are using your imagination or having a daydream. You may think you are making it all up, but in time you will come to realize that **you are receiving impressions of subtle energy.** Just follow the experience into the interior worlds and they will unfold on their own.

22. When you feel you have experienced this third eye meditation long enough, slowly bring your awareness fully present in this place and in this time... and become fully aware of your body, hands, arms and legs...

23. Say to yourself, **“I am fully present. Here and now.”**

24. Now take a deep breath, stretch out, and commit that you will continue practicing the third eye meditation.

I HAVE SOME ADDITIONAL RESOURCES AVAILABLE FOR DEVELOPING THE 3RD EYE

If you are more serious about developing intuition and psychic abilities my *Advanced Intuition Training Course* has a great deal of guidance and information.

There is also an audio program titled, 3rd Eye Development Toolkit that has instructions, meditations, and audible + subliminal affirmations.

To develop a high degree of ability with the intuitive process requires a lot of guided practice. To develop the skills requires a lot more than knowledge and information. It also requires some shifts in consciousness and a refinement of intuition skills.

ADDITIONAL SUGGESTIONS FOR TRAINING THE 3RD EYE?

The third eye is about the ability to “see” subtle energy. It is also important to be able to receive intuitive impressions from the other senses such as feeling the energy and “hearing” communications. Usually, more than one capability opens at nearly the same time.

Some people have spontaneous openings but even in those cases considerable guidance is need to understand what is being perceived and, more importantly, what to do with what is seen.

Doing the guided 3rd eye meditation would be helpful once a day for a few months. The other practices in the 3rd Eye Development Toolkit can be done at various times throughout the day.

If you are interested in the visual ability you can enhance your abilities by practicing visualizations. They help the brain/mind get familiar with visual images. Often what is perceived with the 3rd eye is symbolic and not as vivid as seeing with physical eyes. It takes practice to learn to interpret what you see. Most people who develop the skill spend many hundreds and even thousands of hours practicing.

Getting good at reading subtle energy requires mind training. The Creative Visualization audio program is very helpful in this regard.

It is also helpful to have a partner you can practice with. Sitting across from each other have the intention of attuning to some aspect of the other person such as scanning their physical body's internal organs for health related issues. You could also attune to the person's aura around them, or a person's chakras and desire to see and understand what you can.

Often in the beginning the process feels like you are making it up, but over time you will realize you are getting valuable information.

At first you may only see shapes or colors and no distinct images. Keep practicing. Eventually, you will be able to sharpen the ability.

The biggest obstacle is self-doubt or fears. You'll have to be attentive to what goes on in your own mind that interferes. The process is not analytical yet the mind tries to analyze what you are doing and clouds the images. You have to be very relaxed and neutral.... and patient.



Question: When I was the age of 6 I could look around in the house I lived in and see things my parents couldn't see. I could see people that were once alive, like we are today. During the day or night I could sit down in the middle of the house and have a conversation with other worlds. In front of my parents they asked me who am I talking to. I would try to explain and they looked at me weird. I have had a couple of moments where I saw something happen before it did. I know my 3rd eye was completely opened when I was a child. I'm a lot older now and have new things happening. Now my question is can you explain any of this to me. Why did I see that stuff when I was younger? What does it mean or is there something that is blocking my 3rd eye? It has been 15 years and no one has been able to really give me an answer. Thank you, Cathlina

ANSWER: It's actually quite common for children to be open to receiving psychic impressions. Part of that is due to a child not having developed strong analytical thinking which generally diverts the mind from intuition and therefore precludes psychic abilities.

The psychic opening generally begins closing with most children around age 4 or 5. Of course, in some cases it never completely closes, and in those cases, I suspect, the child had psychic abilities in past lives and thus learned how to keep the channels open.

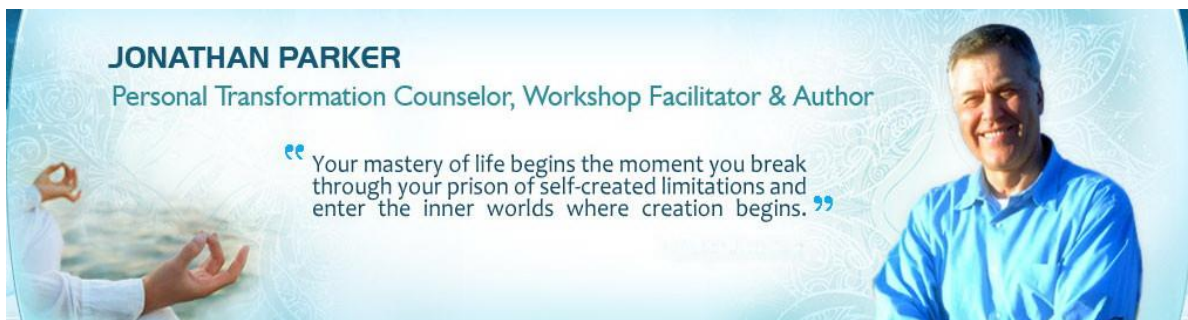
Nearly everyone has the potential to open at least some types of psychic ability, but for most people it takes considerable training and practice, and most people are not willing to devote the necessary time to do so. In your case, since you were psychic as a child it would probably be easier for you than most people to regain and refine psychic skills.

The most common block I have found to be is the analytical portion of the mind interpreting and otherwise interfering with the psychic impressions coming in through the 3rd eye.

