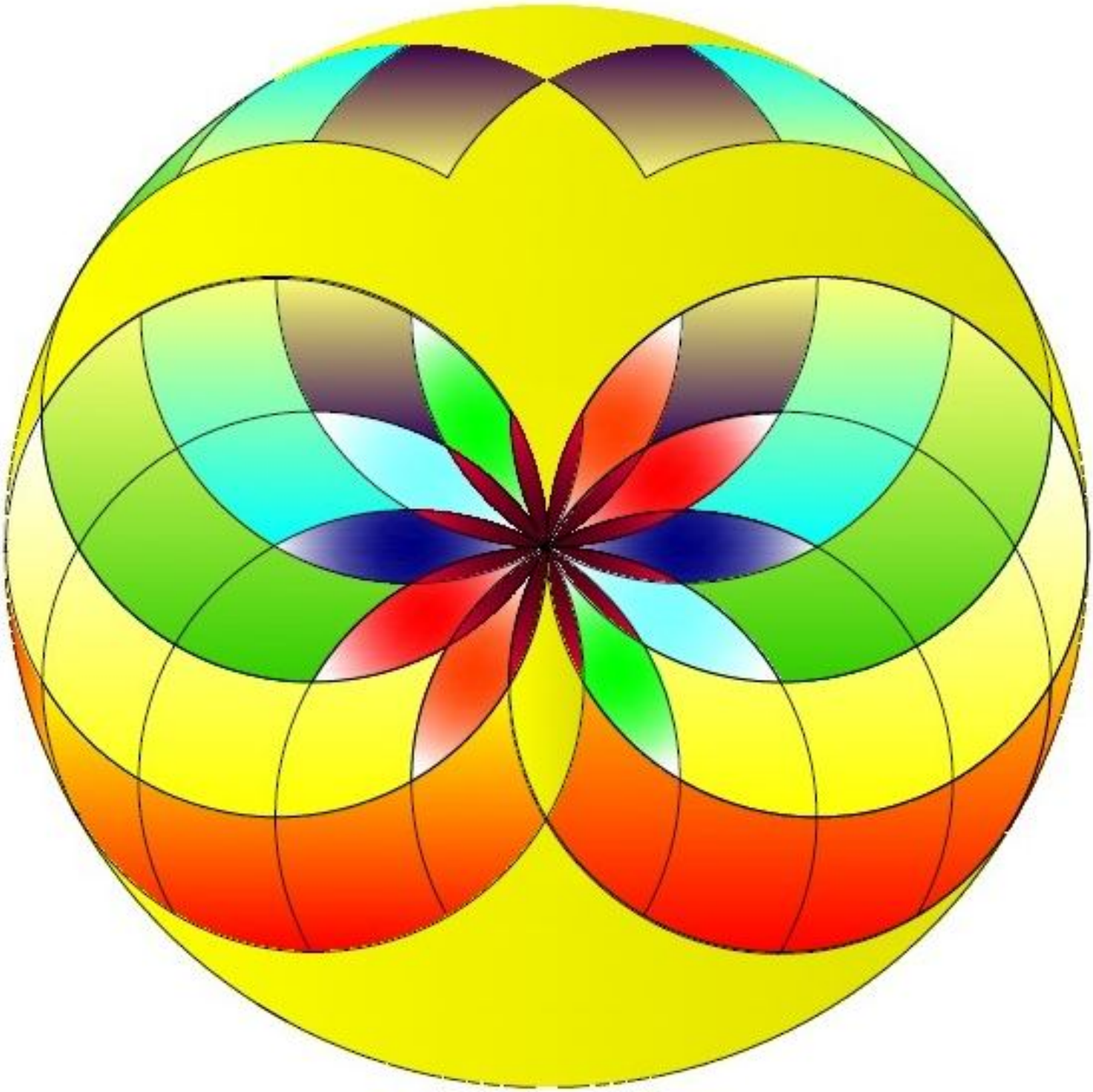
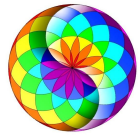


The Lightfilled Being

by Michelle Lightworker
with Hannah Andrews

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THE LIGHTFILLED BEING

LIGHTWORKER PRACTITIONER TRAINING MANUAL

VOLUME 6

By Michelle Lightworker

With Hannah Andrews

About The Author



Michelle lives happily on the Sunshine Coast, Queensland, Australia with the love of her life and husband Tony. Although, Michelle really considers Mother Earth her human home and travels it frequently. Michelle is the proud mother of two daughters Sarah and Phoenix. Michelle began her own journey as a Lightworker the minute she entered the world as she believes every part of life is a part in consciously evolving. Michelle more consciously began her lightworking when she hit rock bottom with an eating disorder back in 1990. Since then, her recovery led her to helping others in voluntary service for many years before officially studying counselling and then assisting counsellors with professional supervision. Running her own counselling business evolved into the educational facility The College of Creative Healing, when her clients began demanding courses for both personal and professional development. A highlight of her professional career was developing and conducting the Lightworker Practitioner Training which became the catalyst for her first book 'Making Light Work'. Michelle and Tony are currently developing projects in collaboration with other Lightworkers to assist in the growing consciousness towards the light. These projects include the Higher Consciousness Reflections series, the God Art Gallery, Lightfilled Yoga, and publishing inspirational books through Lightworker Reflections. Michelle is a also a Certified Trauma and Addictive Disorders Therapist which led to writing and facilitating the Diploma of Multi-addictions Counselling. Michelle studied holistic counselling with Sophia College and became a one of their facilitators of the Advanced Diploma of Holistic Counselling. Other completed studies include: Diploma of Professional Counselling (AIPC), Associate Diploma of Rudolf Steiner Education (Parsifal College); Counselling Kinesiology (Integrated Health Kinesiology) Angel Intuitive and Advanced Angel Intuitive training (with Doreen Virtue) and Zen Thai (Mount Ninderry Healing Centre). Michelle is also a qualified Australian Healing Hands Massage Instructor. Michelle worked as a Waldorf (Rudolf Steiner) Teacher and also taught children with learning difficulties at Noosa Pengari Steiner School. Michelle has also gained over 25 years experience in both the world of business and government including working for Child Safety. This was an integral part of her journey in finding the light within the darkest parts of humanity. Apart from being enthusiastic about her work of assisting the consciousness of humanity to evolve, Michelle adores her family life. Many of those are Lightworkers she has met along the story of her life's journey. She enjoys staying active and balances her life with regular Lightfilled Exercise and Lightfilled Yoga. Michelle is into living life with laughter. Instead of ‘doing’ Lightworking, she is more interested in ‘being’ the Lightworker in all that she does. Michelle and her husband Tony co-founded Lightworker Reflections as they believe that sharing our reflections is the most powerful tool in assisting the consciousness of humanity to awaken to the light. They believe, 'We are all one, we are all in it together, so let's start sharing'.

About Hannah Andrews



Hannah Andrews completed her Degree of Lightworking in 2006. In 2008, Hannah added another notch to her Lightworking belt and whilst pregnant undertook the task of training as a Yoga Teacher. Hannah is a proud mother of her daughter Adaya and commenced teaching Mum's & Bub's Yoga when Adaya was 1 year old. Hannah also practices Aware Parenting and is passionate about providing tools to parents to help support their children to create healthy emotional connection as a family. Hannah is collaborating with Lightworker Reflections in writing 'Higher Consciousness Reflections For Parenting'.

Hannah commenced teaching the Lightworker Practitioner Training in 2011. As a spiritual teacher, she teaches how growing in conscious awareness of ourselves is the way to bring about true change for a peaceful connected world.

In 2011, Hannah also collaborated with Michelle Lightworker to develop "Lightfilled Yoga for the Chakras" and commenced teaching Lightfilled Yoga. This led to Hannah achieving her Masters Degree of Lightworking and being offered to work as a consultant for this book which is the training resource for Level 6 of the Lightworker Practitioner Training "The Lightfilled Being".

Dedication:

I would like to dedicate this book to Hannah Andrews.

Your amazing strength, flexibility, loving angelic spirit, yoga teaching experience, connection with Spirit and creative collaboration has made this book a reality.

Thank you my Spiritual daughter.

Mission Statement and Intention:

This new way of being will create and build energy towards a group consciousness of living in the light and spiritualising matter.

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Section 1 Introduction

We are now at our 6th Level of our Lightworker Practitioner Training which is based on the Sacral Chakra. This Chakra assists us in feeling nourished to our very core. When we are nourished, we no longer crave things that are not of benefit to us holistically. When we are in this space, our ability to feel nourished extends to our other Chakras, so we experience the very best of our other Chakras at this level too. We have more of an opportunity to release and transform vibrations that no longer serve us. This level is about accepting spiritual nourishment into our bodies and we do just that - accept it right into our bodies. As we do this, our vibration is heightened and we transform our bodies. We can heal our bodies quicker, recover from illness easier, drop excess weight and live a longer and healthier life. This is the journey of the Lightfilled Being. It is a continual one, as we are human. As we continue to evolve our vibration gets higher and higher.

If we want to achieve Spiritual mastery on this journey of Lightworker Practitioner Training we cannot deny the body. The Lightfilled Being is not about living from the neck up! We don't want to be a floating head that is full of ideas and inspiration but lacks follow through. Accepting our humanness means we accept that we are born into this physical body. Accepting our humanity is part of the Spiritual mastery. It keeps us grounded and empowers us into this realm. We can affect change more positively when we are connected to our current reality. The physical plane may only be temporal; however it is here and now. The power is in the present, so we learn to embrace what 'is' in order to transform it. And this is the preparation that we need in order to manifest and transform all matter in Level 7 'Living Abundant Light'.

In introducing Lightfilled Yoga in this level we aim to nourish and transform our bodies. We are given the opportunity to realise how powerful a being we are on this planet and in doing so we elevate our vibrational frequencies. We prepare ourselves for Lightfilled Yoga in Section 2: 'The Power of Lightfilled Yoga'. It prepares us for what we might experience as a student. We include testimonials from people that have attended Lightfilled Yoga classes as it sets the scene for the amazing changes that can occur prior to, during and after classes. This will also psychologically prepare you for the changes that you might expect from clients/students as a

Lightfilled Yoga Instructor. In this section we also provide practical preparations for setting up Lightfilled Yoga classes.

In Section 3 ‘Lightfilled Yoga Chakra Sequences’ we provide specific sequences for 9 Lightfilled Yoga classes. There is a sequence for each of the Chakras: Crown, Third Eye, Ears, Throat, Heart, Solar Plexus, Sacral and Base Chakras plus a 9th sequence for Chakra Integration. They are very detailed and written word for word so that there is clear instruction.

In Section 4 “Lightfilled Dance and Movement”. We describe the power of Lightfilled Dance as a way of expressing our Physical, Etheric, Astral and Higher Selves. We provide examples of how Lightfilled Dance can be incorporated across all levels of the Lightworker Practitioner Training. With Lightfilled Movement, we focus on strengthening the body and areas of our Physical, Etheric, Astral and Higher Self. We have also adapted poses from Lightfilled Yoga Chakra Sequences into strengthening moves to advance your fitness in these Chakras. We find that as we energise these areas whilst targeting a Chakra, we can maximise the Chakra’s function in a minimal amount of time. By keeping it to 4 different strengthening moves per Chakra, we can target an area in under 20 mins per day. It gives us results delivered in a short and sweet way that makes us sweat!

Hannah Andrews and I have co-written Section 2, 3 & 4 together. Hannah graduated from the Lightworker Practitioner Training in 2006 and then studied to be a Yoga teacher. Hannah was wonderful in translating what I was seeing, hearing, feeling and experiencing coming through from my guides. Often what I was showing Hannah, she would explain back to me in Yoga terminology. Hannah also received her own guidance too. Together we shared a very synchronistic experience because often I would suggest to Hannah a pose she had just seen. Or Hannah would share with me something that my guides had just shown me. Often we were jumping up and down in so much joy during this process. To have something so amazing confirmed by another powerful Lightworker over a period of weeks was something out of this world. Beyond explanation! I hope that you get to experience this type of effortless collaboration. At this level of the training, we need to learn to collaborate with others because we shouldn’t be hiding from people mirroring our darkness or light. Hannah was mirroring back my light to me and it led to this wonderful creation of the

sequences of Lightfilled Yoga in this level. This is when we celebrate the light in another. It is not a competition. As they win, you win. This is true collaboration. As we celebrate their light, we allow more light into ourselves. It was such a deeply moving experience, amazing collaboration and the sequences we provide in this book were created in such an effortless way that it feels like Spirit gave us a gift. These sequences almost wrote themselves in a very short period of time. Then we had the process of adding in all the technical step by step information so that you know how to get into and out of poses in a flowing manner. And that took lots of effort! Hannah put a lot of time and effort into this and I am forever grateful.

Hannah was also teaching Lightfilled Yoga each week so we were able to physically experience these sequences quite quickly after we had put them together and gain the benefit of the information that we were getting. Our transformations were amazing on every level. Oh, the stories we could tell! As each week passed, it was like our whole lives were energetically geared to transforming along with the Chakra we were working on. It was extremely powerful for both of us and the friends and students that joined us every week. We would sit down with a chai and oracle cards in a circle after each class and share our big shifts. Often these shifts would start a few days before the class. And as we pulled a card, it would confirm our learning and what we needed for the next step of the journey. It was lovely to hear the guidance that others were getting regarding our process too. I have sat in many circles after meditations and shared with others or witnessed their process. However, after being so physical with Lightfilled Yoga and then doing an ending meditation, it really encourages big shifts to occur quickly whilst feeling very supported energetically.

In Section 5 I introduce ‘Lightfilled Activity and Exercise’. We explore other activities that assist us in elevating our vibration. These physical activities give us the opportunity to stretch, challenge and deeply feed us as like we have never experienced before. We suggest specific physical activities that will target specific Chakras. We discuss Lightfilled Exercise in more detail and gain an understanding of how we can make exercise our friend rather than punisher.

In Section 6 I have included ‘The Lightfilled Being’s Toolkit’. It isn’t a huge section as the main toolkit at this level is our Lightfilled Yoga Chakra Sequences. However I

have been guided to include a few key meditations to ensure that we have the tools to resolve resistance and sabotage from stepping up our vibration.

This brings us to our last section ‘The Lightfilled Being and Beyond’. I was guided to include this section as we need to face the reality of the body as a vehicle that eventually has an expiry date. My husband Tony’s father Charlie died at the ripe old age of 90 whilst I was penning this book. Tony saw how I dealt with this process and assisted him, Charlie and other members of our family deal with his passing. He thought it would be helpful to include these tips in this book. I agree, after all, the Lightfilled Being lives on well past our current body. To understand our bodies and how we heal, I have included the ‘Lightfilled Holistic Diagnosis’ model which assists us in understanding the physical, etheric, astral and higher self bodies. We gain greater insight into the symptoms that occur when these bodies are out of balance. Some of these symptoms are very obvious to us as practitioners and we point these out along with some of the more hidden symptoms. We also learn about Lightfilled Healing to heal our bodies and prevent diseases from occurring. We discuss Lightfilled Preparation and Recovery from Medical Intervention in assisting ourselves and others to prepare and recover from surgery and medical interventions more quickly. Lightfilled Life Span Development assists us in understanding the reoccurring patterns that we experience over our lifetimes and how we can resolve them. I also touch on Lightfilled Healing with the Planets and how the power of these celestial beings influences the human body and we expand on Lightfilled Eating principles that we introduced in Level 4 ‘Vibrating In the Light’. The concept of Lightfilled Physical Enhancements is also explored in this section. In this age of medical advancement, we have choices in enhancing our bodies through elective and lifesaving surgery. We gain an understanding of how our choices for surgery and enhancements can assist or delay vibrational shifts into a Lightfilled Being.

Every time we revisit the 12 Principles of the Lightworker Practitioner, we build on our understanding of how they apply to our vibration as it evolves. It is important to do this, to be specific about how these principles specifically apply to each level of consciousness. In this way, we introduce our principles as the foundation on which we build our Lightfilled Being. With our intention to follow the principles, our vibration

lifts as well. Here, we are given an opportunity to explore how each principle more specifically assists us to evolve into a Lightfilled Being.

PRINCIPLE 1: HONESTY

We have spoken about being honest with our selves, our higher power and others – in that order. This does not change however at times we might find that we are not sharing enough about ourselves as we evolve. This is because to communicate what we know when we know it, is actually not always appropriate. My youngest daughter Phoenix asked me when I was in the middle of writing this book “Do you ever white lie Mum?” There I was thinking I was very open and honest and transparent. Well wasn’t I taken by surprise? My honest answer was “Well, I consider not telling the whole story or withholding some information white lying, so yes, all the time.” This was not only a wakeup call but it has been great to realise prior to writing this section – ironically this occurred the very next day.

Being selective with what we share with others is different from being a compulsive liar. I used to be a compulsive liar in my teenage years. It got to the point that I even believed my own lies. Lying gave me a sense of power. Then I went through a phase of telling the truth, the whole truth and nothing but the truth. However, I believe that it stemmed from low self-esteem. I was trying to prove I was wise and ‘good’ person. A lot of the time though, people felt judged by me.

Telling any random thought that crosses my mind or sharing what an immoderate part of myself is feeling isn’t always appropriate. Neither is telling people information that I am receiving from the spiritual world. If I shared that with everyone that crossed my path, I would simply never stop talking! So there has to be a balance. Being a Lightfilled being with principles means that we are honest with ourselves about what we see, feel, hear and know as an evolved being. It also means that we accept it in its entirety. Taking this information to our higher power and checking in with our angels and guides as to whether we share this information is really important.

We are not obligated to tell everyone and anyone the truth about all of ourselves. There are often times we do not want to share things about ourselves because of our

shame. This is different. Withholding this truth when we need help is lying to ourselves and living a lie. So there is a BIG difference between being in our Lightfilled evolved higher self and sharing only that information that we are guided to share. Being a Lightfilled Being and vibrating at a higher level does not mean we are no longer human. Being a Lightfilled Being means that we can admit our truth about our imperfections to our higher power and others and gain the help we need to transform them.

I have been told by certain friends and family that they wished I was a bit more outspoken out how life changing and important writing the Lightworker Practitioner Training was for me as some of them didn't start to read it until years later. Some of them were cranky at me for not being more forthright about encouraging them to read the books. They said it could have saved them years of pain. I acknowledge that I could have definitely been a bit more outspoken and at the time I was fearful that I might lose my relationship with them if they thought I was too 'out there'. I also didn't want to be pushy because the Lightworker Practitioner Training is not about me trying to be everyone else's higher power. It is about assisting people to find themselves and their own higher power and higher self. I do own up to limiting my level of honesty out of fear of losing my relationships. My amends to them and myself is that I am more up front every day now about my spirituality. Towards the end of writing this training, I am far more my spiritual self around others than I used to be. It seems to be coming more naturally easier every day.

PRINCIPLE 2: OPENNESS

When we are connecting with our bodies in any Lightfilled activity, we are opening up more and more than ever before. It is one thing to be open with our mind and our Heart. It is another to totally open up with our energetic centres, our organs and our whole body. The more open that we are with our mind, the more we avail our bodies to heal and grow strong. The mind-boy connection cannot be argued with. The mind-body-spirit connection cannot be argued with either. It is the spirit that guides the mind. The power of the mind comes from the spirit. We speak more about this in willingness. For the topic of open-mindedness we specifically focus on the fact that the more open your mind, the more your body will follow. It is that simple.

We need to guard our minds as to what we are open to. Ensuring that our minds are guided by spirit is the key. Spirit is not going to want us away from our bodies. Spirit wants us to keep an open mind and use this to transform our bodies and the planet.

As we are challenging our bodies with Lightfilled activity of any kind, we are challenging our minds. We may close our minds off when we experience pain or discomfort. Our minds may steer away from our guidance and more to our shadow selves.

As our vibration changes, this too changes our physical bodies. We might find that we take it for granted and suddenly we realise we are in relapse. Our mind has slammed shut. It takes a while for us to get used to living in a lighter higher vibrational body. We need to respect the process. And acknowledge baby steps and huge progress. Practising gratitude will get you back on track.

PRINCPLE 3: WILLINGNESS

Willingness to continue with any Lightfilled Activity is making a decision and then sticking with it. We make a decision that we want to transform our bodies to a higher vibration. This means we want to be more active in our bodies.

We will experience pain, discomfort, sickness, set-backs, disruption, time challenges, grief, loss and trauma once we make that decision. However, our willingness puts us in a position where we say “Well, that is just life. I still want a higher vibration. How do I use this situation to increase my vibration, not as an excuse to sabotage my vibration?”

Any physical exercise challenges us to be in our bodies. When we are in our bodies we feel stuff that we don’t want to feel sometimes. However, bringing spirit down into our bodies helps to transform this stuff and ironically we feel better in our bodies. We want to be in our bodies more, not less. In fact, we want to be active not sit on the couch. We don’t mind sitting on the couch when we’ve down a bit of activity – everything in balance and rest is good. It’s just that we don’t want to sit on the couch all the time. That doesn’t feel like we are honouring ourselves or our vibration.

The key to being willing is setting yourself achievable tasks that encourage you to keep going. They may increase in challenge as you go, because you always want to feel a bit ‘stretched’ so that you continue to increase your vibration. You can get really creative about what and how much you can do – even if it is limited, if you are willing. Where there is a will, there is a way. We cover this in detail in Section 5 in our Guide to ‘Lightfilled Exercise’.

On another note, if you are feeling unwilling, then the question to ask yourself is “Why don’t I want to increase my vibration at the moment?” This will add more clarity as to what is happening. It might be that you are afraid of increasing your vibration because of a past life experience or fear of being judged in this life time. It might be that being open and lighter may make you feel more vulnerable. It is important that as our vibration increases, so too does our conscious spiritual connection. Shedding layers of old negative energy can leave us feeling exposed if we do not continue to connect with our spiritual sources, guidance and nourishment. So in order to remain willing, remember to remain open to those spiritual resources that support the process of transformation. I have included some visualisations in ‘The Lightfilled Being’s Toolkit’ in Section 6 to resolve resistance and sabotage.

PRINCIPLE 4: FORGIVENESS

How does forgiveness relate to the Lightfilled Being? Well any unforgiveness means that we are still holding a judgment in our body. This judgement weighs heavily on our bodies. It disrupts our physical bodies systems from functioning effectively. In fact we find that some of our physical symptoms disappear once we have release a judgment or forgiven someone.

True forgiveness in transforming our bodies into a Lightfilled Being means that we forgive ourselves too for the time that we have wasted avoiding this precious opportunity. Years of abuse and neglect of our bodies can really hit home when we embark on a journey of healing our bodies and transforming our vibration. So we need to remember that we may feel some remorse. And naturally so. It is okay. In fact remorse in this sense is a gift too. Because without remorse, we would not acknowledge that which we have not honoured. So in feeling this remorse, it can move us to really honour our bodies and it can assist us in pushing us to not give up on ourselves or our journey.

