

The Opening Process

This process has been designed to open up your sensitivity and awareness to the higher energy around you. You can use it in the morning or whenever you feel that you need an extra boost of energy we begin by either sitting in a comfortable position or laying down.

STEPS

1. When you're ready, you will begin to take in nice deep breaths, deep into the belly and on your exhale begin to release some of the tension
 - As you breathe, we will call on your unconscious mind to come to the front so that with every breath you are bringing your awareness and your energy to a higher lighter place
 - On the exhale, releasing the tension holding you back. If your mind starts to wander, that's OK, simply bring it back to the process
 - With every inhale, tell yourself you are feeling lighter and calmer and on your exhales continue to release any of that tension to the body or the mind
2. As you breathe, begin to see or feel or even imagine a beautiful white light above your head
 - This white light is the light of the universe, and it is available to each and every one of us when we are ready to open.
3. We want to start to feel the beautiful white light coming down through your crown chakra located right at the top of your head. As it comes down into your crown, allow it to connect you to your divine
4. You'll breathe into your third eye, subtly and gently, opening up your extra senses, allowing you to see truth of yourself and others more easily
5. You'll breathe deep into your throat, opening, expanding and relaxing: allowing you to speak truth, both to yourself and others with ease and compassion
6. You'll bring the energy down into the chest, opening up the heart, opening and expanding that heart full of love, compassion, and forgiveness
7. As you breathe, bring the energy down into your solar plexus, releasing your power out into the world. Relaxing the belly, the digestive system, and opening yourself up to the power of who you are
8. You'll breathe into your sacral, relaxing, the sacral using that creative energy that is there to create new solutions for yourself and others, for creating a new way of living in a new way of being
9. And you'll breathe down into that throat, so you know that you are safe and secure, and taking care of each and every moment
10. As you breathe, allow your own breath to bring that energy down through the top of the head, through the entire system, and out the bottom of your feet where it is easily absorbed into the ground

NOTE

Using this white light consistently will start to bring your frequency up so that with every breath you feel lighter, and more balanced. You can use it whenever you need a boost, or you simply want to access a higher energy to release the tension, the worry, and the fears that are present in your body. Doing this with allow to to expand your awareness and bring that light down into your system and out the bottom of your feet, so as you begin your day, you feel open connected and completely at peace.