With some people I have found they had past lives in which they were persecuted for being psychic and therefore closed down the ability and, in some cases, took a vow to never let it happen in the future. Everyone is unique in this regard and it usually takes someone with psychic ability to help determine the cause and then help a person regain the ability.

You can download the 3rd Eye Meditation Audio here:

<https://www.jonathanparker.org/meditation/third-eye-meditation-open-intuition/>



7TH CHAKRA OR CROWN CHAKRA HEALING

The Crown Chakra is located at the top of the head. It is represented by the color violet or white. I usually see it as a pure blazing white light, but some people associate the color violet with it as well.

The Crown Chakra represents the highest level of consciousness, knowledge and wisdom as well as your sense of the world as whole. It is your interface with higher consciousness and your soul.

SEVENTH CHAKRA: Crown Chakra. Violet or White

Physical issues affecting brain, inability to create your reality.

Emotional issues related to loss of free will, confusion, inability to make decisions. Lacking inspiration, and feeling trapped.

When you have a clear and balanced Crown Chakra, you have an expanded awareness of unity consciousness and non-duality. You are not prejudiced or judgmental and experience deep inner peace. However, if your chakra is stuck or blocked you are more apt to navigate life with your analytical mind. You'll tend to over think a lot, second guess yourself, and doubt yourself.

7th Chakra Solutions

There are several solutions you can take in order to activate and balance and clear your crown chakra.

- **Practice Meditation**

Meditation gives you great calming effects. It also enhances your focus and helps you achieve positive energy flow. I have recorded hundreds of meditations to guide you and among the advanced teachings and meditations is my **Quest for Enlightenment & Ascension** program.

- **Include Some Peace And Quiet Into Your Daily Routine**

Sometimes you get too overwhelmed with your hectic life and all you need is some time for yourself. Find a quiet place, go to your favorite coffee shop or your favorite park and unwind. You need to have a balance in your life.

- **Read Inspirational Books On A Daily Basis**

Grab an inspirational book and read at least one chapter per day. This will not only help to inspire you, but it will also widen your horizons and deepen your understanding.

Here are some books you'll find helpful:

A Course in Miracles Helen Schucman. Foundation for Inner Peace

Conversations with God Vol. 1 Neale D. Walsch (Vol. 2 & 3 are also good, but #1 is best)

The Impersonal Life Anonymous, but is Joseph Benner. *The Way Out* Joseph Benner

The Field by Lynne McTaggart (Quantum Physics, Reality, Illusion)

Journey of Souls; & Destiny of Souls (2 different books) Michael Newton

Practicing the Power of Now Eckhart Tolle and *A New Earth: Awakening*

The Second Coming of Christ—Resurrection of the Christ Within Paramahansa Yogananda

The Eye of the Eye; I, Reality and Subjectivity. Transcending David R. Hawkins, M.D.

Energies of Transformation Bonnie Greenwell (Description of the effects of Kundalini)

The Brain that Changes Itself Norman Doidge, M.D., Brain science and how the brain adapts

7th Chakra Mediation

Your seventh chakra at the top of your head can help you with many important functions of the mind such as decision making and free will, but it is also your gateway to inspiration and spiritual awakening. To help with 7th chakra healing you can place your fingertips on your hairline surrounding your entire face. Your pinky fingers will be touching at the center of your forehead.

Slowly move your fingertips back into your hair one or two inches and stop. Imagine you are breathing golden light in and out the top of your head. Imagine that golden light flowing into your brain and following a central channel to the center of your head. At that point imagine a sphere of golden light about the size of a golf ball radiating the light through your entire body.

Allow your fingers to rest for a few moments while you give yourself permission to relax and open to your higher self. Close your eyes during this exercise and focus on the sensations. Keep moving your fingertips an inch at a time until you reach the back of your head while asking this chakra to open to divine light and inspiration.



CHAPTER 5: EVOLVING THROUGH YOUR CHAKRAS

Whether you are aware of it or not, you are evolving. That's why you experience challenges and difficulties...so you can grow through them.

We can only grow through challenges which cause us to discover our inner spiritual resources and truth.

Now, the question is how can you accelerate this process so you can move up through the levels or stages of consciousness without struggle and suffering?

The answer lies in applying inner reflection and addressing your beliefs and reactions. This is not something you can think your way through because it's accomplished by surrendering the analytical mind that is continually attempting to fix and figure everything out.

I know, that sounds strange because you've been taught that rational, logical thinking will solve all your problems. If that were true you would have resolved everything a long time ago. Right?

The key to accelerate your evolution is you must be willing to let go or surrender. I know it seems counter-intuitive but surrender is a powerful transformative force that radiates your true brilliance of your soul.

Why? Because the more you are willing to surrender and let go, the more your soul emerges in your life. As you deepen your relationship with your soul, deep love, inner peace and fulfillment will automatically surface in your everyday life.

One of the best ways to systemize the letting go or surrender process is to address the limiting programs that have been running your life. This is often referred to as the ego or false self, and it runs primarily on fear in its many forms.

The ego is always seeking more safety and security and as a result has created a wide spectrum of defense mechanisms that operate through your chakra system.

As you evolve, you move progressively up through the issues unique to each chakra. The speed that you move through each chakra's lessons depends on how actively you participate in your evolutionary process.

Once you participate in your evolutionary process, the process accelerates.