When you are assisting people and they hit this wall and have this realisation that they have lost time, assist them to transform their remorse into action. What steps can they now take so that they don't waste any more time? Otherwise, they can easily get swallowed up in their shame and lose more time. Shame can come from their neglect of themselves and abusive behaviours such as: overeating, under eating and consuming toxic substances that lower their vibration. They need to forgive themselves to move on and transform their vibration.

PRINCIPLE 5: UNITY

The principle of unity is a wonderful principle at this level of the training because as we transform our vibration, we transform the universe too. We are all connected, so everything that we do for ourselves in this positive way, we also give to our fellow man and woman, creatures of this planet and the cosmos itself. We increase the vibration of what we see with our physical eyes and that which exists in other dimensions too. The principle of Unity brings a sense of joy about it. It is a win/win situation. As we work of ourselves, we contribute to the raising of a higher vibration of all.

When the others respond to our self-care in a judgmental or diminishing manner, we know that they mirror a part of ourselves. We all have a part of ourselves that feels lazy, stupid and crazy for even thinking we could change our vibration. So, while we still have not acknowledged the message in this part, we continue to experience discomfort when we hear it verbalised by others. We stop reacting to other people's judgments when we feel at peace with our decisions to put our self-care first. There are always going to be people in this world that are judgmental about our choices, no matter what they are. Whether we decide to take an extra class of study or transform our vibration. Everyone has an opinion. The main thing is our response to their opinion. Not their opinion. Our response to their opinion indicates another opportunity to transform a part of ourselves. We have the opportunity to see our reactions as gifts also in healing ourselves and raising our vibration. It really is all good!

So the principle of unity works both ways. It allows us to feel good about our choice to evolve. It allows us to feel good about people having a judgment about our choices, because we know that they are helping us to evolve.

PRINCIPLE 6: DISCIPLINE

It would be really interesting to do a survey on how many of you reading this principle feels discomfort. I guess many of us have had our fair share of resistance and judgement when it comes to our bodies. Now that we are talking about transforming our bodies and vibration, well it may bring some restless twitchy feelings! This is totally understandable.

The thing that we need to realise, is that discipline doesn't necessarily come from within ourselves. We might think so, but this is just arrogance. Actually it comes from being open to receiving help from our spiritual resources. Sometimes we simply may not feel as if we have what it takes to complete an activity that we have chosen to transform our vibration. Our shadow selves may overwhelm us and we might find that we are in a heap of resistance. The main thing to realise is that we don't have to have the power to carry out the task. We only need to ask for this power. In order to do this, we need to be willing. We also need to be open to receiving that help. We also need to be honest that we need that help. So honesty, open-mindedness and willingness are key principles that assist us in discipline too. We only obtain discipline when we accept our human finiteness. We respect it too. We respect our humanity enough to say, "Hey spirit, come and give me some of that super-duper strength that you have an unlimited source of. I need it now!" And we will always get what we need.

PRINCIPLE 7: FAITH

Faith that transforming our vibration is 100% possible 100% of the time is what we aim to achieve in this principle.

We may 'kind of' believe that we can transform our vibration. However that will only get us part of the way. We need to totally surrender to the possibility that it is inevitable that all of us will transform our vibration because we are all connected through the principle of unity and things that we are connected to, exist on a higher vibration now.

At the moment we may only connect to higher frequencies in short spurts that we call holy instants. Eventually those holy instants get longer and closer together. This is how we increase our vibration. We get used to our vibration being higher for longer.

By choosing to believe that transforming our vibration is not only a possibility but inevitability, we increase our faith to the level that is required to transform our vibration. We also elevate our vibration by choosing this level of faith.

Our faith increases as we begin to see changes in our vibration. However we need to exercise our faith into action through our choices of Lightfilled Activity to transform our vibration. Faith in a Higher Power is what our aim in Level 1. Now that we are at Level 6, our hope is that we have had enough practise connecting to our higher power, that we can now apply this faith to acknowledging the power of our Lightfilled Activity.

At this level we also have faith that we have the power to speed up transforming our vibration for the greater good. Our faith in action is mirrored in our commitment to and application of Lightfilled activities. So our faith is not only about selfish gains of being more powerful. It is about how we can tap into that power to achieve a consistent higher vibration to serve the light.

PRINCIPLE 8: RESPONSIBILITY

Isn't it funny how one principle flows into the next sometimes? Well where we just left off with the statement "So our faith is not only about selfish gains of being more powerful. It is about how we can tap into that power to achieve a consistent higher vibration to serve the light", is the aim of being responsible with a higher vibration.

It begs the question "How does one abuse power if they are operating at a higher frequency?" I would direct you to Level 3 where I was very clear with the polarities that can occur with certain archetypes at both ends of the spectrum. Here we need to be careful that our frequency is high and we don't lose connection with or taking responsibility for our shadow. Otherwise, if we don't keep it in check, it can overcome us and take over. We can use our power to abuse others if we are unconscious of our shadow parts. We need to be mindful of our humanity as we evolve, never judging or rejecting it. However we acknowledge it and find out what its message is to us. Not only that, but what it needs. If we do not, we are in danger of losing touch

with our higher selves and guidance. We find that the power can go to our heads and we are operating from our lower self-serving desires.

Once it is about ‘you’ rather than the ‘greater good’ you have crossed the line into shadow territory. Also, we don’t always know what is for the greater good, so we have to be guided and ask spirit to show us. I remember posting on face book while writing this book, “If I had a lot of money I would help others help themselves.” Then I thought “Well it’s really no different from what I am doing now without lots of money. So that is good!” I am living from a high vibrational perspective without a higher volume of money at the current time. I am exceedingly happy that I am doing what I would do if I had the money anyway. I found a way to do that. My joy is writing the Lightworker Practitioner Training series, designing Lightfilled Yoga and collaborating on the Higher Consciousness Reflections series. I am sure that if I continue on this path, the universe will find many ways that I can indeed help others to help themselves.

Taking responsibility to increase our vibration means that we are not making choices because of outside circumstances. It doesn’t stop us from living our vibration in a higher way. We are not a victim to circumstances. How we choose to live NOW is what we will attract to us. We need to live our lives without attachment to power, status or money. We also need to imagine if we would be any different if we had power, status or money. It’s good to ask those questions of ourselves. This helps us to remove any blocks and transform any shadow parts that block us from manifesting resources into our lives where we can serve the greater good. And it also means that we can attract the resources to us sooner to effect greater change.

PRINCIPLE 9: LOVE

Let me sum this one up in a few words. ‘When we love ourselves enough to see ourselves as an extension of the all, we love ourselves into vibrating as a Lightfilled Being’.

In evolving into a Lightfilled Being, we aim to love ourselves in whatever we are doing. We make choices about our body, taking care of ourselves and activities that are loving and kind to ourselves and others. Sometimes this love means that its

tough love and we need to push ourselves in order to take care of ourselves. This is okay and is a part of growing up.

We expand on ‘Lightfilled Activity’ in Section 5 however I have provided examples of ways that we can have an attitude of love when we are choosing Lightfilled Activities:

- We love lightfilled activities so we schedule them into our day/week/month.
- We love lightfilled activities even when we don’t feel like doing them because we know they are good for us.
- We love lightfilled activities even when we feel a bit of discomfort or pain because we know they are helping us to transform our vibration.
- We love lightfilled activities so we are grateful for them and see them as a gift.
- We love ourselves whilst we are doing lightfilled activities. We don’t feel like we are pushing ourselves, we feel like we are stretching ourselves to grow in our vibration.
- We love any blocks that come towards us to stop us from doing our lightfilled activities because they show us how to creatively overcome obstacles.
- We love finding our own blocks, shadow parts and attachments whilst we are doing our lightfilled activities because they are appearing to us so that they can be transformed.
- We love choosing our lightfilled activities because we are increasing the vibration of the whole planet.
- We love our lightfilled activities because it changes our consciousness to contributing towards the higher consciousness of the world.
- We love the end result of our lightfilled activities, we feel joy, clearer, more connected, centred and in our bodies. We love feeling this wonderful.

PRINCIPLE 10: WHOLENESS

In time, we begin to feel more whole. As our vibration changes, we realise how connected we really are. Sometimes my life is like being in a Cinderella movie. It is

as if nature is speaking back to me and confirming thoughts, guidance or action that I have recently taken. Other times it is like something on TV, through the radio, through friends, family or a complete stranger confirms something out of the blue. This feeling of synchronicity extends to feeling that we are united within the whole, so it closely aligns itself to the principle of Unity. When we are operating on a higher frequency, we feel a sense of wholeness where, we feel more connected to the all in every way.

In our Wheel of Wholeness we can apply our wholeness at this level too. I have summarised it in the table below.

Self-Love	When we love ourselves we value ourselves and we want to choose lightfilled activities. Not only that, but we enjoy these activities even if they are challenging. Our self-love transforms us into a Lightfilled Being through our choices, intentions and daily activities.
Self-Protection	Choosing Lightfilled activities leads to a greater sense of our body's energy. We can ascertain more easily what our energy is and what another's energy is. Therefore we are more protected from other's energies. We find that our higher vibration as a Lightfilled Being acts as a natural protection to unwanted influences. We don't attract them because we are vibrating at a higher frequency which repels them. We acknowledge that they all play their part in the greater good, however we also choose when and how we work with them.
Self-Awareness	As a lightfilled being we are more aware of our thoughts, feelings, behaviours, and physical body. We are finely tuned into what is going on for us. We also become more aware of other's thoughts, feelings, behaviours and physical body because our spiritual organs of claircognisense, clairvoyance, clairaudience and clairsentience are more highly evolved and activated.

Self-Care	As a Lightfilled Being we want to take care of ourselves. Activities that assist us in taking care of our needs give us a deep sense of joy and satisfaction. We no longer feel guilt over taking care of ourselves because we know it is contributing to the greater good. We do not let our wants override our needs or get out of balance. We find joy in our wants to, but we keep them in moderation so that they don't interfere with our higher vibration.
Self-Moderation	When we are operating at the higher frequencies, we are able to moderate all areas of our life with more ease. If an area of our life becomes imbalanced, we find that it does not take us long to correct it back into balance. We are more sensitive to imbalances in our thinking, feelings, behaviour, physical and energetic bodies. We utilise our spiritual connections to correct these imbalances if we find that our vibration dips to a lower level.

PRINCIPLE 11: JOY

Living as a lightfilled being really presents itself with a 'hummingbird' type of vibration. You literally feel as if you are smiling from the inside. It is absolutely wonderful. Sure we have moments where we don't feel the hum, the buzz, the zing-a-ding-ding, but we know that it isn't far away. Once you feel it, it's like you don't want to go back. Once you get a sense of this joy, you know that this is true reality. The feeling electric, the sense is connected to everything. It is not unreal. Yet it is unreal in that groovy sense.

There is a danger to want to feel that good all the time. However, we know that as a human being we will feel a range of emotions at any given moment and go through phases of growth that involve deep grief and sadness too. Honouring and allowing these feelings is part of being a Lightfilled Being as well. So we feel a sense of joy in allowing other emotions to come forth. This helps us to stay grounded and connected to our humanity and others. We are able to be empathic and still feel joy in witnessing others experiencing their emotions. This provides us with an incredible

emotional intelligence. We are not overwhelmed by other's emotions nor disconnected from them. We see these emotions as a gift and this brings us joy.

Our joy affects others too. Not only does it affect their feelings but their thoughts and outlook on life as well. Our joy might be met with judgment at times. The whole 'Pollyanna' judgment may be directed at you. However at this stage of joy, we know what is real and it cannot really be challenged because there is nothing to defend. We are not defensive with our joy. We want others to want it – it's not just for people who need it. Those who want to feel this joy need to choose it and take steps accordingly. So with this joy comes a sense of freedom from any pressure for us to keep it or for others to have it. It is a joyful freedom. But it needs to be chosen.

PRINCIPLE 12: PEACE

When we are vibrating at this higher frequency, we find that we have a deep seated sense of peace that all is indeed well in our world. And other worlds too. We know that we are doing what we need to do for ourselves to continue on our path and we know that by making that change, we are positively affecting the greater good. This sense of 'right doing' by ourselves and others is a fantastic feeling of peace. It is really grounded, centred and in the ball park of feeling enlightened. So we find that all the decisions and actions that we are choosing towards activating our higher vibration fill us with this peace every step of the way. If we are feeling uneasy about a suggested Lightfilled Activity, we know that it might not be the right Lightfilled Activity for us. We learn to trust that feeling. All of our big steps and baby steps of our Lightfilled Activities will bring a sense of peace. They might be challenging at times, but there is always a sense of peace and rightness about them.

When we choose to be a Lightfilled Being, we choose peace.

Section 2: The Power of Lightfilled Yoga

Lightfilled Yoga

Lightfilled Yoga is a form of movement that is inviting spirit to connect with our physical body in an actively conscious way. Our higher self is the witness to the process that our physical, etheric and astral body is presenting to us. We encourage our higher self to support our other bodies so that it can help return us wholeness rapidly. Lightfilled Yoga is therefore a therapeutic healing method.

I was lucky enough to be gifted with Lightfilled Yoga when it came to me at 3am on the morning of my 41st birthday, totally out of the blue. I am very excited to finally share it with you in this level of training as over a year has passed before I could present it in this professional way. I had to complete the other Lightworker Practitioner Training Levels before I could fully immerse myself into the writing of this training.

I initially introduced Lightfilled Yoga in Level 4 'Vibrating in the Light' and I will include an excerpt here for the benefit of the reader:

"Lightfilled Yoga is a form of movement that is inviting spirit to connect with our physical body in an actively conscious way. The astral body loves or resists movement depending on what we have stored away in our etheric bodies. Our etheric body can only hold so much dense energy before it commences to express physical illness in that area.

The idea that we can invite light into our body and maintain that for a whole yoga session evolved from an initial download of guidance I received on my 41st birthday at 3am in the morning! Awoken abruptly from my slumber by visions of Lightfilled Yoga poses, I had to get out of bed to record them so that the technical information wasn't lost. As I was struggling to pen the yoga poses to paper in our lounge room, my husband Tony offered to take some photos. Thank Goodness spirit woke him up!

That weekend I shared the original 8 positions relating to each of the Chakras with my good friend, Lightworker Practitioner and yoga instructor Hannah Andrews. Hannah came over that weekend and we played with understanding the way lightfilled energy was moving through these positions. We realised that with

traditional yoga the position itself did not provide us with the consciousness that the astral body needs in this age of consciousness. We want to know what is going on and why. Traditional yoga classes just don't give us that kind of understanding to us or the average person who practised yoga.

The light of our consciousness must know where the energy is moving, where the energy is supposed to be moving and its purpose. This I have since realised, is the most conscious form of awakening the astral body and uplifting it to its highest vibration. For example, the yoga pose of the Heart Chakra was not just about the Heart Chakra. It was about how the energy was flowing into and out of the Heart. It was about our barriers to receiving this energy. Did we have any walls or blocks? In realising the outflow of energy, was there a resistance in giving, was their an imbalance with the giving vs the receiving of the light coming into the Heart Chakra? Hannah and I both 'saw' simultaneously, with our spiritual vision, the figure 8 of energy come into and exiting the Chakras. The visualisation of the flow of energy through each Chakra was enhanced by the Lightfilled Yoga Chakra pose. It wasn't the Lightfilled Yoga Chakra pose itself, although the pose was powerful enough to catapult us to becoming conscious of any blocks. Becoming conscious of the blocks also assists us in knowing and connecting with what each Chakra needs and this lifts both the Chakra's vibration and the astral body as well.

Any problems associated with the astral body, presented themselves during Lightfilled Yoga. Perhaps it was a certain pose that annoyed us or that we lost focus during concentrating on a Chakra. This challenged us. Perhaps normally we wouldn't feel this annoyed about our Chakra, but a certain pose made us conscious of resistance or a block. We also felt that our energy increased over the weeks of going through the poses. Some weeks we were really energised and other weeks we were depleted. It came in direct correlation to the type of healing we needed. If we were empty and receiving light, we felt energised. If we had blocks and were experiencing resistance, our etheric felt more drained and we needed to be more gentle on ourselves after class and for the next day.

In the coming months we worked together with these poses and shared them with other Lightworkers to gain their feedback. We wanted to make sure that it was tried and tested before we included it in Level 6 'The Lightfilled Being'. We feel that this type

of visualisation enhances traditional style yoga poses as long as the person understands the purpose of the pose. In this way, they can light up their consciousness and connect more strongly with their will and intention and the purpose of the pose.

Traditional yoga poses themselves work, but they are enhanced with Lightfilled Yoga practises. The Lightfilled Yoga for Chakras is recommended as one focus per session because it is so powerful that it points to where an issue can be resolved. It is not about just doing all the poses. It is about doing the one that we feel called to do. We also find that they are helpful to do as a theme that is incorporated into a general yoga session. For instance we do the Lightfilled Yoga pose at the commencement of the session and end of the session with meditations. We provide Lightfilled Yoga meditations as part of the Level 6 training and in the training resource 'The Lightfilled Being'. However we encourage Lightworker Practitioners to run face to face classes and have DVDs available from our website."

In this book we have provided a sequence for each of the 8 Chakras: Crown, Third Eye, Ears, Throat, Heart, Solar Plexus, Sacral and Base Chakras plus a 9th sequence for Chakra Integration. Each sequence has a beginning meditation to prepare the participant and to encourage them to connect with the chosen Chakra, feel any blockages and call on support from their higher resources. Throughout the whole session, participants are encouraged to see, hear, feel and have a sense of what is going on with their physical body. Therefore, it is an opportunity for participants to elevate and exercise their spiritual organs of Claircognisense, Clairvoyance, Clairaudience and Clairsentience. Then there are a number of sequences that focus on working a particular area of the Chakra. It may be the front of the Chakra is worked on more strongly, or the back or sides. It could be the inflow or outflow of energy from their Chakra. We do incorporate a lot of visualisation of the energy flowing during the sequences. The figure 8 energy that we focus on connects participants with the earth and the sun. We find ourselves in the middle of this energy and this provides a balance between the masculine and feminine energies, between light and love. When we are lightfilled beings, we are full of love. It does not disconnect us from the love that spirit wants to flow through us. So the figure eight connection is very important and crosses over at each of our Chakras. We focus on our breathing and this ensures the flow of the astral and chi is promoted. We engage our higher self and higher resources so that we are a witness to our process and our

vibration is elevated. This higher vibration sweeps away blockages or attachments and fills up emptiness. We invite participants to visualise this light flowing through their Chakra in the form of a colour. It may be a colour relevant to the Chakra or not. We mention this colour in the beginning meditation. If it differs, that is okay, we want participants to receive whatever guidance and spiritual nourishment they need. We end our class with a meditation to encourage processing, blockage removal, guidance and a strong ongoing connection with their Chakra so that they feel empowered and positive in moving forward.

I encourage instructing Lightfilled Yoga over a period of 9 consecutive weekly sessions. Begin with the Crown in week 1 and work your way to the Base Chakra by week 8. Then on the 9th week, we have Chakra Integration. Participants can choose to integrate all Chakras, or hold their intention with one particular Chakra and tune into how all the other Chakras support and are supported by that Chakra.

Using Intuitive Lightfilled Yoga

When we have learnt the Lightfilled Yoga Chakra Sequences we will find that the poses that we need will come to us when we need them. The Lightfilled Yoga Chakra Sequences are designed to align each specific Chakra however you may find that you need a pose or two here and there out of each specific sequence. You may use some of the poses to warm up and cool down after exercises. Trust whatever guidance that you receive as it is right just for you.

You may want to use the Lightfilled Yoga Chakra Sequences in the same way that we use oracle cards. At the time of writing we intend to have the Higher Consciousness Reflections for Lightfilled Yoga cards/book and Lightfilled Yoga Chakra Sequences for DVD available. You can use these resources to guide you with a particular issue or to confirm that you are on the right path.

Advanced Lightfilled Yoga

Once you have become familiar with the Lightfilled Yoga Chakra Sequences you can become creative as to how it is delivered and in what type of context. You can use some or all of a sequence in an individual session with a client to help them unlock a

specific block. Sometimes dialogue just doesn't work and we need to get the client moving to make any progress. You can then more easily take clients through processes that support to resolve the issue. These may or may not be the meditations that are provided at the end each Lightfilled Yoga class. It may be from another resource in the training or even resources that you have learned outside of the Lightworker Practitioner Training. You may be guided to run a full class in a gymnasium or in the park. You may want to do it with a small number at home in your garage. You may only want to use it for yourself. Whatever way or form that you use it, the most important thing is that you use it and continue to use it to keep yourself healthy and strong in all your physical, etheric, astral and higher self bodies.

You may be guided to use the Lightfilled Yoga Chakra Sequences for channelling higher vibrations. You may weave Lightfilled Yoga into a workshop or retreat that is themed with Archangels, Goddesses, Ascended Masters, Power Animals or other elemental beings. It will really lift the vibration and have people earthing these vibrations in their body. You may choose to use the Lightfilled Yoga Chakra Integration sequence or focus on another specific Chakra. Here are some ideas:

- Asking participants to choose an Archangel to channel for the complete Lightfilled Yoga Chakra Sequence. For example using the Crown, Third Eye or Ear Chakra Lightfilled Yoga sequence would profoundly enhance the spiritual communication of the participant. Imagine how powerful this would be!
- You could hold a workshop for 'Embracing Your Inner Goddess' and use the Sacral Chakra sequence. You can combine some rituals for stepping into their Goddess such as jewellery making and body painting.
- If you are channelling the Ascended Masters, the Heart or Solar Plexus Chakra may be the ideal Lightfilled Yoga Sequence. This would depend on your whether your focus what geared towards love/compassion or empowerment/fierce compassion. If focused on love/compassion, the Heart Chakra is ideal. If focused on empowerment/Fierce Compassion, then the Solar Plexus is ideal.
- If you are channelling the elementals or Power Animals, the Base Chakra could be the right one to focus on. This will really connect participants to honouring their divine earthly connection. However these ones could also be

good using Chakra Integration so that they can get to know how these forces work with their whole body.

- You could hold a workshop for ‘Speaking Your Spiritual Truth’ and incorporate the Throat Chakra sequence into it to open and release any blocks. This workshop could encourage Lightworkers to take that next step in their journey of speaking out about their beliefs to help others.
- When taking people through the Chakra Integration, you might like to choose a theme of holding a certain vibration through an emotion or one of our 12 principles. For example you may want to focus on joy, gratitude, love, strength, unity, or peace.
- Assisting a client individually, we can request that they hold a Chakra Pose whilst repeating a new belief that they have identified. This is very powerful. Our client’s bodies may throw up resistance and we can then assist them in becoming more connected spiritually and release old wounds and out worn beliefs. On the other hand, if the client is ready, the pose can reinforce and lock this new belief into place in the body.