If you aren't paying attention or ignore your evolutionary lessons, the lessons and consequences of the chakra you are working on will keep repeating until you do pay attention and clear them.

Now that you're better acquainted with your chakras, the next step is to willingly surrender, clear and heal the energies that unconsciously limit your life. This process is best done in a meditative state.

So to assist you with this process, consider purchasing my **Chakra Healing** program.

This program will take you systematically through each chakra and the conscious and subconscious issues stored there for deep and lasting results.

In this way, you can accelerate your spiritual evolution for a much smoother awakening then if you are not actively involved in clearing the limiting energies of each chakra.



Mt. Shasta

CHAPTER 6: THE MIRACULOUS LIGHT

Since the beginning of history, people have wondered about those who have the powers to perform miracles and heal simply with a miraculous healing light that could be transmitted with a thought, a look, or a touch.

The stories persist of individuals who are said to have performed unexplainable healing feats and other miracles. How a miraculous healing light could exist without science knowing about it has been a mystery and therefore were often thought to be myths or special gifts of only a rare few.

In the past, the secrets of how such things could be done were passed on only by word of mouth to devoted disciples and students but never explained to the masses.

In my life-long dedication to seeking spiritual discoveries, I too have heard and read these stories and tried to find answers that would unlock the mysterious, hidden secrets. This is not an easy endeavor, since many of the answers are not found in books or any other written sources, and those purported to have such abilities say little about how they are done.

Over the centuries, the miraculous keys were often purposely masked with stories, parables, or allusions. While there are certainly stories of masters and others who have done miraculous things, the inner secrets of how they were done have not been revealed.



I DISCOVERED AN ASTOUNDING MIRACULOUS HEALING LIGHT

A number of years ago I made a discovery that to me was new but which I believe is ancient. This discovery revealed something that people can use to make amazing changes in their lives.

This is the story of a subtle-energy experience that can be used for great good and even potentially make miracles possible. This energy has now become a routine part of my life, and it is accessible to everyone.

This energy or spiritual presence is not like any other energy I have ever encountered, such as pranic healing, therapeutic touch, kundalini, Reiki, magnetic healing, psychic surgery, or other forms of energy healing. Nor have I experienced anything similar with healers, meditators, or even enlightened teachers.

The range of experiences that people have with this energy is truly amazing. That is why I have called it The Miraculous Healing Light.

Some people have been healed virtually instantaneously of illnesses. Some have had heightened extra-sensory perceptions opened, and others have told me that their creativity and income have dramatically increased within a few days or weeks after being introduced to it. If I told you all that I have seen this miraculous healing light do, you might have trouble believing it is all possible.

The various results reads like fiction, but later I will share a few letters from people who have written to me about it. In short, I can say this energy is one of the secrets behind miracles.

THE MIRACULOUS LIGHT OPENS SPIRITUAL EXPERIENCES

Perhaps the most important aspect of this energy presence is that it can have a significant effect in helping shift consciousness to amazing and beautiful levels. Some people have had enlightened states of awareness open.

Some have had visions and dreams of angelic realms. Some feel a deeper communion with God and their divine nature. Many people, of course, are working toward these goals all over the world by following many different paths, and I have found that this energy presence can be a dramatic help in achieving them.

What is wonderful is that this energy presence complements any other system of healing, clearing, or spiritual practice a person may be following. It can also change a person's life by opening the way to new opportunities for prosperity, health, and happiness.

One person I worked with described its healing effects:

Some wonderful results are showing themselves. One person is relieved of pretty intense hip and leg pain which had been with her for a couple of years. Her quite noticeable limp is now almost gone. Also, as an anorexic, taking in adequate nutrition had been a problem for her. Not only has she started eating twice a day, but she is also receiving intuitive messages as to what nutrients she needs! She is about the fourth person I know of whose higher communication has been positively impacted.

Another woman writes of an “immense joy” she experienced:

When I was sitting across from you, I was at first “waiting” for it [the energy] to come to me. Once I let go and just “was,” it sort of clicked into place, sort of like when you put a battery into its position. It was like a groove that was waiting for the perfect fit of energy. (There really aren’t words to describe this). Then, instantly, when it clicked into place I remember that tears of IMMENSE joy fell. It was a feeling of connection, like a pipeline to the Divine. As I sit here now, I can feel a STREAM of energy straight through me, almost from below my feet straight through my head and up beyond my head, connecting me to the Source. I feel so truly blessed and am extremely grateful.

These two examples demonstrate that this is not just a healing energy, but a transformational energy which can deeply affect a person’s awareness and consciousness.

You can experience this light yourself with two programs I created titled *The Miraculous Light* **[Click Here!](#)**

HOW I FOUND THE MIRACULOUS LIGHT

The story of this amazing energy began with a miraculous discovery on Mt. Shasta in the Fall of 2002. Although I had been on a dedicated spiritual path for over 40 years and have discovered many profound truths, this experience was unique.

It is well known that Mt. Shasta, located in northern California a little south of the Oregon border, is regarded as one of the sacred mountains of the world. Many books describe the spiritual experiences people have had on this mountain, and thousands have felt its special energy many miles away. Years ago I conducted dozens of retreats, workshops, and classes there myself.

The combination of being in the remarkable energy of this area combined with two weeks of meditating with a group at the base of Mt. Shasta opened me to this remarkable experience because I specifically wanted to find a way to help more people with their physical, emotional, and spiritual issues.

I held the intention of wanting to be shown how miracles could be done to help people, and specifically how to be connected with the same miraculous source that the Bible describes as happening 2,000 and more years ago.



On one particular evening I had an incredible vision in which I saw the Universe being opened. I was sitting on a couch with my eyes closed and relaxing. Thinking about the previous day, when I saw a bright light.

I thought someone had come into the room and turned a light on, but when I opened my eyes that was not the case. I could see this light with my eyes open or closed, and I thought that was pretty remarkable in itself, so I opened and closed my eyes several times trying to figure out what was going on. It became obvious to me that this was no ordinary light.

The light grew brighter and brighter and blazed into me and all around me. This light filled me from head to toe, putting me in a remarkably euphoric state. I saw the heavens opened with thousands of angels beside what appeared to be a huge opening much like a rip in the fabric of the universe.

I also saw a beautiful being in a golden robe standing next to the opening in the universe, and he was holding it open allowing the light to shine through. My inner knowing recognized this being as Jesus or Immanuel as he is sometimes known.

In that moment I knew that this was an opening to the divine Source to enable direct access to the light and power of creation and transformation. and I came to understand this is also the light of the soul. Initially, I thought the light was coming from outside of me, but I later realized it was actually the awakening of a light in all of us.

This experience burned a lasting impression into my mind that is so clear and powerful that years later I am still fully aware of it, and I can still see it in my mind's eye as if it just happened.

I know this sounds remarkable, and perhaps to some it would even seem to be unbelievable or perhaps an hallucination, but I was wide awake and clear-minded. Nor was this a drug-induced experience, as I do not use or recommend any mind-altering drugs.

The word “religion” comes from the Latin root word “religare” which, in fact, means to tie, fasten or bind and refers to reconnecting with divinity, but often religions have lost this direction. However, the power of our divine nature is available to anyone who desires to access it.

I certainly do not consider myself in any way special, nor do I claim to be the only source of this discovery. I am just relating what happened to me while meditating and asking to be shown a better way of helping people, and I can definitely say a way was dramatically shown to me!

THE MIRACULOUS LIGHT IN ACTION

The next day after I experienced the vision I was doing a counseling session with a woman who had been attending the retreat I was hosting at Mt. Shasta, and she commented to me that my energy felt in some way stronger to her. She was experiencing emotional turmoil and I was helping her through it when she felt a spontaneous release and lightness.

At that time I didn't fully understand what happened to me during the vision, but the experience with this woman made me realize that indeed something very significant had taken place. Over the next several weeks I did many counseling sessions, and many people reported similar experiences.

I realized that what had happened to me as a result of the vision on Mt. Shasta was having a significant impact on others. Over the following months I realized that by telling people the story of my vision and asking them to be open to receiving the light of their soul that they were also having profound experiences.

People have called this energy by different names. Some people have called it the “Christ Consciousness energy.” Some have called it the “Holy Spirit,” and some have called it the “light of truth,” while others have referred to it simply as “God energy” or “God force energy.”

While all of these references are true and good, I recognize this light as the light of the soul and the divine presence that lives in all of us.. Because of the results that many have reported to me, I have often referred to it as “The Miraculous Light.”

Using a new name that doesn't have a history behind it has its benefits. Since it is a new name people can avoid prejudices and thus view it in a new light. Often, this is vital in order to avoid expectations arising from preconceived ideas.

The nature of the energy, however, is more important than the name, especially because it helps attune a person to a deeper inner truth which ignites the spark of God within. What I experienced in the vision that appeared to be a light outside of me has shown itself to be the opening of my awareness to the light within everyone.

The soul and its miraculous light has an intelligence within it that creates spiritual awakenings and growth in every aspect of a person's life, including how a person works, learns, relates to God, and treats others. Awakening to this light creates an inner transformation that brings a deepening presence of love and light.

What I see actually happening when a person experiences this process is an opening to a deeper connection with the soul. Everyone already contains a divine presence, and all that is happening in what I have just described is that the soul presence is awakening and coming to the surface of awareness. The light that radiates is an inner light which is the light of the soul.

AVAILABLE TO EVERYONE

Since this light is really the reconnection to one's soul, anyone can access it and experience it. Once you know about it, you can begin to have your soul reveal itself to you by putting your attention on it, acknowledging it, and inviting it to emerge. It then automatically begins making changes in a person's life.

As this beautiful inner light emerges more and more, it helps a person to awaken and embrace the deeper spiritual truths within. The process feels wonderful and natural, like a home-coming. This is a light, energy, intelligence, presence, and love essence that I am able to transmit to others by holding my attention on them and requesting and intending that the light presence awakens, emerges, and initiates transformations in them.

This awakening has many names. Some call it an epiphany. Some call it a transcendental experience and some call it enlightenment, but what is remarkable to me is that as astonishing as it is, it does not need to be regarded as something incredible or only for special people. This awakening is the most natural experience anyone could ever have.

I know that many people have had awe-inspiring experiences, but they may not know what to do after the initial awakening. In many cases they may feel as though they lose the experience as time goes on. This does not need to be the case. The practical side of me has always said, "How can I apply this to everyday life?" As you will see, I will show you many practical ways to apply the soul-awakening process to the challenges and concerns of day-to-day living.