I believe that there are so many ideas that can emerge from combining Lightfilled Yoga with channelling higher vibrations. Often workshops incorporate processes that are creative but may not include the body. Lightfilled Yoga takes workshops and retreats to a whole other level that fully supports raising our vibrational frequency as we heal and return to wholeness. I believe that you will be guided to know which one for whichever group of individuals you have in front of you. Trust your guidance and abilities to tune into the group you have attracted and spirit will help you.

Practical Preparation for Lightfilled Yoga

I’ve included the practical elements of how a physical space for teaching Lightfilled Yoga. It is imperative that you ensure that your space has these elements so that your students and clients are comfortable and safe.

Once you are a graduate of Level 6 of the Lightworker Practitioner Training ‘The Lightfilled Being’, then this qualifies you to be a Lightfilled Yoga Instructor. You will receive a separate certificate that bestows this privilege to you.

Preparation as a Lightfilled Yoga Instructor:

- Tie hair up
- Wear appropriate clothing. It should be stretchy and tight to skin to show attendees proper alignment
- Ensure that you are centred and clear yourself. If you are not, acknowledge this and ask for assistance from spirit during your class. You don’t have to be perfect, but you need to be willing to ask for spiritual assistance and guidance to conduct your class.
- Clear your space with assistance of your higher spiritual resources. You may also like to use space clearing essences etc
- You may use incense if no one in class is sensitive same goes for oil burners with essential oils.
- Light some candles if it is appropriate to your environment
- Call in your spiritual helpers to fill the room with love prior to class
- Turn your phone off or on silent
- Have a mat, blanket and pillow available for each attendee if possible or ask them to bring.
- Lay each yoga mat down that there is about a half a metre around each side of each yoga mat. This allows for stretching and movement.
- Use a gentle clear voice - call in spiritual help if need be for this to clear your Throat Chakra prior to class.
- Use some gentle yoga/spiritual/high vibrational music if you feel it supports you. I do not encourage music that is too loud because it can inhibit people from hearing their guidance.
- End class with Namaste - which means, “I honour the place in you, where we are all connected, where we are all one"
- Have small towels/wipes with space clearing for cleansing for mats. Attendees to wipe their mats after use, prior to storing.

Preparing for Lightfilled Yoga class as a student:

- Tie hair up
- Wear comfortable stretchy clothing that is not cumbersome. Ensure that it doesn't lift up when you are stretching upwards or flop over your head when you are bending down. E.g. leggings and a tank top.
- Create a space so that there is about a half a metre around each side of your yoga mat/towel. This allows for stretching and movement.
- Use a yoga mat or towel (mat preferable for slipping)
- Turn your phone off/silent
- Have a blanket and pillow available
- Use incense, oil burners, candles to prepare and create a sacred space
- Ask your spiritual helpers to clear the space and fill it with light

Lightfilled Yoga Testimonials

In this section we provide examples of our students and other people's experiences with Lightfilled Yoga. We thought that this was important preparation for embarking on the journey of Lightfilled Yoga. It is a very powerful catalyst for change. It will change your life. There is absolutely no doubt about that. I have experienced it for myself and I have witnessed it with people that I am very close to and also with total strangers. It has blown me away to see the amazing shifts in body, emotions, mind and spirit first hand.

Whilst writing this level of training I knew that I had to include some preparation for the Lightfilled Yoga. However, it really is not your ordinary preparation. You really are required to have concrete and specific examples of how it can change lives. This way, you can be more emotionally and mentally prepared for undertaking the yoga yourself and also in assisting others. I was guided to request stories from our students and others and to include them in this book. They are great examples of how much Lightfilled Yoga can change people's lives and what you need to be prepared for, both as a student and teacher of Lightfilled Yoga.

"Lightfilled yoga for me was profound. At the end of every class I was uplifted and felt more connected to myself, source and intuition. It was a good work out and the

poses could be adapted for people with back or knee problems, which meant I was able to participate each week.

I had amazing positive experiences every week I attended. The first class I attended was the Third Eye session. During the meditation at the end of the session, for the first time in my life, I wanted to be present in the meditation. I did not want to float away. Instead I remained in my body, grounded wanting to feel my body and be present to my thoughts and emotional responses. And I experienced a total shift in consciousness that is still with me today. I entered the room earlier that evening with an unconscious emotional landscape of a needy child, where it was all about me and my neediness to an incredible feeling of love. Love that filled me in such a way, I am not that needy child any longer. I no longer need constant reassurance to prove that god loves me. I felt like I had finally stepped into my mother adult energy. It was so freeing and so completely joyous,.....so deeply and incredibly profound I was moved to tears. And it has changed me forever." - Cate Lees

"My name is Candy and I weighed 115kg when I started to do yoga with Hannah, so if you are a larger person reading this, who thinks that yoga would be an impossible task, then please reconsider. Trust your body to know how far it can go and open yourself to the experience. I didn't think I was going to be able to manage yoga at all, but it was exactly what I needed to do. I started slowly and carefully and my body grew into it and started to transform. It was one of the biggest gifts I have ever given myself. When asked to write about an experience felt in Light Filled Yoga it was really hard to know where to begin. Every Light Filled Yoga class was a profound experience for me. Each class released something or enabled me to see a part of myself more clearly. I had a few memorable experiences, one was the Sacral Chakra class, but that was so profound that I am still trying to find the words to describe it, so I have decided to write about my Heart Chakra class experience. At the beginning of the class, my wish was to figure out what the hard dark lump in my Heart Chakra was, and to release it to the light. The feeling of it was like a hole filled in with a hard solid lump. It was big. Through the class I could feel it shifting around, but being very resistant, I felt a lot of fear around it. I called on my constant companion Lucifer and also Arch Angel Michael, Arch Angel Gabriel and Arch Angel Raphael to help. I also called on God and Christ. I felt that I needed a lot of Heavenly support. The flow of the class brought a lot of light into my Heart Chakra as well. I will mention here a bit

about my relationship with Lucifer. He is not attached to me, and comes and goes at will now. Up until this class however, He was always just behind my right shoulder and up to the class had been a massive being. I have no fear about him; I have a deep respect for him and am so grateful for his presence. He helps me to walk the realm between the darkness and the light (I am sure that I will write about him more in the future). Back to yoga - I still felt that there was massive resistance in my Heart Chakra all the way through class. In Shavasana, the last part of the class when we lie down quietly and relax we had the opportunity to allow our Heart Chakra to show us any blocks, or receive any messages. Finally, I felt a shift in my Heart Chakra, I again called on all of my heavenly support to help. Slowly I felt the dark lump begin to unfurl. It looked like a bat uncurling itself, as it unfurled, it turned into another dark being and moved to the left of my body, as it did so, I felt a rush of warm and beautiful bright green light flowing into the hole it had left behind. I know that it was my Heavenly artillery that was sending it. I asked the being who it was, and had a knowing that it was Ahriman who is the opposite of Lucifer. Lucifer is big and extroverted and the lighter side of darkness, Ahriman is introverted and the darker side of darkness. It was then that I noticed that Lucifer was a bit smaller, almost like the two sides of darkness had evened out in a way. Again I felt the rush of green light into my Heart Chakra balancing out the darkness. I was a bit freaked out about the fact that I had been co-existing with Ahriman all this time and not knowing it, but then came a sense of peace about it, I had been living with Lucifer at my shoulder all this time too, so it made sense in a way. It was at this point that I had a realisation of holding the balance of light and dark. I was overwhelmed by this experience; I was able to release Ahriman and bring a sense of peace and balance to my body and gain more of an understanding about my purpose in this lifetime. I was so grateful to have had this experience in a light filled yoga class. I really cannot put into the words the benefits I have gained from doing Light Filled Yoga, I can only say that my life which has already been transformed by Lightworker Training, has been transformed again on a much deeper level. These Light Filled Yoga classes have enabled me to gain more insight into who I am, have enabled me to release stuff I didn't even realise I was still hanging on to and have enabled me to move into a higher level of vibration. I have been able to do more strenuous exercises classes because of the strength and body confidence that I gained. I also have lost over 9kgs and still losing more at the time of writing. My body is different, inside and out".- Candy Bowden

“I attended Hannah's "Lightfilled Yoga" classes in 2011, and only stopped going when she moved. I thoroughly enjoyed the classes, and feel that they "carried" the rest of the week, with often a "phew, yoga's on tonight, everything will become clear!".

Due to the wonderful energy of the space, I was able to perform much stronger poses than normal, and flow through the Vinyasas much more easily than before. The inclusion of the colours and metaphysical aspects of each chakra enabled the classes to be both really focused, and really profound.

After each class, we would stay on for a chai and a chat. The discussions and realisations shared at that circle were really magical, and certainly facilitated by the powerful yoga class beforehand. All of us found ourselves deeply in touch with our intuition, and deeply loving of each other.

Knowing Hannah and Michelle personally, I can vouch for their total commitment, passion, and significant gifts in this area.

It is my pleasure to recommend both their classes, and any other materials that they may publish.” - Claire Laycock. Mum, Equestrian Coach, Kinesiologist, Yoga Teacher, B Sc (UQ).

"I was blessed to experience a Lightfilled Yoga Class with Hannah Andrews centring on the Crown Chakra. All I can say is that it is the most amazing powerful yoga I have ever experienced. I felt it work on every level i.e physical, emotional, spiritual. By the end of the session I had tears running down my face, joy in my heart that felt increasingly expanding and an aliveness that I have not experienced from a yoga class before. I highly recommend these classes to anyone interested in more than just balance or a physical workout. This takes you back to your core essence and expands you in the most loving joyful way. Pure bliss <3 " – Deanne Lee

“When I first began attending Lightfilled Yoga classes I was looking for a form of yoga which incorporated stretching, positions, movement and the continual flow of

energy throughout the class. Lightfilled yoga provided such an experience and much more. I found that Lightfilled Yoga brought the elements of mind, body and soul together with conscious energy direction. For me this meant that in every class I experienced shifts in physical ability, tension and muscles stress as a result of the physical sequence. I also experienced a shift in thinking and would often feel emotional releases of various degrees due to the focus on the Chakra and the verbal guidance linked with each Chakra.

For the Solar Plexus Chakra I recall initially having a feeling of resistance at the beginning of class and as I progressed through the sequence my mind ceased its constant chatter and I became aware of specific phrases related to emotional storage and release. These phrases and the energetic support available within the room and class, enabled me to delve into my emotional blockage while continuing through the movements.

I found myself recognising the more masculine and aggressive part of my personality had arisen and set barriers of relationship for myself and others. This Solar Plexus energy of strength, responsibility, focus and direction had been engaged in order for me to complete tasks and to achieve specific goals whilst protecting my emotional self from further hurt and pain. As the positions evolved my physical body was able to release these emotions and the body became more fluid and relaxed, the mind became calm and I felt unburdened. Outside of class I found myself to be more approachable, freer with my time for others, more tolerant and patient and certainly I was more animated and energetic. A freer approach, where I was more willing for Spirit to provide guidance, allowed me to experience things from a positive and generous place which I happily shared with others.

Lightfilled Yoga was an activity that my physical body yearned for, I looked forward to connecting with other classmates and I felt my energy become clearer with every Chakra session. The final Chakra session felt like a graduation or a completion which linked all the previous classes to an exultant and connected moment where there was a permanent change in the cellular blueprint of my body and health as a result of the completion of all the Lightfilled Yoga sequences. As if the parts were brought into whole, the circle complete.

Lightfilled Yoga is a practice and discipline I found easy to integrate into my daily living for my own benefit". – Fiona Brown

"My experience with Lightfilled Yoga as a teacher, was somewhat phenomenal. It created massive positive changes in my life and I am very grateful, honoured and humbled to be such a big part of such a transformative style of yoga. For me, the biggest Chakra was Base Chakra. I taught Lightfilled Yoga from Crown to Integration, twice, one after another. One Chakra, each week, for 18 consecutive weeks. If I taught more than one class each week, we would still focus on that Chakra, for what week it was. Class was every Thursday night and I found that the week leading up to the Chakra on the Thursday night, the issues related to that Chakra would present themselves throughout the week. By the time class came around that Thursday night, it became conscious what needed to shift, more clarity around what the issue was about and what needed to happen for it to heal – or it would resolve itself during class with our help from our spiritual guides. Every Friday began the week of a new Chakra. What I also found most profound, was the sharing of class after class. Some students that chose to, would stay for chai and chat and we would discuss what went on for us and pull oracle cards to gain more clarity. Students and teachers alike, gained a lot from this discussion and connection. You are not alone.

By the end of the first round (9 classes), I had come out of denial around a lot of things in my life. My financial situation came to light, and what the biggest part for me was, the relationship with myself and wanting to attract a mate, my twin flame into my life – and this directly related to how I had shut down my sexuality! This is all Base Chakra related issues! On the day of the Base Chakra night, the first round we did, I began menstruating a week early. I wasn't surprised, as it was Base Chakra night after all, so that didn't surprise me! What did surprise me was what happened. Preparing for class, I had a shower around 5:30pm. I have never had a shower with my period - where blood is flowing so much, that the entire shower floor is bright red for the entire time. The water was constantly red! I was like, okay, no worries. Then a big blood clot came out and this surprised me. I hadn't had a blood clot that big, since I had given birth to my daughter (whom at the time this happened was 2.5yrs).

I was somewhat shocked at this realization! Then, another clot came out! It was bigger than the last! I started to worry – "Is this normal? I haven't had this since I gave birth. Do I feel okay?" I remember putting my hands on the glass, somewhat leaning on it and checking in with myself. "I feel okay, I don't feel like I am going to faint or anything." I thought to myself. I had just not ever experienced such a constant flow of blood in the shower, totally red water at my feet the entire time. It was strange, but I just knew it had something to do with Base Chakra week. Of course it did. I prepared my daughter dinner and as I gave her, her plate, I felt I needed to go to the toilet again. I sat down and this even bigger blood clot came out into the toilet. It would've been as big as my hand. I couldn't believe it. I was like – "Well, this better not happen during class because I have to teach in 45mins!!!"

Thank goodness it didn't! It was only during our chai and chat after class I realized what was going on. I shared with the students what had gone on for me and my good friend pointed out – "Ah, so you've come out of denial this week that you have been energetically holding the energy of a male partner and another baby in your life (since I gave birth to Adaya in 2008) and now the physical representation of what you have been holding, has now released." It was such an incredible realization and the downright truth! I had come out of denial that I had been wanting, craving and energetically holding a male partner/soul-mate/twin flame and another baby, since I gave birth to my daughter – that this has also blocked it from coming into my life! I separated with my daughter's father when she was three months old and when I had her I just knew that I was going to have a son at some point as well. So when it ended with her father, holding on to wanting to have a partner and have another child, became such a focus, it became somewhat unconscious and energetically held it there. Because of this, it physically didn't let it in! Funnily enough, I met my twin flame by the end of the second round, I didn't know it straight away, but after 2 months of spending time together, it became clear, we both had attracted one another. This is what we had both been waiting for.

By the end of the second round, I had realized that I shut down my sexuality. I hadn't had sex in over a year and before that was not long after my daughter was born.

Sexuality is such a huge part of anyone's life (and big Base Chakra stuff!) and I did not realize, that after all the issues I went through with my ex that I had shut this part of me down. I had stopped wearing makeup, high heels and feeling like a woman. After realizing this and joining an online dating site, I began to wake up a part of me, a part I had long forgotten and it was with this wake up and a bit of fun, I met my mate, my soul mate, my one true love.

Along with waking up my sexuality, I moved house at the end of the second set of Lightfilled Yoga – to more affordable accommodation. I got a casual job in retail and I am now able to fully support myself and my daughter – without the unconscious stress of how am I going to pay my bills. I also woke up to the fact I was not using my time wisely, my energy was scattered all over the place with many irons in my fire - too many to handle. The Lightfilled Yoga awoke me from the denial that I had been living in. It truly brought real light to each Chakra – and every issue connected to that Chakra. Some felt and were bigger than others. I can safely say, that if you are feeling called to Lightfilled Yoga – it is for good reason. You are ready. You have attracted it. It is time." – Hannah Andrews

"Lightfilled Yoga is a deeply nurturing experience. I was in my first trimester of pregnancy when I attended the full progression Lightfilled Yoga classes. During the yoga I felt an incredibly strong connection with the tiny baby growing inside me and that connection continued through the entire pregnancy. Now ten days old he is an incredibly calm, "blissed out" newborn. Lightfilled Yoga's focus on specific chakra energies takes the practice of yoga beyond a purely physical experience into a sacred journey of spiritual insight, personal awareness and strengthening of ones intuition. The experience doesn't stop when the class is over but continues to flow in everyday life. Connections, insights and questions build on each other as the practice progresses through the various chakras across the weeks. The practice of Lightfilled Yoga consistently confirmed for me a deep sense of knowing that everything is in divine order. My most memorable experience was at Crown Lightfilled Yoga where I had a clear sense of a star-like energy projection around my

entire being that extended beyond my physical self to form part of an infinite matrix that connects us all." - Jodi McCormack

"I found most of all of the Lightfilled Yoga classes absolutely amazing, energising, invigorating and uplifting. Often I would be jumping up and down with joy between sequences. I have witnesses! I would crave my yoga session each week. I had attended yoga in my early 20's. Then when I was teaching the Lightworker Practitioner Training in 2005, I remember attending yoga and thinking "If only they mentioned the light that was travelling in through our bodies…" I could obviously see and feel how this benefited me.

I have written many positive things about Lightfilled Yoga in this book. However I wanted to include a challenge that I experienced in order to prepare the student and teacher. Lightfilled Yoga for Throat Chakra was the hardest sequence I experienced in class. I felt a huge wall around my throat the whole time. I felt heavy across my shoulders, a lump in my throat, weak at the knees and paralysed. At a few points during the class, I had to stop and go into 'Child's Pose' to rest. It was very difficult. I made it to the end of the class – just. I wasn't happy! I left the class with my tail between my legs and just wanted to cry. I knew that Spirit would show me what I needed to do. The next day I still felt a huge weight on my shoulders. I sought some help from a fellow Lightworker. I mentioned the heaviness and that I felt it was to do with my Throat Chakra. She gave me some massage across my shoulders and assisted me in releasing chains that were around my neck from a past life. I saw very clearly that I had been enslaved in the past from speaking my truth. It was time to let go of the fear of speaking my truth. It was such a relief to have this realisation.

Often, what feels like the biggest deal or fear to face, is the most liberating once we have faced it. If you feel blocked during a whole class of Lightfilled, well, welcome to my world. It isn't the end of the world though. Each class is so different from the next. They each have a different theme, focus and feel about them. The positive thing that came of attending the class, is that it assisted me in realising that I had work to do. Prior to the class, I was unconscious of this issue. The class brought it to the surface. It was just too big to deal with in class. And that is totally okay. It may take time for our energetic and physical bodies to catch up with our intention and will. It certainly

did in my case. So do not be discouraged if you feel that one class doesn't get you to the point you want to be at. Persist and ask for guidance to assist you in resolving your issues.

Once I had broken through the chains that I had allowed to enslave my Throat Chakra, I was able to speak more of my truth, write more my truth and live my truth in more of a deeply profound way. A few months later and I was able to publish this book! So this book is the body of evidence that Lightfilled Yoga works. It was amazing how it transformed my life. – Michelle Lightworker

"I began the classes with no expectation accept for seeing my friends again an having a good stretch with the bonus of guided meditation.

As each week passed my enjoyment of the class became stronger.

I was hoping for a clearing to happen around my throat (as I sometimes can struggle with my words) however, one night (and I cannot remember if it was the stomach or the heart chakra) we were completing our moves and I remember coming back to the standing position and felt a release (like someone had given me a burst of pure oxygen) It was such a pleasant and awakening feeling (I had a rush of adrenalin) I left that evening feelin soooo good!" – Narelle

"I didn't really receive any information during the Heart Chakra session and was a bit sceptical of the session in the first place. At the end of the session we lay on our backs covered in a blanket and were asked to visualise asking our hearts what it wants. So inwardly I rolled my eyes and asked my heart in a very sarcastic tone, "what do you want?". An image came straight to me, it was a round globe with little arms and legs (looked just like one of the M&M characters) and the globe hugged me tight and said "I just want to be loved". The feeling of the realisation that this actually was me that said this, was overwhelming and I immediately started to cry. It was very intense and I was laying with my eyes closed with silent tears streaming down my face. Very powerful moment. Laying still at the end whilst the instructor asks us to visualise certain things was my favourite part of the yoga, especially being covered in a blanket and the instructor would come around and touch your feet. There was something very safe and soothing about this part.

During the Base Chakra session I saw a German Shepherd dog and I was wearing it in a baby carrier on my chest. I saw myself carrying this German Shepherd around all the time in the baby carrier. When people would approach me, the dog would growl, snarl and bark at the person until they went away. I understood this was referring to how I push people away. The dog was literally pushing people away from me in an attempt to protect me from being hurt. Unfortunately it didn't differentiate between people, it just kept all of them away. I discussed with the girls after the session and was given the idea to thank the dog and retrain it to not bark at others unless it had good reason to! From then on I would visualise the dog at my side rather than me wearing the dog and would tell it to stay and sit whenever it would bark. It soon caught on and I don't have the dog with me anymore, only when I need protection. Funnily enough, it seems to be with me whenever I am ocean swimming, not sure if it enjoys it or feels the need to protect me in the water.