PERSONAL TESTIMONIALS

One healing practitioner wrote to me the following experience after awakening to the soul light and presence:

I woke up this morning, much earlier than usual, with a real sense of clarity around a few things. Although the words to articulate this are inadequate, I awoke very clear in this process...it was like an amazing energy stream which flowed from God to you and out from you like myriad lightning bolts to many others. As your lightning bolts touched us, an energy sprang up carrying us into God consciousness. Boy, talk about trying to drink from a fire hose! It felt like I was plugging into a pipeline directly into God Consciousness. What you plugged into at Mt. Shasta was like the master switch to turn us on after you'd cleared/shifted us to a point of being able to handle it. And then we "pay it forward."

Another person who practices energy healing wrote to me the following experiences she is having with clients and herself:

The comment I hear most from the people I introduce [to the miraculous soul light] is that it brings about a feeling of peace and calmness. When I bring this energy presence up within myself, I, too, can get to a peaceful state more quickly than in the past. Sometimes I impart clients with the energy and don't mention to them I'm doing this. I've had two different kinds of reactions. The one I love to hear is when they tell me a week or two later that they don't know why but they're feeling more peaceful. The other side of the coin is when their issues really start surfacing and they don't feel comfortable. I just explain to them how this energy presence really accelerates their healing process.

I had an interesting experience just the other day as I was taking a walk. I was about a mile from my home and suddenly felt dizzy. The feeling put me into a state of panic. I immediately brought up the soul light and kept "surrendering and releasing" all fear, knowing I was safe in the light. It was a cold day and I was feeling the chill in the air. All of a sudden, I felt tremendous heat all through my entire body. The panic attack passed and I was able to easily walk home. The energy is helping me so much in my own life as well as in my energy work. I'm grateful for this energy and grateful to you, Jonathan, for sharing this gift with me so I can share it with others."

AN EXPERIENCE FOR EVERYONE

What's exciting to me is that this awakening seems to be able to work for just about everyone. Some people will feel it more than others, and each person will have a unique experience with it. Because the soul is composed of a very pure spiritual light, it has all frequencies and qualities within it, and therefore it works to bring about whatever healing and transformation a person needs and desires.

Since I received this gift from a universal spiritual source, I believe that everyone can tap into it as I did and awaken to their soul's presence.

While everyone may not have as dramatic an experience as mine, they can nonetheless achieve the same results. This experience is certainly one that is ready and waiting for all. I have come to recognize that the white light with a golden tint that I see around people is the light of their soul.

When connecting with the light and presence, people are experiencing an awakening to the awareness of their own miraculous soul. My role has been merely to serve as a catalyst to help them with the experience. I refer to this process of awakening as the “soul solution” and that is why I titled my book that.



A spiritual healer with extensive experience wrote to me:

I'm so grateful to be able to participate with this. I've always studied and used varying techniques believing we all resonate to different approaches. I've never had so many people in a row—about 30 now—respond so positively to an identical approach.

Most people are very aware of the miraculous energy of the soul filling them. Some see light and others feel vibrations. Some people feel heat. Some feel tingling, and/or waves of energy. Yet others feel deeply relaxed while experiencing blissful peace, euphoria, and bliss.

As I see people filling with this energy, I can watch the pure, divine light radiating from them brighter and brighter. This experience helps me understand even more fully the many biblical accounts that link spiritual people to light, and the “light” in these instances is the light of the soul depicted in many paintings of saints as halos and glowing auras.

Another person wrote describing an experience:

I think it is only fair to let you know what happened after our phone session. Things began to turn around for the better. My son now is working full-time and has stopped drinking. His disposition has changed 100%. He plays with his children, he is less forgetful, and he is more attentive to his wife. It is like a miracle. I attribute all this change to whatever you did that day to dispel the thick cloud surrounding him, and I wanted to thank you from the bottom of my heart. I was really desperate when I called that day.

People receive the awakening to their inner soul light and learn ways to work with it very quickly, and they are changing their lives in ways they never imagined possible.

Another letter from a healer attests to the light's impact on people's lives:

The two most interesting people this week included one woman who came in with a severe migraine headache. Her experience is that these migraines take about three days to pass. After the soul presence was activated within her, we moved it into the area of pain. Within ten minutes, the intensity dropped way down. She was very grateful for that and was ready to quit, but I suggested we could eliminate it completely. We sat with it for five more minutes...and the headache was completely gone!

REMOVING MENTAL BLOCKS

To give you an idea of how far-reaching the influence of the soul presence is, I'd like to share a remarkable letter from the wife of a man whose learning block was dissolved with this energy presence. His native language is English, but he was trying to learn to speak French in preparation for moving to France, but wasn't doing very well with it. Here is what she wrote:

You had a session Tuesday night with my husband. On Wednesday at dinner, he chattered a bit in French, and I was amazed because it actually sounded like French! Always before when he tried out some French, it was impossible to determine what he was trying to say, since it sounded like anything but French. It was an amazing difference.

There was nothing I could correct his pronunciation on, whereas in the past, he really got none of it right, even after many attempts at repetition. I had been wondering how his French Berlitz tutors felt trying to teach such a difficult student! And I was beginning to think he would get through our years of living in Paris without ever speaking French.

When I mentioned how incredibly well he was suddenly speaking French, he said that the tutors asked if he had been practicing the night before! I'm sure they also wondered how he improved so much in only one night. Since he

couldn't tell how bad his French was before, I don't think he can tell how huge the improvement really is, although I think he feels it is now easier.