The sessions were good as I received a little information during them, however it was the chats after the sessions with the group that the information really came through for me or was clearer. Following the yoga was my favourite part where we would sit in a circle on cushions and drink chai tea and discuss the session and pick a tarot card. The girls would help me understand the meaning of things that were happening to me or dreams I was having. They helped me solved an issue with a spirit that was asking for my help and coming to me in my dreams and waking me during the night. Since that night after we asked him what he wanted and we received an answer, he hasn't been back since." – Stacy Bridge

"I have been practicing yoga for the last 10yrs on and off and have found it my savour, it is my time to get grounded and balanced in this busy world we live it. I was very fortunate that Hannah and Michelle came into my life at just the right time, as most things do. I found the Lightfilled Yoga a wonderful yoga experience catering for all levels of experience but the big difference was the spiritual side to Lightfilled Yoga. And this is what sets it aside from a lot of other yoga teachings. There is a physical opening as well as an emotional and spiritual opening. I must admit I found it hard to begin with to be open to my feelings, but the more I let go of 'trying', it just happened. Working on the Heart Chakra was my biggest openings. Thank you for the experience and I would highly recommend Lightfilled Yoga to anyone wanting to work on opening their inner being as well as their physical being." – Tania

“As a slightly overweight middle aged man I found attending the Lightfilled Yoga classes to be somewhat out of my comfort zone at first. My preconception of yoga was that I would be forcing my body into positions that my body had never done. I found within a few classes that physically I was being recharged and I also found a greater level of balance. There were other benefits on the physical side however I also found my ability to open up mentally and spiritually was a great awakening. I found each session would take me on a journey in which it allowed me to examine specific parts of me. In some cases issues were resolved and in other cases it was a greater acknowledgement of my health. Not having attended any traditional yoga previously, I can only state that Lightfilled Yoga was extremely satisfying on a physical level but more importantly on a mental and spiritual level. I found Hannah to be an excellent instructor and the whole Lightfilled Yoga rewarding, something I now crave for, can’t wait for more classes and the DVDs.” – Tony Dowd

Section 3: Lightfilled Yoga Chakra Sequences

Lightfilled Yoga for the Crown Chakra

This sequence is important to assist us with our spiritual connection and improve our claircognisense. Here we engage ourselves as a being of light. Interestingly when Hannah and I were exploring this sequence, we discovered a star geometrical pattern that emerged as we did the sequence. It was amazing. Then I received a message from spirit that told me that all the Chakras had moved slightly and were more grounded in the body for Lightworkers. This star was like the gateway which has used to be located about a foot above the head. I was shown during an astral travel meditation that this gateway had merged with our Crown Chakra. I saw this Chakra as a gateway to other dimensions and realities. Later on after exploring more Chakras, I realised that the gateway Chakra had located itself within every Chakra in those who have evolved into Lightworkers. Wow! This meant that we can access other dimensions through the body, not by leaving the body. This journey that I am on often gives me information in dribbles like pieces of a puzzle. I only get the full message when I am meant to and this is perfectly okay because it allows me to live the journey without being attached to an outcome. This gateway element is incorporated heavily in this sequence. It does actually light up the whole body. We are given the opportunity to create our ‘Star Flower’ that connects us above, below, to the left, to the right, in front of us and behind us, from within and without. For those who are not Lightworkers yet, the Crown Chakra Sequence is like an invitation to ‘step up’ into this consciousness. This is also why the Crown Sequence is a great place to start with our Lightfilled Yoga. And then, as we go, we have more of a connection to this gateway through our other Chakras.

Hannah also noticed that her Heart automatically ignited when she first commenced this sequence. This is interesting because when my dad came to visit me just as I started penning the Crown Chakra Sequence, he had a book with him that confirmed this connection. The book was ‘Ignite your Spirit’ by Shakti Durga. I read that the Heart Chakra was connected to the Crown Chakra. So again, spirit was confirming this realisation. In fact it makes perfect sense that when your spiritual wisdom is ignited and pulled into the body; your Heart would light up. This is the opposite from being highly claircognisent but disconnected from the body. So I now realise that exercise is so important for us in ‘lighting up’ our spiritual wisdom in a more Heart centred and well-rounded way. That is why Lightfilled Yoga is so important at this

level of the training. It is a more evolved type of spirituality because we are in human bodies. Our energy lives and weaves inside our bodies. Without bringing spiritual consciousness to the bodies, we are missing a vital piece of our own Lightworking journey. It is incomplete without acceptance of our human vessel.

The most important part of activating the Crown Chakra, is receiving spiritual information. This knowing can be accessed in the form of both information and energy by spirit. When our Crown Chakra is blocked, we find that the energy from above our human bodies is also blocked and this can lead to feelings of depression and darkness. So the Crown is a powerful entry point. We literally need to be willing to open this flower above our head and let the light in. Once we have opened it, we also need to be aware of when to temper it, so that its energy doesn't overwhelm us. In our Crown Chakra Lightfilled Yoga sequence we also learn how to 'stream' and 'contain' energy. This gives as an understanding of how we utilise and moderate this high vibrational energy. Too much energy all at once, without it being tempered, can lead to mania. So we need to be careful here. We need to ask spirit what to do with information not just try and gain spiritual information. Too much height or vertical spiritual growth, without the breadth or horizontal growth does not lead to balanced/grounded actions in our spiritual life. We can grow too 'high' before our bodies catch up. Our physical bodies need to be respected and the time it takes to transform our physical bodies also needs to be respected. Have you ever noticed that after big realisations or shifts in your energy you may get a cold? This is your body's way of shedding the remnants of the lower vibration that your body is now letting go of. Sometimes we are challenged during sickness to revert to old behaviours and patterns. Being sick is really a celebration. However it can feel like a sabotage. It is important to stay in self-care mode 100% during any sickness. We need to honour it and see it as part of a bigger picture of healing.

The Crown Chakra is very effective in clearing and creating powerful neuropath ways in our brain by the process of removing stagnation or blockages that are stopping us from accessing different parts of our brain. Our brain is reenergised and revitalised when we are activating our Crown Chakra. So working on our Crown Chakra ensures our brain activity is stimulated and enlightened to the highest vibration possible.

We end our Lightfilled Yoga Crown Chakra sequence with a meditation that is focussed on improving our Claircognisent abilities of ‘knowing’ and bringing that into our conscious daily lives. Our practise has brought the Crown higher consciousness down into our whole body. We are in the middle of the Star Flower which is like a Crown Chakra enveloping us in its entirety. We then have this sense of knowing on this higher level whilst we are connected to our bodies. We are not just having this ‘knowing’ in our heads alone. A sense of knowing AND feeling it is ‘right’ within our bodies is the unification of our Claircognisense and Clairsentience (Intuition). In this way, we are encouraging our intuition to align with our Claircognisense. This is the aim of Lightfilled Yoga for our Crown.

Lightfilled Yoga Sequence – Crown Chakra

We commence our Lightfilled Yoga practise for the Crown Chakra by setting an intention and granting our Spiritual resources permission to enter our body. Our intention for Lightfilled Yoga for the Crown is to open up to Spiritual resources so that they are readily available for us to transform our thoughts, feelings, body and etheric life force to higher vibrations.

Beginning Meditation

Starting in ‘Savasana’, laying down on your back, using a pillow if you choose. Your feet are relaxed and flayed out to the side, palms facing up to the sky, ensuring your spine is straight, gently closing your eyelids. Becoming aware of your breath, the inhale and the exhale.

Breathing. Feeling the cool air as you inhale through your nostrils and the slightly warmer air as you exhale back through your nostrils. Inhaling and exhaling in your own time. We now call into the room, the presence of your Spiritual Support, Higher Power, Source, Angels and Guides. Imagine them filling the room. They are here to support you. Feel their loving presence. They are filling the room with Light. Imagine this like a thick blanket of protection surrounding you now. Absorbing this light in through your skin now and breathing it in so that it fills your whole body. The Crown Chakra is associated with the colour purple. However, allow whatever colour of Light presents itself to you. This may change throughout your practise at any time. Know that this is in perfect order. Breathing.

Now take a moment to imagine the top of your head, your Crown Chakra. Noticing now whether there is any blockages or darkness there. Notice whether it is open or closed. We always need to give permission for our Higher Resources to enter our body and clear away any negativity or blockages. If you feel ready, give permission now for the higher resources to enter into the top of your head. See your Crown Chakra being cleansed and opening like a flower.

You now feel a wonderful nourishing light entering into your Crown Chakra and filling your whole body with Light. Feel it fill your head, your throat, your shoulders, your arms, your chest, your belly, your back, your legs, and your feet. Feel this light streaming out of your feet, your palms and your Crown. You are totally full with this wonderful beam of Light. Breathing.

Keeping this awareness of the light streaming out of your Crown and filling your entire body for each and every pose. Ensuring also you keep your awareness of your Guides for any information that is coming through for you. Notice your breath and whether your Crown is challenged or more open in different yoga poses throughout your practise.

Transition to Standing

Gently opening your eyes and moving the pillow away now, drawing your knees into your chest. Holding your knees with your hands, gently rocking back and forth along your spine.

Awakening the energy in your spine, as you rock back and forth. Breathing. Inhaling the Light surrounding you, filling your entire body as you rock back and forth, back and forth. Breathing.

Rolling up to a seated position, rolling over onto your hands and your knees. Hands underneath your shoulders, palms flat on the ground, fingers outstretched as wide as possible. Knees underneath your hips, tucking your toes under, dropping your stomach to the Earth. On your next inhale, lifting your tail bone high into the sky as you come into ‘Downward Facing Dog’. Breathing. Tail bone lifts higher as you inhale and as you exhale drawing your chest towards your thighs. Heels drawing down towards the earth, they don’t have to touch the ground. Breathing. Your Crown is now facing down to the Earth. Feel this Light beam from your Crown facing the Earth. This Light beam is also running through your body and beaming from your tail bone. Inhaling the Light as it fills your entire body and exhaling this Light beam coming out of your Crown, connecting you to the Earth. Inhaling and exhaling. Breathing in your own time. Inhaling and exhaling.

As you inhale looking up at your hands and walking your feet up towards your hands, bending your knees if you need to and letting yourself hang here. Your feet are together or slightly apart. Bringing your hands into your forearms and letting yourself hang. Breathing. Breathing in the Light. Filling your entire body with the Light. Feel the Light streaming from your Crown all the way into the Earth, connecting you into the centre of the Earth. You might find your body slightly rocking around, allowing everything to release from your body, letting go of anything that no longer serves you. On your next inhale, dropping your hands to the Earth and rolling up vertebrae by vertebrae, feeling each muscle, each bone as you roll up to a standing position, lifting your shoulders up to your ears and dropping them all the way down your back, opening up your Heart.

Breathing. Feet together, lifting your toes up, gripping them down onto the Earth. Engaging your thigh muscles, tucking your tail bone under, engaging your stomach muscles, shoulders drawn down your back, opening up your Heart, fingers reaching out to the Earth, Crown lifting up to the sky. Breathing.
Noticing now a beam of Light connecting your Crown to the Sun. Feeling this massive beam of Light strongly connecting you and flowing all the way through your whole body and out of your palms and feet down into the centre of the Earth. Just by standing here, activating our physical and our Spiritual body, we can increase our physical energy as we start to awaken our Spiritual energy centres. Breathing the Light with this awareness.

First Sequence

Moving onto our ‘Activating our Crown Chakra’ now. On your next inhale, both hands come up either side of your body, looking up at your hands, as you exhale, folding from your hips, ‘Prayer’ hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth. Inhaling as you look up, lengthening your spine, the beam of Light coming out of your Crown. Exhaling and folding. Left foot steps back, right foot steps back, into your ‘Plank’, or gently jumping back. The beam of Light now shining out before you out of your Crown, through your tail bone, through your feet and down into the Earth. Breathing,

inhaling and as you exhale, coming down, hovering just above the ground. As you inhale, up into ‘Cobra’ and as you exhale, back into ‘Downward Facing Dog’, breathing. Inhaling lengthening your spine, exhaling, tail bone lifting towards the sky. Breathing. The beam of Light connecting you to the Earth from your Crown, and through your body, through your tail bone to the sky. On your next inhale, looking up at your hands, stepping your left foot up in between your hands, stepping your right foot up, or gently jumping up. Inhaling and looking up, exhaling and folding. Inhaling, both hands come up either side of your body, looking up and as you exhale, ‘Prayer’ hands come into ‘Prayer’ position into your Heart. Moving into the ‘Crown Chakra Pose’, finding a focus point on the ground, engaging your stomach muscles, grounding down through your right foot, bringing your left foot into your ankle, knee, inner thigh or bringing your ankle to your outer right thigh. Whichever way is comfortable to you. Both hands into ‘Prayer’ and breathing. Keeping the awareness of the beam of Light from your Crown. Pushing the heels of your hands together can help with balance, as does finding the focus point and engaging the stomach muscles. On your next inhale, bringing your hands above your head, and exhaling them down onto your Crown Chakra in ‘Prayer’. Using your Third Eye and imagination, seeing and feeling the Crown Chakra now activated. Light is streaming from within the Crown Chakra through your whole body, down your spine, through your feet into the Earth and out to through your fingertips. Breathing.

On your next inhale, bring your hands up through the Light beam and as you exhale folding halfway, balancing with your hands out in front of you. Inhale, hands come to the earth, stepping your left foot back, stepping your right foot back, into ‘Plank’. Inhaling, as you exhale, coming down to the Earth, as you inhale coming up into ‘Cobra’, exhale back into ‘Downward Facing Dog’. Hands at shoulder width, feet at hip width apart, palms flat on the ground. Breathing. Awareness to the Crown with the Light beaming to the Earth, and feeling it streaming out of your tail bone and through your feet to Earth, connecting you above and below. Breathing.
On your next inhale, looking up at your hands, stepping your left foot up, stepping your right foot up, or gently jumping both feet up. Exhale. As you inhale looking up, exhaling and folding. Inhaling both hands come up either side of your body as you look up and exhale down through your Chakras. Inhaling, hands come up either side into ‘Prayer’, down through your Chakras, folding as hands come to the Earth,

bending your knees if you have to. Inhaling looking up, the beam of Light lengthening your spine exhaling and folding. Right foot steps back, left foot steps back, or gently jumping into your ‘Plank’. Breathing, inhaling and as you exhale, coming down to the ground. As you inhale coming up into ‘Cobra’ and as you exhale, back into ‘Downward Facing Dog’, breathing. Inhaling the Light beam lengthening your spine, exhaling, tail bone lifting towards the sky. Breathing. The beam of Light connecting you to the Earth from your Crown, and through your body, through your tail bone to the sky.

On your next inhale, looking up at your hands, stepping your right foot up stepping your left foot up. Inhaling and looking up, exhaling and folding. Inhaling, both hands come up either side of your body and as you exhale, both hands come into ‘Prayer’ position into your Heart.

Moving into the ‘Crown Chakra Pose’ on the other side, finding a focus point on the ground, engaging your stomach muscles, grounding down through your left foot this time, bringing your right foot into wherever you had it on the other side. Both hands into ‘Prayer’ and breathing. Keeping the awareness of the beam of Light from your Crown. Pushing the heels of your hands together helps with balance, as does finding the focus point and engaging your stomach muscles. On your next inhale, bringing your hands above your head, and exhaling them down onto your Crown Chakra in ‘Prayer’. Using your Third Eye and imagination, seeing and feeling the Crown Chakra now activated. Light is streaming from within the Crown Chakra through your whole body, down your spine, through your feet into the Earth and out to through your fingertips. Breathing.

Using your Third Eye and imagination, seeing and feeling this Light running through your fingertips, down your spine and through your feet into the Earth. Breathing.
On your next inhale, bring your hands up through the Light beam and as you exhale folding, hands come to the earth, stepping your right foot back, stepping your left foot back, into ‘Plank’, inhaling. As you exhale, coming down to the Earth, inhaling coming up into ‘Cobra’, exhale back into ‘Downward Facing Dog’. Hands at shoulder width, palms flat on the ground, feet at hip width apart. Breathing. Awareness to the Crown with the Light beaming to the Earth, and you can feel it streaming out of your

tail bone and through your feet to Earth, connecting you above and below. Breathing. Looking at the beam of Light with your Third Eye.

On your next inhale, looking up at your hands, stepping your right foot up, stepping your left foot up, or gently jumping both feet up. Exhale. As you inhale looking up, the Light beam lengthening your spine, exhaling and folding. Inhaling both hands come up either side of your body and exhaling hands through your Chakras, to your Heart. Lifting your toes up, gripping them down on the Earth, engaging your thigh muscles, tucking your tail bone under, engaging your stomach muscles, shoulders drawn down your back, opening your Heart, Crown lifting up to the sky. Breathing.

The beam of Light connecting your Crown to the Sun. Feeling this massive beam of Light strongly connecting you and flowing all the way through your whole body, out of your palms and your feet down into the centre of the Earth. Feeling the beam of light streaming through your whole body. Feel your body fully activated as a Lightfilled Being. Feel the sensation in your Heart Chakra connecting down to your feet. Reflecting now on the yoga poses that you just experienced and how connected you felt with your Crown Chakra. Taking a moment now to acknowledge any challenges that you experienced and lovingly accept these. Noticing now whether there is any information coming through for you from your spiritual sources.
Breathing.

Second Sequence

Moving onto activating our ‘Earth to Sun Pyramid’ now. On your next inhale, both hands come either side of your body as you look up, exhaling hands down through your Chakras to the Earth. Inhaling, look up, exhale folding, step your left foot back, right foot back, or gently jump back into ‘Plank’. Breathing, inhale and exhale down to the Earth. Inhale up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Inhale looking up at your hands, exhale, step your right foot up in between your hands, left foot turns out to 90 degrees. As you inhale, drawing your body up to standing, turning both feet into parallel with each other. Working on our feminine side, our left hand side, we begin to activate our ‘Earth to Sun Pyramid’. Inhaling hands above your head, lengthening your spine. Feeling now, yourself as a pyramid. There

is point above your hands and below your feet, creating the points of your pyramid. Inhaling, hands come into ‘Prayer’ on your Crown. Feeling the Light beam activation through your body, from the Sun. Inhale and lengthen your spine, exhale and fold your pyramid in half. Inhaling, bringing your hands to the Earth, and placing your hands a bit further than shoulder width apart. Feeling now, the activation of another pyramid, points below your hands and in your Heart. Also, the pyramid with your feet, and your tail bone, that is also, still above you. Breathing. Inhaling and exhaling. Inhaling, folding your pyramid in half again, bringing your Crown to the Earth, bringing the Sun to the Earth, as you activate your Earth to Sun Points of your Star. Inhaling and exhaling. Inhale, hands come to the Earth. Exhale and fold drawing your Crown to the Earth. Feeling and seeing the Light beam activation through your Crown, your spine and your tail bone to the Sky above you. On your next inhale, bringing your hands to your hips, drawing yourself up to standing. Turning your right foot out to the front, bending your knee, hands come above your head. Inhaling, as you exhale hands come down through your Chakras to the Earth. Stepping your right foot back to meet your left into ‘Plank’. Inhaling and exhale down to the Earth. Inhaling to ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Breathing. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, hands come down through your Chakras. Breathing.

Working on our right hand side now, our masculine side. As you inhale, both hands come to either side of your body as you look up, exhaling hands down through your Chakras to the Earth. Inhaling, look up, exhale folding, step your right foot back, left foot steps back, or gently jump back into ‘Plank’. Breathing, inhale and exhale down to the Earth. Inhale up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Inhale looking up at your hands, exhale, step your left foot up in between your hands, right foot turns out to 90 degrees. As you inhale, drawing your body up to standing, turning both feet into parallel with each other. Inhaling hands above your head, lengthening your spine. Feeling yourself as a pyramid now. There is point above your hands and below your feet, creating the points of your pyramid. Inhaling, hands come into ‘Prayer’ on your Crown. Feeling the Light beam activation through your body, from the Sun. Inhale and lengthen your spine, exhale and fold your pyramid in half. Inhaling, bringing your hands to the Earth, and placing your hands a bit further

than shoulder width apart. Feeling now, the activation of another pyramid, points below your hands and in your Heart. Also, the pyramid with your feet, and your tail bone, that is also, still above you. Breathing. Inhaling and exhaling. Inhaling, folding your pyramid in half again, bringing your Crown to the Earth, bringing the Sun to the Earth, as you activate your Earth to Sun Points of your Star. Inhaling and exhaling. Inhale, hands come to the Earth. Exhale and fold, drawing your Crown to the Earth. Feeling and seeing with your Third Eye the Light beam activation through your Crown, your spine and your tail bone to the Sky above you. On your next inhale, bringing your hands to your hips, drawing yourself up to standing. Turning your left foot out to the front, bending your knee, hands come above your head. Inhaling, as you exhale hands come down through your Chakras to the Earth. Stepping your left foot back to meet your right into 'Plank'. Inhaling and exhale down to the Earth. Inhaling to 'Cobra' and exhale back into 'Downward Facing Dog'. Breathing. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, hands come down through your Chakras. Breathing.

Third Sequence

We move onto 'Activating the Sides of our Stars'. As you inhale, hands come above, looking up, exhaling and folding down through your Chakras. Inhaling and look up, exhale and fold. Inhaling and stepping your left foot back, step your right foot back to 'Plank'. Inhaling and exhale down to the earth, connecting your Chakras to the Earth as you do so. Inhale up to 'Cobra' and exhale to 'Downward Facing Dog'. As you inhale looking up to your hands and step your right foot up in between your hands, left foot turns out to 90 degrees. Turning to your feminine side, your left hand side, hands come down by your side. Breathing. Being aware now of the Pyramid you are creating with your energetic body, from your feet creating points to your Crown point above your head. Inhaling your hands above your head and as you exhale, hands come behind your back, clasping your hands together. Inhaling lengthening your spine, exhaling, folding your pyramid halfway drawing your hands above your back. Holding in this halfway position, imagining now as you begin to create the points of your star, there is a point up above your hands, and also one in front of your Heart below you. A point also, in front of your Crown and from your tail bone. As you inhale,

folding your pyramid all the way to the Earth, your Crown now points to the ground and your hands to the sky. A portal of Light shoots from your Crown into the Earth. Inhaling and exhaling with this Lightfilled awareness. On your next inhale, drawing yourself back up to standing, exhaling releasing your hands. Remembering your Pyramid, now with the activated star points, you just created on your feminine side, your left hand side. Inhaling, turning your right foot out to the front, bending your knee hands come above, exhaling. Inhaling hands down through your Chakras, as you fold down to the Earth. Step your right foot back to meet your left, as we move through our 'Vinyasa'. Inhaling in 'Plank', exhale, down to the Earth. Inhale up in to 'Cobra' and exhale back into 'Downward Facing Dog'. Inhaling, stepping your feet up to your hands or lightly jumping. Inhale and look up, exhale and fold. Inhale bringing that Earth energy up, and showering yourself in it as you bring your hands back through your Chakras.