While this example may not be as dramatic as some of the healing examples and other awakenings mentioned earlier, it does demonstrate a fascinating additional way in which the energy has a practical, positive effect on the mind. I must say I don't understand how some of these experiences happen, but I am grateful they do.

REMOTE HEALING

This energy and presence of the light of the soul is creating a life-expanding shift for many people in more ways than I can say. One woman was healed without my having direct contact with her. This next example concerns a lady who had been with a sick friend the afternoon I did a session with her. She didn't tell me about her friend, but after my session, her friend called her and said something unexplained had just happened to her and she had been healed. Her concern for her friend was sufficient for this light-energy presence, which I was using on her, to also work on her friend.

Yet another person reports a similar experience:

In my phone session with you on Monday night, I asked you to work on my friend who got a severe concussion ice skating one week earlier, and was on prescribed four weeks bed rest. All she could do was lay in a darkened room alone. She could not stand up, talk, or even think well. I wasn't even allowed to talk to her on the phone. I was concerned that she was getting the proper medical attention, so in my session I asked you to check in on her and to see what healing might be possible. You did some clearing work, mentioning that it was fairly easy to remove some of the blockages.

You said she would need much rest, but would be fine. She just called me today, Friday, and before I told her that you worked on her, she told me that Tuesday morning when she woke up, she was noticeably better, able to take a shower and talk and laugh with her husband. Neither she nor her husband knew why she showed such a marked improvement Tuesday morning, but they had noticed it. The doctor then told them that he was about to have her hospitalized again, but wouldn't need to because of the improvement.

More Healings Another person writes of an interesting healing:

I just wanted to thank you for fitting my friend's emergency session in Friday night. She was in great pain and virtually incapacitated for almost the whole week, getting progressively worse from Monday until she had to go to the medical doctor and get opiates and steroids for the immense pain and inflammation of the spinal nerves on Thursday night.

She has a two week business trip to England in two days, and she had thought that she might need to cancel because she was in such pain and on powerful drugs that cause disorientation. All other practitioners she tried were unable to help...with one body/energy worker telling her that it was an “endless” problem.

Well, in your one hour session Friday night, her “endless” problem was cleared up almost completely and she was able to resume her life. It was like a resurrection of sorts!

When I called Saturday morning to see how she was doing, not knowing if you had fit a session in with her or not, to my surprise she was too busy to talk long because she was up and cleaning and waxing her wood floors! This happened after being virtually bedridden before the session!

She said she was up and bouncing around immediately after the session Friday night. It was almost like she had forgotten that she was ever ill at all that week! From Wednesday on, I was encouraging her to call you. Not until all other avenues failed did she call you. Isn't it interesting the way things work out?



PAIN RELIEF

Several people have been able to use this soul-light energy to reduce their level of pain. One reports:

My friend had high-level pain which she reported to be at “9 on a scale of 10.” After thirty minutes of sitting with the miraculous light swirling through her, the pain level dropped to 0 and she said if it comes up again, she knows how to use the energy to relieve her pain. Another person with foot pain found that the energy eliminated the pain. Three days later, the pain returned, and she said, “I just told the soul to go fix my foot and it did!”

The next account is of a woman who was physically challenged after being in an accident some 15 years ago. Another healer whom I taught to use this miraculous energy told me this story. She said this woman struggled with her swollen and enlarged legs which made it difficult for her to get around. She wrote telling me:

The woman called me one evening and was in a great deal of pain. I said just sit down and I’ll do some energy work on it. In only a few moments my legs were considerably better. The next afternoon she called and said, ‘Whatever you did to me yesterday, I want some more of it. I have been up since 5:00 a.m. and have been cleaning house non-stop. This doesn’t happen, EVER! My legs are better and in fact I feel better. EVERYTHING IS BETTER. So whatever you did I WANT SOME MORE OF IT!’

The next day I received another message from her saying: I’ve got to tell you this is some kind of energy you are using. I got up this morning and as I looked down at my legs, they looked about a third smaller than they were previously. Did you hear me? I feel great. This is great!’ Blessings to you Jonathan.”

THE ENERGY WORKS WITH CHILDREN TOO

Another energy healer said she utilized the soul-light presence with an 11-year old boy who reported, “It makes me want to laugh!” This is because with some people a wondrous feeling of euphoria accompanies the awakenings. Some adults also have felt exhilaration rushing through them. Everyone experiences it uniquely.

Another person wrote to me about how the light affected her son’s emotional problems?

Recently, we had a session in which you worked on my 12-year-old son. The improvement is so amazing, and the problem that used to cause great difficulty for the whole family every single day, sometimes several times a

day, has now become almost non-existent. One way I would describe the problem is that if anything didn't go the way he wanted, emotionally, he would lose control and bring the intensity of his reactions immediately to "Defcon 1." Quick, defensive reactions with an intensity way beyond his control made every incident a reason "to defend to the death."

If his younger sister tapped him with her fingers as she passed, he might instinctively defend [himself] with a punch to her stomach. If his younger 6 year old brother moved in front of the toaster while my 12- year old was using it, he might give the 6-year old a painful shove. And I have referred to his interactions with his sister, who is 19 months older than he as "Clash of the Titans" because she had the size and muscle to fight back and, worse, seemed a bit entertained by quietly pushing his buttons to get him to explode like a volcano with anger and frustration. These words really cannot adequately describe the misery for the whole family that would be triggered by his explosive reactions to non-important everyday-type actions that didn't go the way he thought they should.