Working on our masculine side now, our right side. Inhaling, hands come above, looking up, exhaling and folding down through your Chakras. Inhaling and look up, exhale and fold. Inhaling and stepping your right foot back, step your left foot back to 'Plank'. Inhaling and exhale down to the earth, connecting your Chakras to the Earth as you do so. Inhale up to 'Cobra' and exhale to 'Downward Facing Dog'. As you inhale looking up to your hands and step your left foot up in between your hands, right foot turns out to 90 degrees. Turning to your right hand side, hands come down by your side. Breathing. Being aware now of the Pyramid you are creating with your energetic body, from your feet creating points to your Crown creating the other point. Inhaling your hands above your head and as you exhale, hands come behind your back, clasping your hands together. Inhaling lengthening your spine, exhaling, folding your pyramid halfway drawing your hands above your back. Holding in this halfway position, imagining now as you create the masculine side of the points of the star, there is a point up above your hands, and also in front of your Heart below you. A point also, in front of your Crown and from your tail bone. As you inhale, folding your pyramid all the way to the Earth, your Crown now points to the ground and your hands to the sky. A portal of Light shoots from your Crown into the Earth. Inhaling and exhaling with this Lightfilled awareness. On your next inhale, drawing yourself back up to standing, exhaling releasing your hands. Remembering your Pyramid, now with the activated star points, you just created on your masculine side. Inhaling,

turning your left foot out to the front, bending your knee hands come above, exhaling. Inhaling hands down through your Chakras, as you fold down to the Earth. Step your left foot back to meet your right, as we move through our ‘Vinyasa’. Inhaling in ‘Plank’, exhale, down to the Earth. Inhale up in to ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Inhaling, stepping your feet up to your hands or lightly jumping. Inhale and look up, exhale and fold. Inhale bringing that Earth energy up, and showering yourself in it as you bring your hands back down through your Chakras. Breathing. Lifting your toes and gripping onto the Earth. Engaging your thighs, tucking in your tail bone, engaging your stomach muscles, shoulders drawn down your back, fingers reaching out to the Earth. Crown lifting up to the sky. Feeling that you are now inside the 2 halves of your star, creating your whole star. The masculine and the feminine, being activated and coming together. Reflecting now on this sequence and receiving any messages regarding your masculine and feminine selves.

Fourth Sequence

Now we are ‘Activating the Front and Back of our Stars’. Inhaling and exhaling. Inhaling clasping your hands together in front of you, exhaling. Inhaling, drawing your hands up to the Light beam above your Crown and feeling yourself containing the energy flowing from the Crown Chakra. Breathing. Inhaling, being aware of your feet as you feel the containment of energy through your body, with our clasped hands. On your next inhale, extending your fingers, palms together as your hands come into ‘Prayer’, allowing this Light to stream out. You are now directing the energy with your masculine hand position. You are also creating a figure of 8 energy flow, as the Light streams out of your hands to the Sun and then returns back to you through your arms, Crown Chakra and down through your body and feet, down into the centre of the Earth and returning back up through your feet, your body and crossing over at your Crown Chakra, to return to the Sun again. This is the constant figure of 8 energy flow, the yin and yang, the masculine and the feminine. Breathing with this Lightfilled awareness.

Commencing with our left side, our feminine side. On your next inhale, looking up, exhaling and bring your hands down through your Chakras to the Earth, folding.

Inhaling and looking up, exhaling and folding, stepping your left foot back, right foot steps back into ‘Plank’. Inhaling and exhale, down to the Earth, connecting your Chakras to the Earth. Inhaling up into ‘Cobra’ and exhaling back into ‘Downward Facing Dog’. Inhaling, looking up at your hands, stepping your right foot up in between your hands and staying on the ball of your left foot. Bending your front knee at 90 degrees over your front foot. Inhaling drawing your hands above your Crown, extending your arms, lengthening your spine and as you exhale, folding your body over your right leg, hands clasped above your Crown, lengthening your arms. Every inhale, lengthening your spine, every exhale imagining the Light streaming through your spine and your Crown, the feminine energy of your hands containing the Light as it streams from your Crown. You are now activating the front point of your Star. Inhaling lengthening your fingers, palms together as you now direct the Light beam, still feeling contained by your feminine energy at the same time. Inhaling and as you exhale, left knee comes to the Earth. Clasping your hands together again now, creating the containment of the feminine, raising your arms to a 45 degree angle. Activating another point to your Lightfilled Star. Breathing in this awareness, feeling the containment of the energy as the Light streams from your Crown. You are also activating the point behind you in the Earth that runs from your hands, through your body and left knee into the Earth. Inhaling and as you exhale, release your fingers, lengthening them as your palms come together, using your masculine awareness as you direct this energy to your Star points, streaming, with containment. Inhaling and exhaling. As you inhale tucking your toes under of your left foot, exhaling rising up to standing, hands come above your head. As you inhale, straightening your right leg, turning your feet to the opposite direction as you turn your body, through your left hand side. Exhaling. On your next inhale, bending your left knee, exhaling, folding your body over your left leg, hands clasped above your Crown, lengthening your arms. Every inhale, lengthening your spine, every exhale imagining the Light streaming through your spine and your Crown, your hands containing the Light as it streams from your Crown. You are now activating your back point of your Star. Inhaling lengthening your fingers, palms together as you now stream the energy in the direction you want to go. Inhaling and as you exhale, right knee comes to the Earth. Clasping your hands together again now, creating the containment of the feminine, raising your arms to a 45 degree angle. Shoulders drawn down your back. Bowing your head so your ears are in line with your arms, breathing in this

awareness, feeling the containment of the energy as the Light streams from your Crown. Activating the point of the star below your right knee in the Earth. Inhaling and as you exhale, release your fingers, lengthening them as your palms come together, allowing your masculine awareness to work within the feminine as you direct this energy to your Star point. Inhaling and exhaling. As you inhale tucking your toes under of your right foot, exhaling rising up to standing, hands come above your head. Inhaling, turning your feet back to the front, exhaling, bending your right knee. Inhale, look up, exhale drawing that energy down through your Chakras as you bring your hands to the Earth. Stepping your right foot back into 'Plank', inhaling, connecting your Chakras to the Earth, exhale down to the Earth, inhale up into 'Cobra', activating your Chakras with the Earth as you sweep through and exhale back into 'Downward Facing Dog'. Inhaling, looking up at your hands and exhale stepping or lightly jumping up, inhaling looking up and exhaling and folding. Inhaling hands come up above your head and exhale down through your Chakras down by your side. Feet together, engaging thigh muscles, tucking tail bone under, engaging stomach muscles, shoulders drawn down and opening your Heart, lengthening the neck and drawing your Crown to the Sky. Now, take a moment to reflect on your ability to contain and stream your Crown Chakra energy on your left hand side, the feminine. Reflect on how your masculine energy works within your feminine energy. Moving now to our Masculine side, our right side. Inhaling hands come up, looking up, exhaling down through your Chakras, inhaling and looking up, exhaling and folding, stepping your right foot back, step your left foot back, or jumping back into 'Plank'. Inhaling and exhaling down to the Earth, inhaling to 'Cobra' and exhale back into 'Downward Facing Dog'. Inhale, looking up at your hands, step your left foot up in between your hands staying on the ball of your right foot. Front knee at 90 degrees over your front foot. Inhaling your hands above your Crown, extending your arms as you clasp your hands, lengthening your spine. Exhaling, folding your body over your left leg, hands clasped above your Crown, lengthening your arms. Every inhale, lengthening your spine, every exhale imagining the Light streaming through your spine and your Crown, your hands containing the Light as it streams from your Crown. Activating the front point of your Star. Inhaling lengthening your fingers, palms together as you now stream your energy with containment. Inhaling and as you exhale, right knee comes to the Earth. Clasping your hands together again now, creating the containment of the feminine within the masculine side, raising your arms

to a 45 degree angle. Bowing your head so your ears are in line with your arms, breathing in this awareness, feeling the containment of the energy as the Light streams from your Crown, through your body and into the star point below your right knee. Inhaling and as you exhale, release your fingers, lengthening them as your palms come together, using your masculine awareness as you direct this energy to your Star point. Activating another point to your Lightfilled Star, on your masculine side, your right side. Inhaling and exhaling. As you inhale tucking your toes under of your right foot, exhaling rising up to standing, hands come above your head. As you inhale, straightening your left leg, turning your feet to the opposite direction as your body follows. Exhaling. On your next inhale, bending your right knee to 90 degrees over that front foot, staying on the ball of your left foot, exhaling, folding your body over your right leg, hands clasped above your Crown, lengthening your arms. Every inhale, lengthening your spine, every exhale imagining the Light streaming through your spine and your Crown, your hands containing the Light as it streams from your Crown over your right leg, the masculine leg of your body. Inhaling lengthening your fingers, palms together as you now direct the energy. You are now activating your back point of your Star with your masculine energy, whilst also activating the front point of your star. Breathing. Inhaling and as you exhale, left knee comes to the Earth. Clasping your hands together again now, creating the containment of the feminine, raising your arms to a 45 degree angle. Bowing your head so your ears are in line with your arms, breathing in this awareness, feeling the containment of the energy as the Light streams from your Crown. Activating another point to your Lightfilled Star. Breathing in this awareness, feeling the containment of the energy as the Light streams from your Crown and down into the Earth below your knee, feeling both points activated with your containment. Inhaling, as you exhale, release your fingers, lengthening them as your palms come together, using your masculine awareness as you direct this energy to your Star point. Inhaling and exhaling. As you inhale tucking your toes under of your left foot, exhaling rising up to standing, hands come above your head. Inhaling, turning your feet back to the front, exhaling, bending your left knee to 90 degrees. Inhaling looking up at your hands, exhale, drawing that energy through your Chakras to the Earth. Stepping your left foot back into ‘Plank’, inhaling and exhaling down to the Earth, activating your Chakras with the Earth, as you sweep your body through into ‘Cobra’. Exhale, back into ‘Downward Facing Dog’. Inhaling looking up your hands, stepping or lightly jumping

up, inhaling looking up, exhaling and folding. Inhaling taking the Earth energy up to the Sun and showering yourself as your hands come through your Chakras. Feet together, engaging thigh muscles, tucking tail bone under, engaging stomach muscles, shoulders drawn down and opening your Heart, lengthening the neck and drawing your Crown to the Sky. Now, take a moment to reflect on your ability to contain and stream our Crown Chakra energy on your right hand side, the feminine. Reflect on how your feminine energy works within your masculine energy. Breathing. Inhaling and exhaling.

Fifth Sequence

Moving through our 'Warrior' sequence now, as we inhale, looking up as our hands come up. Exhale and folding down through our Chakras. Inhale and look up, exhale and fold, stepping your left foot back, step your right foot back into 'Plank'. Inhaling and exhale down to the Earth, inhale up into 'Cobra' and exhale back into 'Downward Facing Dog'. Inhale looking up, step your right foot up in between your hands, turning your left foot out to 90 degrees. Inhaling, drawing yourself up to standing. Bending your right knee at 90 degrees and turning your hips to our left hand side feminine. Inhaling hands come up above your head and exhale to shoulder height, gazing over your middle finger. Breathing, inhaling into your stomach, your middle lung and upper lung. Shoulders drawn down your back, opening your Heart. Gripping onto the Earth with your toes. Feeling the beam of Light from your Crown all the way through your body, through your Base Chakra and feet to the Earth. Light also beaming from the palms of your hands. Inhaling and as you exhale, left hand draws back down your left leg, right arm comes above you as your Third Eye and palm of your hand connect with each other, the beam of Light connecting. Breathing, inhaling and exhaling in 'Dancing Warrior'. Inhaling, windmilling our arms over as our right elbow comes to our right knee, left arm comes over your face, activating the front point of our star with our Light beam, or your right hand can come to the Earth, of your right foot. Lengthening and breathing. Inhaling and exhaling. Inhaling, drawing yourself up to standing, exhaling.

(Optional: Turning your feet into parallel with each other, then all the way to face the other way, through your left side. Bending your left knee to 90 degrees hips turned

out to the side. Inhaling hands up and exhaling hands to shoulder height, gazing over your middle finger. Breathing, inhaling into your stomach, your middle lung and upper lung. Shoulders drawn down your back, opening your Heart. Lifting your toes up and gripping onto the Earth. Feeling the beam of Light from your Crown all the way through your body, through your Base Chakra and feet to the Earth. Light is also beaming from the palms of your hands. Inhaling and as you exhale, right hand draws back down your right leg, left arm comes above you as your Third Eye and palm of your hand connect with each other, the beam of Light connecting. Breathing, inhaling and exhaling in Dancing Warrior. Inhaling, windmilling our arms over as our left elbow comes to our left knee, right arm comes over your face, activating the front point of our star with our Light beam, or your left hand comes to the Earth, to your left foot. Breathing. Activating our feminine side of our star, our left side. Inhaling drawing yourself up to standing, turning your feet to parallel, then all the way back to the front.)

Inhaling and as you exhale, both hands come above you as you turn your hips to the front, inhaling looking up, exhaling, drawing that energy down through your Chakras to the Earth. Inhaling stepping your right foot back into ‘Plank’, exhaling down to the Earth, inhale up to 'Cobra' and exhale back to ‘Downward Facing Dog’. Breathing. Inhaling and lengthening your spine, exhaling and lifting your tail bone higher. On your next inhale, looking up at your hands, stepping or lightly jumping up to your hands. Exhale. Inhale looking up and exhale and fold. Inhale grabbing the Earth energy as you come up and exhale, showering yourself with the Earth energy. Breathing, inhaling and exhaling.

Moving onto our masculine side, our right side. Inhaling, looking up as our hands come up. Exhale and folding down through our Chakras. Inhale and look up, exhale and fold, stepping your right foot back, step your left foot back, or jumping back into ‘Plank’. Inhaling and exhale down to the Earth, inhale up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Inhale looking up, step your left foot up in between your hands, turning your right foot out to 90 degrees. Inhaling, drawing yourself up to standing. Bending your left knee at 90 degrees and turning your hips to your right hand side. Inhaling hands come up above your head and exhale to shoulder height, gazing over your middle finger. Breathing, inhaling into your

stomach, your middle lung and upper lung. Shoulders drawn down your back, opening your Heart. Gripping onto the Earth with your toes. Feeling the beam of Light from your Crown all the way through your body, through your Base Chakra and feet to the Earth. Light also beaming from the palms of your hands. Inhaling and as you exhale, right hand draws back down your right leg, left arm comes above you as your Third Eye and palm of your hand connect with each other, the beam of Light connecting. Feeling also, the beam of light out of your feet. Breathing, inhaling and exhaling in 'Dancing Warrior'. Inhaling, windmilling our arms over as our left elbow comes to our left knee, right arm comes over your face, activating the front point of our star with our Light beam, or your left hand can come to the Earth, next to your left foot. Not resting on our leg, but holding ourselves here, lengthening and breathing. Noticing the beam of Light. Inhaling and exhaling. Inhaling, drawing yourself up to standing.

(Optional: Turning your feet into parallel with each other, then all the way to face the other way, through your right side. Bending your right knee to 90 degrees, hips turned out to the side. Inhaling hands up and exhaling hands to shoulder height, gazing over your middle finger. Breathing, inhaling into your stomach, your middle lung and upper lung. Shoulders drawn down your back, opening your Heart. Lifting your toes up and gripping onto the Earth. Feeling the beam of Light from your Crown all the way through your body, through your Base Chakra and feet to the Earth. Light also beaming from the palms of your hands. Inhaling and as you exhale, left hand draws back down your left leg, right arm comes above you as your Third Eye and palm of your hand connect with each other, the beam of Light connecting. Breathing, inhaling and exhaling in 'Dancing Warrior'. Inhaling, windmilling our arms over as our right elbow comes to our right knee, left arm comes over your face, activating the front point of our star with our Light beam, or your right hand comes to the Earth, next to your right foot. Breathing. Activating our masculine side of our star, our right side. Inhaling drawing yourself up to standing, turning your feet to parallel, then all the way back to the front.)

Inhaling and as you exhale, both hands come above you as you turn your hips to the front, inhaling looking up, exhaling, drawing that energy down through your Chakras to the Earth. Inhaling stepping your left foot back into 'Plank', exhaling down to the

Earth, inhale up to 'Cobra' and exhale back to ‘Downward Facing Dog’. Breathing. Inhaling and lengthening your spine, exhaling and lifting your tail bone higher. On your next inhale, looking up at your hands, stepping or lightly jumping up to your hands. Exhale. Inhale looking up and exhale and fold. Inhale grabbing the Earth energy as you come up and exhale, showering yourself with the Earth energy. Breathing, inhaling and exhaling.

Six Sequence

Moving onto ‘Activating our Diamond Points’ now. On your next inhale, hands come up, looking up, exhaling and folding down through your Chakras. Inhaling and looking up, lengthening your spine and exhaling and folding, stepping or jumping back into ‘Plank’. Exhaling down to the Earth, inhaling up into ‘Cobra’. Exhale back into ‘Downward Facing Dog’. Remembering your Light beam connecting with the Earth from your Crown, your hands and also your feet. Breathing. On your next inhale, looking up at your hands, turning your left foot out 90 degrees, stepping your right foot up in between your hands. Inhaling and coming up, exhale, turning your hips out to your left side. Hands to shoulder height, inhaling and reaching as far as you can, and then turning into ‘Trikonasana’, gazing up at your top hand, or finding a focus point on the ground. Feeling the beam of Light through your Crown, hands, feet, tail bone and your Base Chakra as well. Inhaling drawing yourself up to standing.

(Optional: Turning your feet into parallel with each other, then all the way through your left hand side. Turning your hips out to your right side, inhaling lengthening your spine, exhale, reaching out as far as you can over your left foot and turning into ‘Trikonasana’. Breathing, gazing up, inhaling and exhaling. Noticing the Light filling your lungs as you’re breathing. Inhaling and exhaling. Inhaling drawing yourself up to standing, exhale, turning your feet all the way back to the front.)

Inhaling bending your right knee to 90 degrees, hands come up above and as you exhale, drawing your hands down through your Chakras to the Earth. Stepping your right foot back into ‘Plank’, exhale down to the Earth. Inhaling up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Breathing. Connecting your Crown with the

Earth, feel the full activation of the Light beam throughout your whole body as you breath, inhaling and exhaling. On your next inhale, looking up at your hands, stepping or lightly jumping up, inhaling looking up, exhaling and folding. Inhaling hands come either side of your body as you draw your hands down through your Chakras.

Moving onto our Masculine side. Inhaling hands come up, looking up, exhaling and folding down through your Chakras. Inhaling and looking up, lengthening your spine and exhaling and folding, stepping or jumping back into 'Plank'. Exhaling down to the Earth, inhaling up into 'Cobra'. Exhale back into 'Downward Facing Dog'. Remembering your Light beam connecting with the Earth from your Crown, your hands and also your feet. Breathing. On your next inhale, looking up at your hands, turning your right foot out 90 degrees, stepping your left foot up in between your hands. Inhaling and coming up, exhale, turning your hips out to your right side. Hands to shoulder height, inhaling and reaching as far as you can, and then turning into 'Trikonasana', gazing up at your top hand, or finding a focus point on the ground. Feeling the beam of Light through your Crown, hands, feet, tail bone and your Base Chakra as well. Inhaling drawing yourself up to standing.

(Optional: Turning your feet into parallel with each other, then all the way through your right hand side. Turning your hips out to your left side, inhaling lengthening your spine, exhale, reaching out as far as you can over your right foot and turning into 'Trikonasana'. Breathing, gazing up, inhaling and exhaling. Noticing the Light filling your lungs as you're breathing. Inhaling and exhaling. Inhaling drawing yourself up to standing, exhale, turning your feet all the way back to the front.)

Inhaling bending your left knee to 90 degrees, hands come up above and as you exhale, drawing your hands down through your Chakras to the Earth. Stepping your left foot back into 'Plank', exhale down to the Earth. Inhaling up to 'Cobra' and exhale back to 'Downward Facing Dog'. Breathing. Connecting your Crown with the Earth, feel the full activation of the Light beam throughout your whole body as you breath, inhaling and exhaling. On your next inhale, looking up at your hands, stepping or lightly jumping up, inhaling looking up, exhaling and folding. Inhaling hands come to either side of your body as you draw your hands down through your Chakras to your

Heart. Breathing. Lifting your toes and gripping onto the Earth. Engaging your thighs, tucking in your tail bone, engaging your stomach muscles, shoulders drawn down your back, fingers reaching out to the Earth. Crown lifting up to the sky. Gently closing your eyes and breathing.

Tuning In

Taking your awareness now to your completely activated Lightfilled Star. Noticing all the points activated, front and back, sides, above you and below you. Feeling all the points of your star connected to the centre of your being. You are in the centre of your star that you have awakened and activated. Feeling each star point and how you can choose containment, streaming and also streaming with containment. The points above you and below you in the earth. Grounding you here. You are in the middle of your star. This star connects in you. Now imagining and seeing with your Third Eye the star points streaming energy from each point. This stream of energy goes up to the Sun, moon and other planets and then returns back into the same star point. This is happening for each and every one of your star points, creating a beautiful flower of starlight.

Ending Meditation

Inhaling and as you exhale, folding down and crouching into a ball now, feel your Lightfilled Star Flower surrounding you. Breathing here with this awareness. Remembering that this activated Lightfilled Star Flower constantly surrounds you, when you are feeling down, you can surrender to this space and this Starlight always supports you. Moving back now and rolling down, laying onto your back. Feet flayed out to the side, spine is in alignment, hands on the Earth, palms facing up to the sky. Gently closing your eyes now and feeling yourself inside this Star Flower you have activated through your practise today. Feeling it in front of you, underneath you, and inside of you. Connecting your whole being to this Universal Wisdom. Sense now, into how your Crown Chakra's higher intelligence instrument of your Claircognisence has awakened at this time. The Crown Chakra is connected to higher spiritual thinking. When we get ideas out of the blue and just 'know' things, it is our higher faculties of our Crown Chakra connecting to spiritual information. Now that we have

fully activated our higher intelligence of our Claircognisense through our Lightfilled Yoga Crown Sequence, we are going to take a moment to gain any knowledge or guidance that you need right now. You might like to ask a specific question or just ask in your mind ‘What do I need to know right now?’ Take a moment to ask your angels, guides, Higher Power to gain this information through your Claircognisence now.

Breathing. Inhaling and exhaling. Remembering any guidance that you have received from your Higher Sources. Coming back to full awareness of your body, feeling your position in the room. Gently wiggling your toes and fingers. As you inhale, raising your left knee and rolling over onto your right side, laying here for a moment in the foetus position. Breathing. On your next inhale, using your left hand to push your body up to a seated position, keeping your eyes gently closed bringing your hands into your Heart centre into ‘Prayer’. As you inhale raising your hands above your head to your Crown centre, connecting again with your Crown and making a commitment to connect with your Crown Chakra daily. Inhaling and bowing, Namaste.

Lightfilled Yoga for the Third Eye

The whole point of this yogic practise is to develop the sight of the Third Eye so that we can see the truth of what is happening to ourselves and others. I am not so concerned with our ability to see the future, although this is of course a by-product of our Third Eye functioning effectively. For me personally, seeing the future is not so important because I don't need to know the future to feel safe and happy in the present. Wanting to know the future, so that we can feel safe and happy now, is an illusion. We can always influence change towards our future if we choose to. Nothing is set is absolute concrete. Seeing the truth of the here and now and actively aligning ourselves with the flow of the present is important in shaping our future anyway. I believe that the future can and does change depending on our choices. So seeing the future is limited. However, seeing the truth in the present is all powerful. This is when we become empowered to make choices that are aligned with Spirit. When our Clairvoyance is 'lit up' it is extremely powerful asset in our lives. It assists us to make healthy, sound, grounded, balanced and lightfilled choices.

The physical organs of the body associated with the Third Eye are the Eyes, Pituitary Gland, Liver and Gall Bladder. As we strengthen our Third Eye we strengthen our imagination and our ability to illuminate our mind. Our Pituitary Gland is strengthened and this assists us to 'think outside the box' and be more creative. As our Third Eye Our Pituitary Gland is also our hormone regulator. I find it interesting that the more we see and live the truth, the more our hormones benefit. There are so many hormones that the Pituitary Gland regulates that it makes sense that when our Third Eye is closed, we find that we are out of balance. It even regulates our temperature, which is a symptom of the incarnated Higher Self (we learn more about this in Section 7). Our Third Eye strengthens and heal our Physical Eyes, Liver and Gall Bladder. We are able to see the truth in everyday life (Eyes), clear toxins from the body (Liver) and metabolise food (Gall Bladder). So it is safe to say that exercising our Third Eye brings us into more of a Lightfilled Being on so many levels.

We commence the sequence with a visualisation to assist us in clearing our Third Eye and to check in with where it is at. This is good to do whether we are a beginner or advanced practitioner/student. When we bring the Third Eye consciousness to the

body, we become aware of the light that is streaming through our Third Eye, energy centres, hands, feet and body more consciously. So in this sequence we aim to bring attention to this. We ask the students to feel and see this light streaming through them. This also benefits what we see clairvoyantly and gives us more clarity in our guidance during subsequent Lightfilled Yoga Chakra Sequences. Of course we used our Third Eye in our Crown sequence by asking students to visualise their star points and star flower. We build on this concept in the Lightfilled Yoga Sequence for the Third Eye and we become conscious of our how this light streams above and below us when we adjust our posture. Our abilities to see from the front and the back of our Third Eye are enhanced and challenged. When we are focusing on either our masculine (right) or feminine (left) sides of our sequence we are also strengthening our Third Eye abilities. We explore seeing from a different points of view and thus this skill can be applied to any situation where we need to see the bigger picture or get to the deep truth of a situation. We become more conscious of blockages and clear away any negative energy that is blocking our Third Eye from functioning well. We learn how to rejuvenate our Third Eye so that it does not get tired. We also learn more information about how our Third Eye works and what it needs to function effectively. Our ending meditation assists us in giving us the space to allow information come through in visual form regarding issues that we need assistance with in our lives. Our imagination is the early stages of Clairvoyance. As we allow ourselves to imagine, we strengthen our abilities to visualise in picture form. Our guides communicate with us in any way they can. You may not understand the pictures you are being shown. Often we have to partake in creating a new visual language with our guides. Continue to ask questions about what you are being shown if you don't understand. Slowly but surely, you will start to understand what pictures, shapes and colours represent.

In our ending meditation we ask for guidance on things we can do to strengthen our Third Eye. We also ask our Third Eye for information with regards to a situation in our lives.

Lightfilled Yoga Sequence - Third Eye Chakra

We commence our Lightfilled Yoga practice for the Third Eye by acknowledging where the Third Eye is located in our body and demonstrating where the Third Eye Chakra Lightfilled Yoga Pose. We explain to the student/client/class that the aim of Lightfilled Yoga for the Third Eye is to awaken our faculties of being able to see the truth in the past, present and future. This can be shown to us via our imagination or what we see in front of our eyes in everyday life. We get messages and guidance shown to us regarding questions. This vision enlightens us in making decisions for our highest good.

Beginning Meditation

Starting in ‘Savasana’, lying down on your back, using a pillow if you choose. Your feet are relaxed and flayed out to the side, palms facing up to the sky, ensuring your spine is straight, gently closing your eyelids. Becoming aware of your breath, the inhale and the exhale. Breathing. Feeling the cool air as you inhale through your nostrils and the slightly warmer air as you exhale back through your nostrils. Inhaling and exhaling in your own time. Relaxing and fully letting go. We invite into the room any spiritual helpers, guides and angels to fill the room and be fully present today. They will support you and create a safe place for you in exploring your Third Eye. Now continue breathing nice deep breaths in and out. Our Third Eye assists us in seeing the truth of every situation past, present and future. We invite you to set an intention now to allow yourself to connect with your Third Eye. This important spiritual muscle assists you in everyday life in making decisions that are for the highest good of all concerned. In this yoga session we intend to assist you in exercising this spiritual muscle. With practise and exercise, this muscle gets stronger, clearer and more helpful to you. You feel yourself surrounded by light. You notice it has a colour. The Third Eye is associated with the indigo or a deep midnight blue. You may see or feel this colour around you. Or it may be a different colour. Allow it to be whatever colour it is today. It may change throughout this yoga session. Feel yourself breathing it in through your in-breath and absorbing it through your skin now. Feel it soaking into every muscle and bone and into your blood stream now. Feeling this light coming in through the front of your Third Eye. Feeling this light being

absorbed into your other energy centres and Chakras. Feeling this light flowing into you on the in-breath and flowing out of you on the out-breath. Now sensing into your Third Eye. Notice if it is open, closed, tired or blocked. Feeling the light clearing away any blocks in front of your Third Eye. Feeling any tiredness of your Third Eye being replenished by this light. Noticing now the channel that runs between your Third Eye towards the back of the head. Notice if this channel is clear. Allowing this light to sweep away any blockages. As you breathe in, you see this light travelling down this visual channel. As you breathe out, you feel any blockages disappear and melt away. If you feel guided to, you can ask your spiritual helpers to assist you in clearing this channel. As it gets clearer you notice the back of the head where your visual centre resides. Feeling the visual centre light up as you breathe in the light. Noticing that the visual centre comes alive and again breathe out any resistance and blockages that surround the visual centre. The visual centre is the part of your Third Eye that assists you in seeing clearly and is able to tune into the realm or frequency that you choose to focus on. It is like the tuner on a radio. It is like the steering wheel of a car or ship, or the focus of a camera lens. With every in-breath feeling the light streaming in through the front of your Third Eye and rejuvenating your visual centre. With every out-breath, feeling the light streaming out through the back of the visual centre. Throughout your yogic practice today continue to feel this clear energy and notice if any yoga pose disrupts your Third Eye activation. This is okay, just continue to ask for help from your spiritual helpers and keep inviting the light in to help keep your Third Eye open and strong. You will gain insight along the way as to why your Third Eye becomes disrupted and this will assist you in your everyday life to stay focussed and clear sighted.

First Sequence

Gently opening your eyes and moving the pillow away now, drawing your knees into your chest. Holding your knees with your hands, gently rocking back and forth along your spine. Awakening the energy in your spine, as you rock back and forth. Breathing. Inhaling the Light surrounding you, filling your entire body as you rock back and forth, back and forth. Breathing. Gently rolling up to a sitting position. Inhaling, drawing your hands up either side of your body, elongating your spine. As you exhale, hands come into Third Eye position at your Third Eye. Breathing,

inhaling and exhaling. Looking through your Third Eye to your forward space and back space, for future, present and past information. Our Third Eye isn't for just seeing our future, but it is for our present and past as well. We learn from our past so that we don't repeat patterns and our true power is in applying this knowledge to the present. Breathing. Inhaling and exhaling. Inhale lengthening your spine and as you exhale fold over your crossed legs, coming to where you feel the stretch, keeping your sitting bones on the ground. If you can't reach the ground with your head, draw your hands to the earth, keeping the diamond shape with your hands and looking with your Third Eye through your hands. Connecting now with the Sun and the moon and any celestial beings that are coming through for you. Inhaling, hands drawing yourself back up to sitting. Uncross your legs and cross them the other way. Inhaling hands come up above your head, exhaling into your Third Eye diamond. Inhale lengthening spine and as you exhale fold over crossed legs coming to where you feel the stretch, keeping your sitting bones on the ground. Again, resting your hands on the ground looking with your Third Eye through the diamond you are creating with your hands. Breathing. On your next inhale, drawing yourself back up to sitting. Exhaling. Inhale, hands come above your head, and as you exhale, drawing your hands over to your right side, right hand on the Earth and your left hand above you, resting your arm on your left ear. Breathing. Looking through your Third Eye to your present. Noticing if there are any beings, souls that have passed over or if there are any blocks that are preventing you from seeing that you have this supportive network now. Breathing. Asking for these blocks to be removed. Inhale and exhale. Inhaling drawing yourself back up to the centre and as you exhale, drawing yourself over to your left side. Left hand to the Earth and right arm above you. Breathing. Checking in now, with your left side, with any beings, souls that have crossed over, or perhaps any blocks from allowing you to see this support. Breathing. Asking for these blocks to be removed. Inhale and exhale. Inhaling drawing yourself up to sitting. Exhaling. On your next inhale hands come up above your head and as you exhale opening your arms, opening your Angel Wings, to a 45 degree angle down behind you. Eye gaze up 45 degrees as you look with your two human eyes and your Third Eye. Inhaling and exhaling, opening your Heart. Activating the points of your star. Asking the angels to remove any blocks from the front of your Third Eye. Seeing behind you into the earth as you look out the back of your Third Eye, activating the point of your star, behind you in the earth. Breathing. Inhaling drawing your hands up in front of

you at 45 degrees. Elongating your neck, shoulders drawn down your back, ears in line with your arms. Pulling open your visual cortex at the back of your head. Asking the angels to drain any blockages, fear or old pain preventing you from seeing clearly or denying the power of your Third Eye. Feeling this drain away now. You are also now activating the front points of your star. Breathing, inhaling and exhaling. Inhaling, arms come up and as you exhale, hands come into Third Eye position at your Third Eye. Breathing, inhaling and exhaling. Looking again now, through your Third Eye to your forward space and back space, for future, present and past. Breathing. Inhaling and exhaling. Inhaling rolling over onto your hands and your knees. Hands underneath your shoulders and knees underneath your hips. Drawing your stomach to the earth, tucking your toes under and lifting up into 'Downward Facing Dog'. You're reaching forward with your hands and looking back with your Third Eye. At the same time, you are also looking forward with your clairvoyance – your Third Eye. Moving into 'Cobra' now, engaging your stomach muscles and coming over into 'Plank'. Inhaling and exhaling down to the earth and up into 'Cobra', tops of your feet flat on the floor. Slightly tucking your chin under to elongate your neck keeping your eye gaze with your three eyes directly in front of you. You are also looking back now, through your Third Eye out the back of your head. Breathing. Inhaling and on your next exhale gently lying onto the earth, turning your elbows out, bringing your hands together in the Third Eye pose and bringing your Third Eye to meet them on the earth. See now any messages that you need to receive. If you have trouble seeing, use your imagination, as this is a part of and strengthens your Third Eye. Breathing here. On your next inhale, drawing your hands beside your face, and pushing yourself back up onto your hands and knees. Hands underneath your shoulders and knees underneath your hips. Fingers outstretched as wide as possible. Moving into our 'Cat' and 'Lion' stretches imagining the light filling your Third Eye as you're breathing, inhaling and exhaling. Inhale, rolling from your tail bone first, stomach goes up to the sky, chin into your chest, gazing at your bellybutton. Exhale, tail bone leads, stomach drops to the Earth, as you gaze up to the sky. Inhale, tail bone leads, stomach reaches up to the sky, chin into your chest. As you exhale, the Light filling your Third Eye, gazing up and inhaling, tail bone leads, stomach up to the sky, chin into your chest. Exhale, tail bone leads, gazing up, your Third Eye full of light and inhaling to a neutral spine. Exhale. Inhaling dropping your stomach to the ground, and on your exhale, lifting your tail bone as you come up into 'Downward

Facing Dog'. Breathing. Inhaling lengthening your spine, exhaling drawing your tail bone higher into the sky. On your next inhale, looking up at your hands and gently walking your hands up to your feet. Bending your knees if you need to, place the palms of your hands on the Earth. Feeling your Third Eye full of light. Connecting your Third Eye, hands and feet portals with the Earth. Inhaling and exhaling. Breathing in your own time. On your next inhale, bringing your hands to your elbows allowing your neck to relax. Calling in your angels to remove anything that is not yours, you don't need to carry it all around. Shaking your head 'yes', and shaking your head 'no'. Inhaling rolling your spine up vertebrae by vertebrae. Feeling each bone, each muscle as you roll up to standing. Inhaling hands come up above your head. Exhale, feet come to hip width apart. Inhaling and as you exhale, bringing your hands into Third Eye pose, bending your knees, almost like you are sitting on a chair. Tucking your tail bone under, shoulders drawn down your back. Seeing the Light beaming through your Third Eye.

Second Sequence

Moving onto our 'Vinyasa Flows' now. Inhaling straightening your legs, hands come above your head as you exhale folding from your hips, hands come down through your Chakras, bending your knees if you need to, coming to the earth. Inhaling lengthening your spine, exhaling stepping your left foot back, stepping your right foot back into 'Plank'. Inhaling, exhaling down to the earth, inhaling 'Upward Dog', exhaling, 'Downward Facing Dog'. Looking back and forward using your Third Eye. Inhaling turning your left foot out to 45 degrees, right foot steps up in between your hands. Exhaling. Inhaling drawing yourself up into 'Warrior I', exhaling front knee at 90 degrees over your front foot. Hips squared off to the front. Shoulders drawn down your back. Inhaling and exhaling. Gazing up in between your hands, looking with your three eyes. We are working on the left hand side, the feminine side. Breathing. Inhaling hands come down through your Chakras to the Earth, stepping your right foot back to meet your left, into 'Plank'. Exhaling, inhaling and exhale down the earth, inhaling to 'Cobra' and exhale 'Downward Facing Dog'. Looking behind you and in front of you, with your Third Eye. Inhaling stepping your right foot up, stepping your left foot up, looking up and lengthening your spine, exhale and fold. Inhale sweeping

the earth with your hands, bending your knees into ‘Chair Pose’, hands come to Third Eye. ‘Third Eye Chair Pose’. Breathing, inhaling and exhaling.

Moving onto our masculine side, our right side. Inhaling straightening your legs, hands come above your head as you exhale folding from your hips, hands come down through your Chakras to the earth. Inhaling lengthening your spine, exhaling stepping your right foot back, stepping your left foot back into ‘Plank’. Inhaling, exhaling down to the earth, inhaling ‘Upward Dog’, exhale ‘Downward Facing Dog’. Using your Third Eye as you look in front of you and behind you. Inhaling turning your right foot out to 45 degrees, left foot steps up in between your hands. Exhaling. Inhaling drawing yourself up into ‘Warrior I’, exhaling front knee at 90 degrees over your front foot. Hips squared off to the front. Shoulders drawn down your back. Inhaling and exhaling. Gazing up in between your hands, looking with your three eyes. Breathing. Inhaling and exhaling. Inhaling hands come down through your Chakras to the Earth, stepping your left foot back to meet your right into ‘Plank’. Exhaling, inhaling and exhale down the earth, inhaling to ‘Cobra’ and exhale ‘Downward Facing Dog’. Again, using your Third Eye to look in front of you and behind you. Inhaling stepping your left foot up, stepping your right foot up, looking up and lengthening your spine, exhale and fold. Inhale sweeping the earth with your hands, bending your knees into ‘Chair Pose’, hands come to Third Eye. ‘Third Eye Chair Pose’. Breathing, inhaling and exhaling.

Moving into our ‘Warrior II Flow’ on our feminine side, Inhaling, hands come up as you straighten your legs. Exhale and folding down through our Chakras. Inhale and look up, exhale and fold, stepping your left foot back, step your right foot back into ‘Plank’. Inhaling and exhale down to the Earth, inhale up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Inhale looking up, step your right foot up in between your hands, turning your left foot out to 90 degrees. Inhaling, drawing yourself up to standing. Bending your right knee at 90 degrees and turning your hips to our left hand side. Inhaling hands come up above your head and exhale to shoulder height, gazing over your middle finger, with your three eyes. Breathing, inhaling into your stomach, your middle lung and upper lung. Shoulders drawn down your back, opening your Heart. Gripping onto the Earth with your toes. Feeling the light filling your Third Eye. Light also beaming from the palms of your hands. Inhaling

and as you exhale, left hand draws back down your left leg, right arm comes above you as your Third Eye and palm of your hand connect with each other, the beam of Light connecting. Breathing, inhaling and exhaling in ‘Dancing Warrior’. Inhaling, windmilling our arms over as our right elbow comes to our right knee, left arm comes over your face, or your right hand can come to the Earth, of your right foot. Lengthening and breathing. Inhaling and exhaling. Inhaling, drawing yourself up to standing, exhaling. Inhaling and as you exhale, both hands come above you as you turn your hips to the front, inhaling looking up, exhaling, drawing that energy down through your Chakras to the Earth. Inhaling stepping your right foot back into ‘Plank’, exhaling down to the Earth, inhale up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Breathing. Inhaling and lengthening your spine, exhaling and lifting your tail bone higher. On your next inhale, looking up at your hands, stepping or lightly jumping up to your hands. Exhale. Inhale looking up and exhale and fold. Inhale sweeping the earth with your hands, bending your knees into ‘Chair Pose’, hands come to Third Eye. ‘Third Eye Chair Pose’. Breathing, inhaling and exhaling.

Moving onto our masculine side. Inhaling, looking up as our hands come up. Exhale and folding down through our Chakras. Inhale and look up, exhale and fold, stepping your right foot back, step your left foot back, or jumping back into ‘Plank’. Inhaling and exhale down to the Earth, inhale up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Inhale looking up, step your left foot up in between your hands, turning your right foot out to 90 degrees. Inhaling, drawing yourself up to standing. Bending your left knee at 90 degrees and turning your hips to your right hand side. Inhaling hands come up above your head and exhale to shoulder height, gazing over your middle finger, with your three eyes. Breathing, inhaling into your stomach, your middle lung and upper lung. Shoulders drawn down your back, opening your Heart. Gripping onto the Earth with your toes. Feeling light filling your Third Eye and your whole body, this light beams from the palms of your hands and feet. Inhaling and as you exhale, right hand draws back down your right leg, left arm comes above you as your Third Eye and palm of your hand connect with each other, the beam of Light connecting. Inhaling and exhaling in ‘Dancing Warrior'. Inhaling, windmilling our arms over as our left elbow comes to our left knee, right arm comes over your face, or your left hand can come to the Earth, next to your left foot. Not resting on our leg, but holding ourselves here, lengthening and breathing. Noticing

your Third Eye, where are the beams of light for you? Inhaling and exhaling. Inhaling, drawing yourself up to standing. Inhaling and as you exhale, both hands come above you as you turn your hips to the front, inhaling looking up, exhaling, drawing that energy down through your Chakras to the Earth. Inhaling stepping your left foot back into ‘Plank’, exhaling down to the Earth, inhale up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Breathing. Inhaling and lengthening your spine, exhaling and lifting your tail bone higher. On your next inhale, looking up at your hands, stepping or lightly jumping up to your hands. Exhale. Inhale looking up and exhale and fold. Inhale sweeping the earth with your hands, bending your knees into ‘Chair Pose’, hands come to Third Eye. ‘Third Eye Chair Pose’. Breathing, inhaling and exhaling.

Moving now into ‘Trikonasana’, on our feminine side, on your next inhale, hands come up, straightening your legs, looking up, exhaling and folding down through your Chakras. Inhaling and looking up, lengthening your spine and exhaling and folding, stepping or jumping back into ‘Plank’. Exhaling down to the Earth, inhaling up into ‘Cobra’. Exhale back into ‘Downward Facing Dog’. Looking in front of you and behind you with your Third Eye. Breathing. On your next inhale, looking up at your hands, turning your left foot out 90 degrees, stepping your right foot up in between your hands. Inhaling and coming up, exhale, turning your hips out to your left side. Hands to shoulder height, inhaling and reaching as far as you can, and then turning into ‘Trikonasana’, gazing up at your top hand, or finding a focus point on the ground. Where are the beams of light for you? See where they are now with your Third Eye. Breathing. On your next inhale, drawing yourself up to standing. Inhaling bending your right knee to 90 degrees, hands come up above and as you exhale, drawing your hands down through your Chakras to the Earth. Stepping your right foot back into ‘Plank’, exhale down to the Earth. Inhaling up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Breathing. Looking in front of you and behind you with your Third Eye. On your next inhale, looking up at your hands, stepping or lightly jumping up, inhaling looking up, exhaling and folding. Inhale sweeping the earth with your hands, bending your knees into ‘Chair Pose’, hands come to your Third Eye. ‘Third Eye Chair Pose’. Breathing, inhaling and exhaling.

Moving now to our masculine side, our right side, on your next inhale, hands come up, straightening your legs, looking up, exhaling and folding down through your Chakras. Inhaling and looking up, lengthening your spine and exhaling and folding, stepping or jumping back into ‘Plank’. Exhaling down to the Earth, inhaling up into ‘Cobra’, connecting your Chakras with the Earth as you do so. Exhale back into ‘Downward Facing Dog’. Looking in front of you and behind you with your Third Eye. Breathing. On your next inhale, looking up at your hands, turning your right foot out 90 degrees, stepping your left foot up in between your hands. Inhaling and coming up, exhale, turning your hips out to your right side, your masculine side. Hands to shoulder height, inhaling and reaching as far as you can, and then turning into ‘Trikonasana’, gazing up at your top hand, or finding a focus point on the ground. Where are the beams of light for you? See them now with your Third Eye. Breathing. Inhaling and exhaling. On your next inhale, drawing yourself up to standing. Inhaling bending your left knee to 90 degrees, hands come up above and as you exhale, drawing your hands down through your Chakras to the Earth. Stepping your left foot back into ‘Plank’, exhale down to the Earth. Inhaling up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Breathing. Looking in front of you and behind you with your Third Eye. On your next inhale, looking up at your hands, stepping or lightly jumping up, inhaling looking up, exhaling and folding. Inhale sweeping the earth with your hands, bending your knees into ‘Chair Pose’, hands come to Third Eye. ‘Third Eye Chair Pose’. Breathing, inhaling and exhaling.