What can I say now, except we haven't been in that miserable emotional soup for the entire week since that session. And going a single day without multiple incidents was impossible before. I must say, I still am feeling, "Can this really be true? Is the storm really over?" Also, just his presence feels lighter, more clear and free.

He is no longer swept away in an emotional tidal wave. Even he made a comment about how he doesn't do that anymore. I had begun to worry what he could do when out of control, especially as his strength and size grow through his teen years. How much might the course of his life path have been altered by removing the internal forces that overwhelmed him and caused him to violently defend/attack? Thank you so much for helping set him free from those programmed reactions.

MORE THAN HEALING

Needless to say, healing is a very important aspect of the miraculous light, yet the effects of the light extend beyond just healing the body to spiritual transformations. In this connection, one person writes about how she experienced a deeply felt spiritual "love" through the miraculous light of the soul:

I want to thank you very much for all you have done for me. The experience of the energy transfer that you gave me on Saturday was awesome and amazing. It felt to me like love was embracing my whole body. I have felt more awake and alive ever since then. I thank you for this amazing experience!

The effects of this process on spiritual transformation are, perhaps, the most amazing and important. One man wrote the following:

I stand in awe of your work. It seems so other worldly, yet so simple. I am certainly changed. I feel a calmness never before experienced, a quiet thought that all is well and I need not keep beating my head against the proverbial wall. Your work definitely made a huge difference.

The clearing of negative debris has had a felt effect. I do feel the lightness of being that you predicted, but much more, a deeper sensitivity to nature, as if I look around and all is, as Wordsworth would say, "appareled in a celestial light," yet a light radiating from within that shines on the world around. The result is a state of being with such feelings of love and unity; words prove inadequate. I've experienced a little of this before in moments, but not as intensely or profoundly as today. I look around and see, as it were, through new eyes as if all is somewhat etherealized. I'm deep into a honeymoon of consciousness; the world is a different place. You truly do have a remarkable ability. Your work is indeed miraculous. Just think of the people you have helped along. God bless you for your work and your generosity to share it.

A FEW WORDS IN SUMMARY

In conclusion, I would like to share a few words from a practitioner who has used the soul-presence process extensively:

The soul energy has been a gift of profound healing and joy for which I am enormously grateful. In the past two months I have used it with approximately 50 men, women, and children, as well as several animals. Amazingly, to varying degrees, all have been able to accept, experience, and utilize this healing force.

In my healing work, I have always employed several techniques in the belief that we each resonate to different approaches. Everyone I have worked with using this energy, however, has responded, often way beyond my expectations. It seems to resonate at the perfect level each person can accept. Everyone seems attuned to its innate purity.

Everyone has agreed to have this soul energy activated with no qualms. Even people who have little or no prior experience with healing using energy have been able to guide the energy into a painful physical or emotional pattern and dissolve it within minutes.

In one case, a migraine headache was completely dissolved within minutes. This was early on in my using the light and presence of the soul and I was astounded. Since then, I have come to expect this kind of result on a regular basis. One woman I've been working with is dealing with very serious cancer in her bones, breasts, and brain. She received some pretty dire test results

one day which prompted her to accept a round of chemotherapy. It's too soon to predict the long-term effect, but the initial results from the use of the miraculous light are promising. Immediately her color returned to normal and her stamina increased.

She was able (within two days) to cancel a scheduled lung tap because her lungs began to clear spontaneously. A month later, her oncologist said that in all his years of using this form of chemo, he'd never before seen anyone be able to hold a high enough white blood cell count to do the chemo more than two weeks in a row. The typical pattern is two weeks on, one week off. Many have to go every other week. She is on her fourth consecutive week of chemo and going strong.

Personally, I've used the energy to dissolve pain in my neck and have saved several trips to the chiropractor. I've been able to utilize energy to reposition the vertebrae in my neck and spine. With the soul-presence energy, the pain is not only quickly dissolved, but the vertebrae also moves itself back into position.

Also, after the first infusion of this energy, my hearing improved substantially. The next morning, I turned on the TV which was preset to its usual volume. It sounded so loud, I had to rush over and quickly lower the volume. This hearing improvement has maintained for a couple of months now.

A week or so later, I remembered what Jonathan had said about dissolving emotions. Grief welled up within me while I was driving. I pulled over to the side of the road and directed the energy into the area in which I was feeling the pain. What may have taken days to work through was dissolved in just a few minutes.

Emotionally, I feel calmer and happier than I can ever remember feeling. I feel the presence of God within me at all times. All I need do is stop and pay attention; the loving vibrations are always there, always tangible, always accessible. The possible ramifications of this energy rippling out through our world are wonderful to consider.

I remain enormously grateful for this wonderful gift. It's evolving me as a healer, growing me as a person, and providing a deep comfort and support. I'm looking forward to continue exploring the myriad ways in which we will experience its love, power, and healing.

My Final Words

These examples all demonstrate that many are learning to tap into this resource for themselves. I am only a catalyst attuning them to the soul and divine presence. Everyone has a soul and therefore anyone can learn to

experience its many gifts. While the many stories I have included are certainly miraculous, each in its own way, I do not want to imply that everyone will have similar experiences. I have found that everyone is unique and therefore responds differently. Some do not notice much of anything externally, while others experience dramatic changes.

But even if you don't have as profound an experience as some have, I do believe making the inner connections with the divine light and soul that radiates within you is important. When I first started working with the soul and other subtle realities, I often didn't notice or feel anything.

In fact, when I started on my spiritual journey more than 40 years ago I did not see any visual images. I suspect that my four years of undergraduate work studying chemistry and physics conditioned my mind to only acknowledge the most tangible and measurable effects.

Only after years of meditation did I awaken to the subtle influences that normally lie beyond the five senses and begin to refine them. Today they are my everyday experience and I am here to help you discover your own experiences of healing and awakening, and to enable you to share the gifts with everyone in your life.

You can experience this light yourself with my audio program I created titled *The Miraculous Light* **[Click Here!](#)**



CHAPTER 7: HOW TO DO EFFECTIVE ENERGY CLEARING

Subtle energy works across all levels in every aspect of life. The question is, do you have complete healing or a temporary alleviation of symptoms. If you re-establish lifeforce energy flow and clear what was creating the problem, you can have a successful and permanent energetic healing. The body then may kick in with its own innate intelligence and heal the condition. But if you don't clear all the areas where the energy patterns are then even though you re-established the flow, the pattern can be re-created.

How do you do energy healing which is deep and lasting? There are only three words you need to remember. They are identified with the acronym **F.I.R.** which stands for: **Find, Identify, Release.**

First. You must be aware of the blockage. **You have to find it.** How do you find it? Look for it and feel it. Your body talks to you all the time, doesn't it? Use pain or the problems in your body as the launching point. If you were to close your eyes and tune into your body and locate a discomfort, that would be where you start.

Secondly. You then identify how it seems to you. You might have impressions of how it looks such as its shape, color, size, and location.

Ask yourself or your client questions and listen, but don't get caught in the story.

- a. "What memories, feelings, qualities, beliefs, pictures and characteristics do you associate with the disturbance?"
- b "If that pain could speak, what would it say?"
- c. "What else do I need to know about this?"

Finding the blockage or disturbance brings it to the surface. For instance, in the case of resenting someone, you have to go to the deepest core and get in touch with the fear, lust, pain, anger, and any other components. You may find hatred for another person, then a layer of hatred for yourself, and then deeper inside just the quality of hatred itself.

Thirdly, is the release and spiritual healing. When the issue is embraced with the presence of love and light, this energy pattern disappears, and the blockages it caused all disappear as well. Fill the area, the feelings, and the descriptions with love and healing light. Request an outpouring of healing light and energy from all divine sources including God, the angels, and the soul. Hold the idea or image of perfection. When you release the patterns and bring in light the healthy energy flow to the organs and systems will open up.

If open to the healing while aligning with the highest intentions of bringing in the purity of spiritual healing, it will come through as pure white light and love, and in this state there is only the universality of divine love, and you will be a step closer to your own enlightenment.

THE HEART OF THE MATTER IS THE KEY

The heart center is the home of your soul and when your consciousness is centered there you feel at peace and fulfilled. For instance, a person may have a difficulty with their liver and you may be drawn to do spiritual energy healing work on the liver, but upon going deeper you discover that there is really a core pain held in the heart-center over feeling unloved or abandoned by a parent, and the person is now holding anger in his or her heart and liver. The liver may be where the symptom manifest but not be the cause.

In this case, the heart is the key. When you heal what is held in the heart the other areas heal as well. This is because you connect with the highest enlightened aspect of the soul and establish full spiritual alignment through the heart center and you bring that awareness to the core of the resistance.

It's OK to work on healing where the symptom is directly, but you also need to heal the core cause which may not be present where the symptom is discovered. Healing the core is about a shift in consciousness and returning to the pure nature of the soul and the deep love that is there. The love and light of God and the soul can wash, clear, and fill all the places that cry for love and healing.

Aura healing, chakra healing, energy body healing, etheric healing, healing touch, and mental & emotional body healing are all useful but going to the heart and core brings the deepest transformations.

There are a number of ways to approach energy healing and spiritual healing.

My Color Therapy & Healing program has 12 guided energy healing sessions and a great deal of information on a variety of healing methods.

If you'd like to really address some of your deep issues the Chakra Healing program has 12 guided meditations that help you address their core.

Since nearly all the issues we deal with as adults have their roots in our childhood, the program Heal Your Childhood is one that everyone should experience. The program is really about healing as an adult by addressing issues that have been with you since childhood.

Discover How To Erase Any Negative Thought or Toxic Emotion

I also have a *FREE* Video for you that teaches you a Unique “**Soul-Centered**” Trick to Stop Being Triggered & find incomparable Optimism, Fulfillment, and Deep Happiness

Join me as I show you a quick yet simple technique to **eliminate deeply rooted negative emotions** like a pessimistic attitude, anger, fear, frustration, guilt and depression from your life.

Watch the short video and you'll...

- **Discover a 30-second *hand-to-heart* technique** that is proven to unlock deep & lasting inner peace...
- **Learn a unique “release mantra”** you can use to completely and permanently let go of every core issue that has ever held you back...
- Find out the **secret to navigating life's uncomfortable moments** smoothly and harmoniously ... it's NOT what you think!
- See how easy it is to **decrease the CORE of stress, improve relationships & feel heart-opening love** when you know the Art of Surrender.

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