Third Sequence

Moving onto our ‘Side Third Eye Postures’ now. Inhaling straightening your legs, hands come above your head as you exhale folding from your hips, hands come down through your Chakras. Inhaling lengthening your spine, exhaling stepping your left foot back, stepping your right foot back into ‘Plank’. Inhaling, exhaling down to the Earth, inhaling up into ‘Cobra’ and back into ‘Downward Facing Dog’. Looking back and forward using your Third Eye. Inhaling turning your left foot out to 90 degrees, right foot steps up in between your hands. Exhaling. Inhaling lifting yourself up. Exhaling turning your right foot into parallel with your left foot, hands come to your hips. Inhaling hands come up above your head and exhaling them behind your back, clasping your hands together. Inhaling and lengthening your spine and as you

exhale, coming half way. Engaging your arms and hands so your arms are just lifting off your back. Feeling the energy shooting out of your visual cortex and through your hands, breathing. Inhaling releasing your hands to the Earth. Inhaling and as you exhale, jumping your feet in together, coming down onto your hands and your knees and lowering into ‘Child’s Pose’ hands come into Third Eye position on the Earth. Calling on your spiritual helpers to remove anything from the back of your Third Eye and your back. Inhaling and exhaling. On your next inhale, drawing yourself up to sitting opening your arms above your head, exhale drawing your shoulders down your back, whilst your arms are open to the Heavens. Gazing your three eyes at 45 degrees upwards, allowing for forward focus. Calling on your spiritual helpers to remove any blockages from the front. Breathing. Inhaling and exhaling. On your next inhale, hands come back to the Earth. Coming back onto your hands and your knees and lifting your tail bone up to the sky, drawing your feet back apart. Exhaling. Inhaling drawing yourself up hands come to your hips, exhale turning your right foot out back to the front, hands come above your head, turning your hips to the front into ‘Warrior I’. Inhaling and exhale hands come down through your Chakras, around your front foot, stepping your right foot back to meet your left, into ‘Plank’. Inhaling and exhale down the earth, inhaling up to ‘Cobra’ and exhale back into ’Downward Facing Dog’. Looking back and forward, with your Third Eye. Inhaling stepping or jumping up, inhaling and lengthening the spine, exhale and fold. Inhales sweeping the earth with your hands, bending your knees into ‘Chair Pose’ hands come to Third Eye. 'Third Eye Chair Pose'. Breathing. On the other side now, inhaling straightening your legs, hands come above your head as you exhale hands come down through your Chakras to the Earth. Inhaling, lengthening your spine, exhaling stepping or jumping back into ‘Plank’. Inhaling, exhaling down to the Earth, inhaling up into 'Cobra’, connecting your Chakras with the Earth as you do so and back into ‘Downward Facing Dog’. Using your Third Eye now to look in front of you and behind you. Inhaling turning your right foot out to 90 degrees, left foot steps up in between your hands. Exhaling. Inhaling lifting yourself up. Exhaling turning your left foot into parallel with your other foot, hands come to your hips. Inhaling hands come up above your head and exhaling them behind your back, clasping your hands together. Inhaling and lengthening your spine and as you exhale, coming half way. Engaging your arms and hands so your arms are just lifting off your back. Feeling the energy shooting out of your visual cortex and through your hands, breathing. Inhaling

releasing your hands to the Earth. Inhaling and as you exhale, jumping your feet in together, coming down onto your hands and your knees and lowering into ‘Child’s Pose’ hands come into Third Eye position on the Earth. Calling now your spiritual helpers to remove anything from the back of your Third Eye and your back. Inhaling and exhaling. On your next inhale, drawing yourself up to sitting opening your arms above your head, exhale drawing your shoulders down your back, whilst your arms are open to the Heavens. Gazing your three eyes at 45 degrees upwards, allowing for forward focus. Calling in your spiritual helpers to remove any blockages from the front. Breathing. Inhaling and exhaling. On your next inhale, hands come back to the Earth. Coming back onto your hands and your knees and lifting your tail bone up to the sky, drawing your feet back apart. Exhaling. Inhaling drawing yourself up hands come to your hips, exhale turning your left foot out back to the front, hands come above your head, turning your hips to the front, ‘Warrior I’. Inhaling and exhale hands come down through your Chakras, down to the Earth, stepping your left foot back to meet your right, into ‘Plank’. Inhaling and exhale down the earth, connecting your Chakras as you come up to into 'Cobra' and exhale back into ‘Downward Facing Dog’. Looking back and forward with your Third Eye. Inhaling, stepping or lightly jumping up, inhaling and lengthening the spine, exhale and fold. Inhale, sweeping the earth with your hands, bending your knees into ‘Chair Pose’ hands come to Third Eye. ‘Third Eye Chair Pose’. Breathing. Inhaling and exhaling.

Fourth Sequence

Breathing, moving now into ‘Seeing Another Point of View’. Inhaling straightening your legs, hands come above your head as you exhale down through your Chakras to the Earth. Inhaling and lengthening your spine, exhaling stepping or lightly jumping back into ‘Plank’. Inhaling, exhaling down to the Earth, connecting your Chakras as you come into ‘Cobra’ and back into ‘Downward Facing Dog’. Using your Third Eye to look back, and in front of you. Inhaling looking up at your hands, transferring the weight to your hands and jumping through to sitting. Moving now into a ‘Shoulder Stand’. Lying on your back, rolling your legs up into the sky, keeping your neck straight, it is really important to keep your neck still in this pose. As you lift your legs up, use your hands to support your back. Engaging your leg muscles, toes also engaged and drawn towards your face. Using your Third Eye vision now, to get

to the bottom of your issue, seeing it from another point of view. Breathing. Inhaling and exhaling for 11 breaths here. After your 11 breaths, drawing your feet over your head into ‘Plough’, hands come to the earth or you can clasp them together. Breathing and resting here. Engaging leg muscles and drawing your heels towards the ground. Seeing now with your Third Eye, whether it is more open or restricted in this pose. Another 4 breaths here then gently and slowly lifting your legs back up as you roll them down to the earth, feeling vertebrae by vertebrae as you lower your legs slowly to the earth. Inhaling and exhaling. Moving into ‘Fish Pose’ now, inhaling, lifting your buttocks up and placing your hands underneath your buttocks, palms facing down to the Earth. Exhaling. As you inhale coming up onto your elbows and tucking your head under, so the Crown of your head is connecting with the Earth. Breathing. Using your Third Eye to see the issue from another point of view again. Toes drawn up towards your face engaging your leg muscles. Inhaling and exhaling. Inhaling and gently coming back onto the ground, releasing your hands. Exhaling. As you inhale rolling yourself up to sitting, exhaling, bringing your legs out in front of you. Inhaling hands come above your head, lengthening your spine and folding forward over your legs from your hips. Forward bends are great to meditate on your future in, ‘Forward Bend’, moving forward, asking your guides now for any information regarding your future. Breathing. Inhaling and lengthening your spine and exhaling and folding, even if it is only in your mind. Breathing. Inhale and exhale. On your next inhale drawing yourself up to sitting.

Ending Meditation

Getting ready now, for ‘Savasana’. Laying back now and rolling down, onto your back. Feet flayed out to the side, spine is in alignment, hands on the Earth, palms facing up to the sky. Relaxing now and closing your eyes. Breathing right into your stomach, your middle lung and your upper lung. Filling all three chambers as you breathe. Allow yourself some time to reflect on your yoga practise today and ask the Third Eye to show you in pictures, things you can do to develop your third and assist it in getting stronger and clearer. (Allow a minute here)

You may also like to ask your Third Eye to give you some information regarding something that is troubling you or that you need more information about. Take some

time now to allow yourself to receive this information in pictures and any other ways that your spiritual helpers want to show you.(Allow at least 3 minutes)

Breathing. Inhaling and exhaling. Remembering any guidance that you have received from your Higher Sources, coming back to consciousness of your body, feeling your position in the room. Gently wiggling your toes and fingers. Before we finish today, you are invited to make a commitment to your Third Eye that you will take care of it, respect it and replenish it. As you inhale, raising your left knee and rolling over onto your right side, laying here for a moment in the foetus position. Breathing. On your next inhale, using your left hand to push your body up to a seated position, keeping your eyes gently closed bringing your hands into your Heart centre into ‘Prayer’. As you inhale raising your hands to your Third Eye, connecting again with your Third Eye and making a commitment to connect with your Third Eye Chakra daily. Inhaling and bowing, Namaste.

Lightfilled Yoga for the Ear Chakra

Our Ear Chakra is so important for us to hear guidance that is coming through to us from our higher power, guide, angels, the spirit world, our higher self and to also understand what our Chakras, organs, physical body and shadow selves are saying to us. When we have clarity with our 'inner' hearing, we are far more able to get a complete picture about what we are experiencing and information to assist us in moving in the right direction. Lightfilled Yoga for the Ear Chakras is a fantastic way to strengthen our Spiritual Ears, remove blockages from hearing and really connect with ourselves and our guides.

Our Ear Chakra connects us with our reproductive system, creativity and Base Chakra. We find that our ears are actually a similar representation physically as our ovaries/testes. Therefore they are not only organs that receive information; they are also creative centres that give us a high degree of creativity. Our Ear Chakras tap us into our Base Chakra to assist in bringing our spiritually guided creativity down to earth. Working on the Ear Chakras open the Base Chakra to receiving nourishment too. This can assist women in falling pregnant and carrying babies to full term. Pregnancy is one of nature's most creative projects! Many of our poses in this sequence will assist you in opening up your Base Chakra while using your Spiritual Ears.

Listening is receiving. Receiving taps us into our feminine energy. We soften and we open up. Listening itself is very powerful. When we stop listening, we stop being open. We shut off and shut down. Our nose and ears are also closely connected. Our nose is connected to our breathing. Our breathing and lungs are closely connected. Our lungs and Hearts are interconnected. So when we are working on our Ear Chakras, we are also connecting with our Heart Chakra. Opening our Spiritual Ears, opens our Heart. Opening our ears allows us to receive spiritual nourishment in our ears, Heart and Base Chakras. We also find that when these Chakras are nourished, we have more love to give and energy to create. Finding this connection by opening our Heart is such a strong theme in the Lightfilled Ear Chakra sequence. As our Heart is not only from the front but from the back of us we also

connect with our Angel Wings and open them up. They always assist us with finding our balance in our yoga poses.

In this sequence we aim to activate our Ear Chakra grid. This grid connects us to a diverse range of dimensions and frequencies of information. We learn to tap into it and to connect our Base Chakra with it as well. We expand our Ear Chakra Grid using our focused intention during this practise.

We strive to listen to all our Chakras throughout the yoga practise. We get better at this as we go. Throughout each sequence we aim to listen as much as possible to hear what is bubbling up to our ears from within us and from without. Our physical organs speak to us very strongly when they lack containment. In fact, one could say that listening too much to those organs could lead to some mental illness. So we learn to temper listening to loud confusing information and we begin to listen to that which is behind the loudness. Our higher self will assist us in tempering this loud information that is fear based. Our higher self becomes clearer as we listen to our Spiritual helpers guiding us. Spirit always provides a solution when something is out of balance, we just need to stop and be still and listen. So we encourage this throughout this yoga practise.

Before our ending meditation we take some time to listen to our planet earth and any messages it has to say. Our ending meditation supports us in giving us the space to listen to guidance on any specific issues or concerns we might have. We are also encouraged to be open to receiving additional information that spirit also has to say. Sometimes we *want* to know specific answers but we *need* to know what spirit wants to tell us instead.

Lightfilled Yoga Sequence – Ear Chakra

Beginning Meditation

Starting in ‘Savasana’, laying down on your back, using a pillow if you choose. Your feet are relaxed and flayed out to the side, palms facing up to the sky, ensuring your spine is straight, gently closing your eyelids. Becoming aware of your breath, the inhale and the exhale. Breathing. Feeling the cool air as you inhale through your nostrils and the slightly warmer air as you exhale back through your nostrils. Inhaling and exhaling in your own time. We now invite our Spiritual helpers into the room. Feeling yourself surrounded by these wonderful beings that are here to support you, guide you and assist you in opening your Ear Chakras. Our Ear Chakras are connected to our Clairaudience which is our ability to hear our spiritual guidance clearly. Taking more deep breaths now, in and out. Our Ear Chakras are associated with the colour magenta or a deep purple pink. Feeling yourself surrounded by light now. This light may be magenta or another colour that is perfect for you. Trust the colour that you sense or see and feel yourself breathing it in. This may change during your yoga session today. Feeling the light surrounding you completely and each time you breathe in, this light sinks into your skin, your blood stream, your muscles and bones. Breathing in this colour and feeling it absorbing into the very core of you. Feeling yourself breathing out this colour on your out-breath. Sensing in now to your Ear Chakras that are located just outside of your ears on either side of your head. They are energetic portals that are gateways to your Inner Spiritual Ears. Notice whether these Chakras are open, closed, obstructed, weary or strained. One Ear Chakra may be more open than the other. One may be bigger or smaller than the other. You may ask your spiritual helpers to remove any blockages or obstructions. As you continue to breathe in the light, feel it coming in through your Ear Chakras dissolving any blockages and rejuvenating your Ear Chakras. Continuing breathing in this light. This light now travels down the auditory channel which connects to your Inner Spiritual Ears. Feeling this light unblocking your auditory channel and reaching into the Heart of your Inner Spiritual Ears. Breathing. With every out-breath releasing any blockages. Feel your Inner Spiritual Ears ignite with this light. Take a moment to ask each Spiritual Ear what it needs. Ask your spiritual helpers to assist you give your Spiritual Ears what they need right now and

during your yogic practise today. You can dedicate this session to building a conscious relationship between yourself and your Spiritual Ears. Keeping your Ear Chakras open will assist you keeping your Spiritual Ears strong as assist you in hearing your spiritual guidance. This guidance may come to you through words, songs, music, and other sounds that assist you in confirming your guidance and in making your empowering decisions in your daily life.

Transition to Standing

Gently opening your eyes and moving the pillow away now, drawing your knees into your chest. Holding your knees with your hands, gently rocking back and forth along your spine. Awakening the energy in your spine, as you rock back and forth. Breathing. Inhaling the Light surrounding you, filling your entire body as you rock back and forth, back and forth. Breathing.

Rolling up to a seated position, rolling over onto your hands and your knees. Hands underneath your shoulders, palms flat on the ground, fingers outstretched as wide as possible. Knees underneath your hips, tucking your toes under, dropping your stomach to the Earth. On your next inhale, lifting your tail bone high into the sky as you come into ‘Downward Facing Dog’. Breathing. Tail bone lifts higher as you inhale and as you exhale drawing your chest towards your thighs, heels drawing down towards the earth, they don’t have to touch the ground. Breathing. As you inhale looking up at your hands and walking your feet up towards your hands, bending your knees if you need to and letting yourself hang here. Feet together or slightly apart. Bringing your hands into your forearms and letting yourself hang. Breathing. Breathing in the Light. Shaking your head ‘yes’, and shaking your head ‘no’. Inhaling and exhaling. Calling in your spiritual helpers now to remove any blocks from your ears. We are also now starting to detoxify our sexual organs associated with this Chakra, the ovaries and testes. Breathing, inhaling and exhaling. On your next inhale, dropping your hands to the Earth and rolling up vertebrae by vertebrae, feeling each muscle, each bone as you roll up to a standing position, lifting your shoulders up to your ears and dropping them all the way down your back, opening up your Heart. Breathing. Feet together, lifting your toes up, gripping them down onto the Earth. Engaging your thigh muscles, tucking your tail bone under, engaging your stomach

muscles, shoulders drawn down your back, opening up your Heart, fingers reaching out to the Earth, Crown lifting up to the sky. Inhaling and exhaling.

First Sequence

Moving now into our ‘Eagle Pose’. On your next inhale, grounding down through your left foot, bending your knee. Engaging your stomach muscles can help you balance, as will finding a focus point on the ground in front of you. On your next inhale, bring your right leg over your left, and wrap your right foot behind your left calf muscle. Exhaling. Inhaling arms come up, right arm comes over your left and wrap your right hand around your left. Shoulders drawn down your back, breathing, inhaling and exhaling. Stretching out your Angel Wings. Our Ear Chakras are associated with our nose, Heart Chakra and rhythmic system. Feeling your Angel Wings move and supporting you as you balance. Inhaling and as you exhale, unwrapping yourself, coming back to standing. Feet together, lifting your toes up, gripping them down onto the Earth. Engaging your thigh muscles, tucking your tail bone under, engaging your stomach muscles, shoulders drawn down your back, opening up your Heart, fingers reaching out to the Earth, Crown lifting up to the sky. Inhaling and exhaling. Listening. On your next inhale, both hands come up either side of your body, looking up at your hands, as you exhale, folding from your hips, hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth. Inhaling as you look up, lengthening your spine, exhaling and folding. Left foot steps back, right foot steps back, into your ‘Plank’, or gently jumping back. Inhaling and as you exhale, coming down, hovering just above the ground. Inhaling, up into ‘Cobra’ and as you exhale, back into ‘Downward Facing Dog’, breathing. Inhaling lengthening your spine, exhaling, tail bone lifting towards the sky. Breathing. Inhale looking up at your hands, exhale, stepping your right foot up in between your hands, left foot turns out to 90 degrees. As you inhale, drawing your body up to standing, turning both feet into parallel with each other. Working on our feminine side of our Ear Chakras, turning both feet out slightly, toes pointing away from each other. Inhaling hands come up above your head as you look up and as you exhale, drawing both hands down to your left ear, bending both knees to 90 degrees, so you are in a squat position. We are in ‘Ear Chakra Pose’ now. Both palms of your hands are facing your left ear, shoulders drawn down your back, tucking your tail bone under,

breathing, inhaling and exhaling, using your breath. Sense the light from the portals in your hands connecting with your left Ear Chakra, and the light from your Ear Chakra, connecting to the portals in your hands. Inhaling and exhaling. Inhale and straightening your legs, exhale, right foot turns back out to the front, bending your right knee at 90 degrees. Inhale arms come up above as you look up and exhale down through your Chakras to the Earth. Stepping your right foot back to meet your left, back into ‘Plank’. Inhaling and exhale down to the Earth. Inhaling up to ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Breathing. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, hands come down through your Chakras. Breathing. On your next inhale, both hands come either side of your body as you look up, exhaling hands down through your Chakras to the Earth. Inhaling, look up, exhale folding, step your left foot back, right foot back, or gently jump back into ‘Plank’. Breathing, inhale and exhale down to the Earth, connecting your Chakras to the Earth as you do so. Inhale up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Inhaling and coming down to your knees and sitting straight upon your knees. Moving into ‘Camel Pose’ knees at hip width apart. Inhaling lengthening your spine, as you exhale, folding back, bringing your right hand to your right foot, you can stay here and breathe, or bringing both hands back, so your left hand on your left foot also, grabbing hold of our Angel Wings as we fold back. Gently dropping your head back and breathing, inhaling and exhaling. Using your breath, tuning into your Ear Chakras. Inhale and exhale, drawing yourself back up. Hands come back to the Earth in front of you, dropping your stomach to the Earth. On your next inhale, drawing yourself back into ‘Downward Facing Dog’. Hands at shoulder width, feet at hip width apart. Inhaling and lengthening your spine, exhaling and lifting your tail bone higher to the sky. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, hands come down through your Chakras. Breathing. Listening.

Inhaling, both hands come either side of your body as you look up, exhaling hands down through your Chakras to the Earth. Inhaling, look up, exhale folding, step your left foot back, right foot back, or gently jump back into ‘Plank’. Breathing, inhale and

exhale down to the Earth, connecting your Chakras to the Earth, Inhaling up into ‘Cobra’ and exhaling back into ‘Downward Facing Dog’. Breathing. On your next inhale looking up at your hands, exhale, step your right foot up in between your hands, left foot turns out to 90 degrees. As you inhale, drawing your body up to standing, turning both feet into parallel with each other. Working on our feminine side, inhaling hands come up as we look up and as we exhale, listening to our Chakras as we fold from our hips, arms floating down, through each Chakra as we listen; Crown, Third Eye, Ears, Throat, Heart, Solar Plexus, Sacral, Base as hands come to the Earth. Breathing. Inhaling and lengthening your spine and exhaling and folding, drawing your hands back through your legs, fingers pointing the same way as your toes. Inhaling and lengthening and exhaling and folding, even if it is only in your mind. Listening with your 4 ears - your 2 physical ears and both your Spiritual Ears. Breathing. On your next inhale, drawing yourself up to standing. Turning your right foot out to the front, bending your knee, hands come above your head. Inhaling, as you exhale hands come down through your Chakras to the Earth. Stepping your right foot back to meet your left into ‘Plank’. Inhaling and exhale down to the Earth. Inhaling to ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Breathing. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, hands come down through your Chakras. Breathing. Listening.

Moving onto our masculine side now, coming into our ‘Eagle Pose’. On your next inhale, grounding down through your right foot, bending your knee. Engaging your stomach muscles can help you balance, as will finding a focus point on the ground in front of you. On your next inhale, bring your left leg over your right, and wrap your left foot behind your right calf muscle. Exhaling. Inhaling arms come up, left arm comes over your right and wrap your left hand around your right. Shoulders drawn down your back, breathing, inhaling and exhaling. Stretching out your Angel Wings. Remembering that our Ear Chakras are connected with our nose, Heart Chakra and rhythmic system. Breathing out any blockages now. Feeling your Angel Wings move and supporting you as you balance. Inhaling and as you exhale, unwrapping yourself, coming back to standing. Feet together, lifting your toes up, gripping them down onto the Earth. Engaging your thigh muscles, tucking your tail bone under, engaging your

stomach muscles, shoulders drawn down your back, opening up your Heart, fingers reaching out to the Earth, Crown lifting up to the sky. Inhaling and exhaling. Listening.
On your next inhale, both hands come up either side of your body, looking up at your hands, as you exhale, folding from your hips, hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth. Inhaling as you look up, lengthening your spine, exhaling and folding. Right foot steps back, left foot steps back, into your 'Plank', or gently jumping back.
Inhaling and as you exhale, coming down, hovering just above the ground. Inhaling, up into 'Cobra' and as you exhale, back into 'Downward Facing Dog', breathing.
Inhaling lengthening your spine, exhaling, tail bone lifting towards the sky. Breathing.
Inhale looking up at your hands, exhale, stepping your left foot up in between your hands, right foot turns out to 90 degrees. As you inhale, drawing your body up to standing, turning both feet into parallel with each other. Working on our masculine side of our Ear Chakras, turning both feet out slightly, toes pointing away from each other. Inhaling hands come up above your head as you look up and as you exhale, drawing both hands down to your right ear, bending both knees to 90 degrees, so you are in a squat position. We are in 'Ear Chakra Pose' now. Both palms of your hands are facing your right ear, shoulders drawn down your back, tucking your tail bone under, gazing directly ahead, breathing, inhaling and exhaling, using your breath. Sense the light from the portals in your hands connecting with your right Ear Chakra, and the light from your Ear Chakra, connecting to the portals in your hands. Inhaling and exhaling. Listening.

Inhale and straightening your legs, exhale, left foot turns back out to the front, bending your left knee at 90 degrees. Inhale arms come up above as you look up and exhale down through your Chakras to the Earth. Stepping your left foot back to meet your right, back into 'Plank'. Inhaling and exhale down to the Earth. Inhaling to 'Cobra' and exhale back into 'Downward Facing Dog'. Breathing. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, hands come down through your Chakras. Breathing. Listening.
On your next inhale, both hands come either side of your body as you look up, exhaling hands down through your Chakras to the Earth. Inhaling, look up, exhale folding, step your right foot back, left foot back, or gently jump back into 'Plank'.

Breathing, inhale and exhale down to the Earth, connecting your Chakras to the Earth as you do so. Inhale up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Inhaling and coming down to your knees, standing upon your knees. Moving into ‘Camel Pose’ knees at hip width apart. Inhaling lengthening your spine, as you exhale, folding back, bringing your right hand to your right foot, you can stay here and breathe, or bringing both hands back, so your left hand on your left foot also, grabbing hold of our Angel Wings as we fold back. Gently dropping your head back and breathing, inhaling and exhaling. Using your breath, tuning into your Ear Chakras. Inhale and exhale, drawing yourself back up. Hands come back to the Earth in front of you, dropping your stomach to the Earth. On your next inhale, drawing yourself back into ‘Downward Facing Dog’. Hands at shoulder width, feet at hip width apart. Inhaling and lengthening your spine, exhaling and lifting your tail bone higher to the sky. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, hands come down through your Chakras. Breathing. Listening.

Inhaling, both hands come either side of your body as you look up, exhaling hands down through your Chakras to the Earth. Inhaling, look up, exhale folding, step your right foot back, left foot steps back, or gently jumping back to ‘Plank’. Breathing, inhale and exhale down to the Earth, connecting your Chakras to the Earth, Inhaling up to ‘Cobra’ and exhaling back into ‘Downward Facing Dog’. Breathing. On your next inhale looking up at your hands, exhale and step your left foot up in between your hands, right foot turns out to 90 degrees. As you inhale, drawing your body up to standing, turning both feet into parallel with each other. Working on our masculine side, inhaling hands come up as we look up and as we exhale, listening to our Chakras as we fold from our hips, arms floating down, through each Chakra as we listen; Crown, Third Eye, Ears, Throat, Heart, Solar Plexus, Sacral, Base as hands come to the Earth. Breathing. Inhaling and lengthening your spine and exhaling and folding, drawing your hands back through your legs, fingers pointing the same way as your toes. Inhaling and lengthening and exhaling and folding, even if it is only in your mind. Listening with your 4 ears - your 2 physical ears and both your Spiritual Ears. Breathing. On your next inhale, drawing yourself up to standing. Turning your left foot out to the front, bending your knee, hands come above your head. Inhaling,

as you exhale hands come down through your Chakras to the Earth. Stepping your left foot back to meet your right into ‘Plank’. Inhaling and exhale down to the Earth. Inhaling up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Breathing. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, hands come down through your Chakras. Breathing. Listening.

Second Sequence

On your next inhale, both hands come up either side of your body, looking up at your hands, as you exhale, folding from your hips, hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth. Inhaling as you look up, lengthening your spine, exhaling and folding. Left foot steps back, right foot steps back, into your ‘Plank’, or gently jumping back. Inhaling and as you exhale, coming down, hovering just above the ground. Inhaling, up into ‘Cobra’ and as you exhale, back into ‘Downward Facing Dog’, breathing. Inhaling lengthening your spine, exhaling, tail bone lifting towards the sky. Breathing. Inhale looking up at your hands, and stepping or jumping through your hands to a seated position.

Moving into our ‘Balancing Butterfly Ear Pose’ now. Bringing the soles of your feet together and clasping your hands underneath. Inhaling and lengthening your spine, shoulders drawn down your back, opening up your Heart. Visualizing now, your Ear Chakra Grid. This grid runs horizontal with your Ear Chakras. Breathing. Inhaling and exhaling. Noticing if it has a colour, or any other features. Now using your Angel Wings for balance, grabbing hold of your big toes with each hand, using your forefinger around your big toe, engaging your core stomach muscles, finding a focus point on the ground. On your next inhale, bringing your feet to your Ear Chakra Grid, lengthening your legs, balancing, breathing. Inhaling and exhaling. Bringing your Base Chakra to your Ear Chakra, to encourage your Ear Chakras to be more grounded. Feeling your Base Chakra open. You also have beams of light coming out of your feet. Breathing, inhaling and exhaling. On your next inhale, drawing your feet back into ‘Butterfly Pose’. Rolling over now, onto your knees and hands. Coming into

our ‘Cat’ and ‘Lion’ Poses now. Hands underneath your shoulders, and knees underneath your hips. Tops of your feet, flat on the ground. Shoulders drawn down your back, breathing. On your next inhale, rolling from your tail bone, stomach moves up to the sky, chin tucks into your chest, exhaling, tail bone leads, stomach drops to the Earth, looking up. Inhaling tail bone leads, stomach reaches up to the sky, chin tucks into your chest. Exhaling, loosening up your Chakras. One more, inhaling, tail bone leads, stomach reaches for the sky, exhaling to a neutral spine. Eye gaze on the floor in between your hands and listening now to what your Chakras have to say to you as they are releasing and unlocking their mysteries and bubbling up to your ears. Breathing as you are listening, inhaling and exhaling. Feeling the light now lengthening through your spine, the energy now loosened through your spine. Feeling any blockages around your Chakras, dissolving and releasing. Breathing. Inhaling and exhaling. On your next inhale, straightening your legs, taking you back into ‘Plank’. Exhaling down to the Earth, connecting your Chakras as you do so, inhaling up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Inhale over into ‘Plank’ and holding, breathing exhaling, inhaling and as you exhale slowly coming down to the Earth for five, four, three, two and to the Earth. Lying down on your stomach, right ear on the Earth. Feeling the centre of the earth connect with your right Spiritual Ear , listening now to the Earth’s messages, or whichever energy centres or guides are wanting to speak to you. Inhaling and exhaling, breathing. Inhaling lifting your head up and swapping ears, left ear to the Earth. Feeling the centre of the earth connect with your left Spiritual Ear through a beam of light. Listening with your physical and Spiritual Ears. Breathing.

On your next inhale, using your hands now to push you back into 'Child’s Pose’, bending your knees, resting your Third Eye onto the Earth, arms around the side of your body, breathing. Inhaling and exhaling. On your next inhale, drawing yourself up to sitting on your knees. Moving to our 'Listening Flower' pose now. Inhaling, drawing your chest to your knees, like in ‘Child’s Pose’, exhale and open like a flower, standing on your knees, shoulders drawn down your back as your arms come either side of your body, neck tilts gently back for a slight backbend, opening yourself up to receive spiritual resources. Your Spiritual Ears are both connecting to the Sun’s energy now. Feel these light beams connecting your Spiritual Ears to the Sun. Inhaling and fold down, connecting both Spiritual Ears with the Earth. Exhale and

opening up, your flower roots are connecting you into our Earth. Whilst opening up, inhaling in the Sun's powerful starlight through your Spiritual Ears. Exhaling as you connect back down to Earth again. As you fold, hug yourself and exhale opening up and listening.

Inhaling, back to neutral position now. Hands come to the Earth, raising your body back to hands and knees, dropping your stomach to the Earth, inhaling and your tail bone lifts you higher up into the sky, as we move to 'Downward Facing Dog'. Breathing. Hands at shoulder width and feet at hip width apart. Inhaling and lengthening your spine and exhaling and drawing your chest towards your thighs. Inhaling and exhaling. Listening.

As you inhale, looking up at your hands and walking your feet up to your hands, bending your knees if you need to. Exhaling. Slowly rolling up, as we inhale, listening through your Chakras, as you draw yourself up to standing. Hands into 'Prayer' in front of your Heart. Breathing. Inhaling and exhaling.

Moving into 'Warrior II' now, as we inhale, looking up as our hands come up. Exhale and folding down through our Chakras. Inhale and look up, exhale and fold, stepping your left foot back, step your right foot back into 'Plank'. Inhaling and exhale down to the Earth, inhale up into 'Cobra' and exhale back into 'Downward Facing Dog'. Inhale looking up, step your right foot up in between your hands, turning your left foot out to 90 degrees. Inhaling, drawing yourself up to standing. Bending your right knee at 90 degrees and turning your hips to your left hand side. Inhaling hands come up above your head and exhale to shoulder height, gazing over your middle finger. Breathing, inhaling into your stomach, your middle lung and upper lung. Shoulders drawn down your back, opening your Heart. Gripping onto the Earth with your toes. Here again conscious of our Ear Chakra Grid. Gazing over our front middle finger. As we breathe, moving your arms, starting off in small circular directions, expanding our grid and the information flowing through. Keeping your focus on your intention, just like the warrior, but a true warrior, is listening to that inner guidance at the same time. Your eye gaze fixed on the centre of the circle you are creating with your arms. Keeping that focus. Inhaling and exhaling. Expanding your arm circles larger and larger. Inhale and as you exhale, bringing your arms back to the starting position,

breathing and holding, noticing your Ear Chakra Grid now. Inhaling hands come up above your head, turning your hips to the front, palms come together and exhale, drawing that energy down through your Chakras to the Earth. Inhaling stepping your right foot back into ‘Plank’, exhaling down to the Earth, inhale up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Breathing. Inhaling and lengthening your spine, exhaling and lifting your tail bone higher. On your next inhale, looking up at your hands, stepping or lightly jumping up to your hands. Exhale. Inhale looking up and exhale and fold. Inhale grabbing the Earth energy as you come up and exhale, showering yourself with the Earth energy. Breathing, inhaling and exhaling. Listening.

Moving onto our masculine side, as we inhale, looking up as our hands come up. Exhale and folding down through our Chakras. Inhale and look up, exhale and fold, stepping your right foot back, step your left foot back into ‘Plank’. Inhaling and exhale down to the Earth, inhale up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Inhale looking up, step your left foot up in between your hands, turning your right foot out to 90 degrees. Inhaling, drawing yourself up to standing. Bending your left knee at 90 degrees and turning your hips to our right hand side. Inhaling hands come up above your head and exhale to shoulder height, gazing over your middle finger. Breathing, inhaling into your stomach, your middle lung and upper lung. Shoulders drawn down your back, opening your Heart. Gripping onto the Earth with your toes. Again, we keep our consciousness of our Ear Chakra Grid. Gazing over your front middle finger. As we breathe, moving your arms, starting off in small circular directions, expanding your grid and the information flowing through. Keeping your focus on your intention again, just like the true warrior, listening to that inner guidance at the same time. Your eye gaze fixed on the centre of the circle you are creating with your arms. Keeping that focus. Inhaling and exhaling. Expanding your arm circles larger and larger. Inhale and as you exhale, bringing your arms back to the starting position, breathing and holding, noticing your Chakra Ear Grid now. Inhaling hands come up above your head, turning your hips to the front, palms come together and exhale, drawing that energy down through your Chakras to the Earth. Inhaling stepping your left foot back into ‘Plank’, exhaling down to the Earth, inhale up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Breathing. Inhaling and lengthening your spine, exhaling and lifting your tail bone higher. On your next inhale, looking up at your hands, stepping or lightly jumping up to your hands. Exhale.

Inhale looking up and exhale and fold. Inhale grabbing the Earth energy as you come up and exhale, showering yourself with the Earth energy. Breathing, inhaling and exhaling. Listening.

On your next inhale, hands come up, looking up, exhaling and folding down through your Chakras. Inhaling and looking up, lengthening your spine and exhaling and folding, stepping or jumping back into ‘Plank’. Exhaling down to the Earth, inhaling up into ‘Cobra’. Exhale back into ‘Downward Facing Dog’. Hands at shoulder width, feet at hip width apart. Breathing. On your next inhale, looking up at your hands, turning your left foot out 90 degrees, stepping your right foot up in between your hands. Inhaling and coming up, exhale, turning your hips out to your left side. Hands to shoulder height, inhaling and reaching as far as you can, and then turning into ‘Trikonasana’, gazing up at your top hand. Listening now to the Heavens, your arm reaching up and your Ear Chakra Grid aligning with Spirit. Breathing, inhale and exhale. Inhaling, drawing yourself up to standing. Inhaling bending your right knee to 90 degrees, hands come up above, turning your hips to the front and as you exhale, drawing your hands down through your Chakras to the Earth. Stepping your right foot back into ‘Plank’, exhale down to the Earth. Inhaling up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Breathing. Inhaling and exhaling. On your next inhale, looking up at your hands, stepping or lightly jumping up, inhaling looking up, exhaling and folding. Inhaling hands come up, either side of your body as you exhale, hands down through your Chakras. Breathing.

Other side now, inhaling, hands come up, looking up, exhaling and folding down through your Chakras, to the Earth. Inhaling and looking up, lengthening your spine and exhaling and folding, stepping or jumping back into ‘Plank’. Exhaling down to the Earth, inhaling up into ‘Cobra’. Exhale back into ‘Downward Facing Dog’. Hands at shoulder width, feet at hip width apart. Breathing. On your next inhale, looking up at your hands, turning your right foot out 90 degrees, stepping your left foot up in between your hands. Inhaling and coming up, exhale, turning your hips out to your right side. Hands to shoulder height, inhaling and reaching as far as you can, and then turning into ‘Trikonasana’, gazing up at your top hand. Listening now to the Heavens, your arm reaching up and your Ear Chakra Grid aligning with Spirit. Breathing, inhale and exhale. Inhaling, drawing yourself up to standing. Inhaling

bending your left knee to 90 degrees, hands come up above, turning your hips to the front and as you exhale, drawing your hands down through your Chakras to the Earth. Stepping your left foot back into ‘Plank’, exhale down to the Earth. Inhaling up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Breathing. Inhaling and exhaling. On your next inhale, looking up at your hands, stepping or lightly jumping up, inhaling looking up, exhaling and folding. Inhaling hands come up, either side of your body as you exhale, hands down through your Chakras. Breathing. Listening.

Third Sequence

Coming down to the Earth now, inhaling, hands come up, looking up, exhaling and folding down through your Chakras. Inhaling and looking up, lengthening your spine and exhaling and folding, stepping or jumping back into ‘Plank’. Exhaling down to the Earth, inhaling up into ‘Cobra’. Exhale back into ‘Downward Facing Dog’. Hands at shoulder width, feet at hip width apart. Breathing. On your next inhale, coming down onto your knees, drawing your buttocks back to your feet, coming into ‘Child’s Pose’. Arms come around your body, resting your Third Eye, or ear on the Earth. Breathing. Listening to the Earth’s messages now. Inhaling and exhaling as you do so. Inhaling drawing yourself up and exhaling, moving your legs, rolling over onto your back. Coming into our ‘Baby Pose’, legs come into the sky, as you grab hold of your feet, rolling around, moving your feet around in different directions will allow you to massage different parts of your back. Massaging your back and your Chakras on the Earth whilst opening up to Spirit’s and also the Earth’s messages. Breathing. Inhaling and exhaling. Inhale and as you exhale, laying your legs back on the Earth, getting ready for ‘Savasana’ now.

Ending Meditation

Feet flayed out to the side, spine is in alignment, hands on the Earth, palms facing up to the sky. Breathing. Gently closing your eyes. Inhaling and exhaling. Breathing all the way down to your toes. We take some time now to relax and receive our spiritual guidance. Thinking now towards an issue or problem that you need guidance or confirmation on, please take some time to listen to what your spiritual guidance is saying to you through your Spiritual Ears. You may also receive some

guidance in pictures, feelings and a sense of knowing. Trust your guidance. Completely surrender yourself to this sacred time to receive any guidance through your Spiritual Ears. (3 minutes)

Now take some time to ask for guidance for keeping your Spiritual Ears strong, clear and energised. (1 minute).

Thank your spiritual helpers and your Spiritual Ears and other spiritual organs for assisting you at this time. Make a commitment to give your Spiritual Ears what they need to keep them nourished, unblocked and exercised. Know that as you continue to listen, you exercise your Spiritual Ears and your guidance also gets clearer. Becoming aware now of your whole body. Feeling your position in the room. Gently wiggling your toes and fingers. As you inhale, raising your left knee and rolling over onto your right side, laying here for a moment in the foetus position. Breathing. On your next inhale, using your left hand to push your body up to a seated position, keeping your eyes gently closed bringing your hands into your Heart centre into ‘Prayer’. Inhaling and bowing, Namaste.

Lightfilled Yoga for the Throat Chakra

Our throat is such an important part of our body as it connects us with the breath of life and it also allows our truth to be told. The essence of our Throat Chakra connects us to living our truth in every way. That is why it is so closely connected to the Archangel Michael. That is why we work with transforming our shadow in Level 3 “Transforming Darkness to Light”. We need to be able to identify, understand and transform our lower truths into higher truths.

Our Throat Chakra is not an island. When we unleash its powerful truth, is beckons our other Chakras to follow. So when we are working with the Throat Chakra, we need to understand its power is related to freeing the truth of all the other Chakras. Where our Ear Chakras have assisted us in hearing our Chakras, our Throat Chakra brings light to assist our other Chakras to speak their truth. There is also a strong connection with the reciprocal relationship that our Ears and Throat Chakra share. Our ability to hear spiritually clearer invites our truth to be heard. Our ability to speak our truth strengthens our Spiritual Ears to awaken.

Our Throat Chakra is associated with our Mouth, Throat, Neck, Hypothalamus and Thyroid. We find that when we have ulcers, tonsillitis, sore throats, stuttering and lumps in our mouth or throat, it is usually from not speaking our truth. The Hypothalamus regulates our temperature, hunger, thirst, energy, sleep and our body clock. It also supports our bodies in producing a wide variety of hormones and links our nervous system to our endocrine system. Our thyroid regulates our metabolism. It regulates what we take in! We take in food by our throat. So as we take it in, we are also able to accept and process this nourishment when our Throat Chakra is functioning. Our Throat Chakra assists us in not swallowing information whole. We can take in the truth and leave the rest. It is like a truth filter.

In this sequence we want to ensure that we are able to energetically integrate both the masculine and feminine aspects of speaking our truth. We call on the masculine energy of the Sun to empower us to speak our truth and we call on the feminine aspect of our Mother Earth to nourish our throats with love so that we can speak our

truth lovingly. This loving empowerment is the essence of awakening the Throat Chakra and ensuring that it is in balance.

Once we have balanced our Throat Chakra we send this loving empowerment to our other Chakras so that we can bring their truth to earth and this enables us to live our truth in a holistic way.

In our ending meditation, we are given the opportunity to let go of any hurt and pain from the past where we have not spoken our truth. We also ask Spirit to give us any information to assist us in speaking our truth regarding a particular area of our lives.

I wanted to share a lesson I learnt on the day of writing this section of this book. I understood that whilst I was able to access and speak the truth of my darker shadow parts appropriately, I was editing the lighter shadow part of myself from speaking their truth. I realised that until I was willing to speak the truth of who I am in the most spiritual sense, I was on some level hiding. Archangel Michael let me know this quite directly. When I reflected on this, I had a memory of a past life experience where I decided to shapeshift out of fear. I wanted to hide. So my abilities to shapeshift were in fact more about survival. I had carried this ability into this lifetime, however now it was time to no longer hide. Archangel Michael told me that I was hiding my truth by not allowing this energy of Archangel Michael to 'be' even though it was more of a natural state of being for me. With my family and close friends, I just let it flow. However in other more conservative circles I shrunk myself and this powerful energy back. I was holding this energy back under the guise of what is 'appropriate' to share with others and with whom. Well what I see, hear, think and feel when I am in the 'beingness' of the energy of Archangel Michael, is pretty powerful and it changes the whole energy in the room. I realised that I was doing a disservice not only to myself, but to others as well. My ability to adapt and shapeshift, had become a way of hiding and limiting myself. I realised that as I am able to live my higher truth more, I become more of myself. My vibration was naturally evolving to a higher level and I just had to 'let it be'. My abilities to shapeshift now support and enhance the truth of who I am. I become more me and my energetic bodies naturally adapt to that truth. This is really the power of the Throat Chakra.

Lightfilled Yoga Sequence – Throat Chakra

We commence our Lightfilled Yoga for the Throat Chakra, by demonstrating the Throat Chakra Pose.

Beginning Meditation

Starting in ‘Savasana’, lying down on your back, using a pillow if you choose. Your feet are relaxed and flayed out to the side, palms facing up to the sky, ensuring your spine is straight, gently closing your eyelids. Becoming aware of your breath, the inhale and the exhale. Breathing. Feeling the cool air as you inhale through your nostrils and the slightly warmer air as you exhale back through your nostrils. Inhaling and exhaling in your own time.

Imagining now that you are surrounded by your spiritual helpers and you feel completely safe and protected. You may even see or feel a shield of light surrounding you and only letting in that which is living and pure. Feeling it is safe to let go in this yoga session and to acknowledge your inner truth so you feel empowered to speak your truth in everyday life. Feeling yourself breathing in and with every in-breath you feel your throat expanding. With your out-breath, you feel yourself releasing any blockages that are restricting you from speaking your truth. Remember this throughout your yoga practise today.

You see and feel a beautiful light surrounding you. The Throat Chakra is associated with the colour light blue. This may or may not be the colour that is surrounding you right now. And it may change throughout your practise today. Whatever colour, it is perfect just for you. Feel this beautiful light enveloping you and soaking into your skin. Feel it surrounding your throat and it is now soaking into your skin around your throat and dissolving blockages.

Breathing this light into your body now. With every in-breath, this light enters in through your nose and mouth and as it reaches your throat, feel its powerful healing. With the next in-breath, feel this light travelling all the way down past your throat into your upper lung. With every in-breath feel the light moving deeper into you. It is now filling up your throat, upper lung and middle lung. Feel this light soothing you like a

balm. Now breathing even deeper so that the light travels down your throat, filling your upper lung, middle lung and stomach. Feel your stomach filled with light. The light is now filling your three chambers. Feel this light soaking into your blood stream, muscles and bones. Feel it soaking right into the core of your being. You now realise how important it is to allow this light past your throat. It supports you in feeding the whole of your body with light. Feel this light igniting your throat and giving you the confidence to speak out. Set your intention that you will call on higher resources to support your throat throughout this yoga practise today so that it will give you the strength to speak your truth. Noticing if any poses today interfere with your ability to speak your truth or if your Throat Chakra closes or tightens. Continue to call in spiritual resources to help and breathe in this wonderful healing light.

First Sequence

Moving now into our ‘Throat Chakra Pose’ lying down on your mat. Move your hands further away from your body. Shoulders roll down your back, opening your Heart and your chin lifts up to the sky, tilting your head back. Slightly bending your knees, heels of your feet are still touching the ground, toes pointing to the sky. Beams of light, streaming from your feet and hands. Checking in now to see if your throat is stuck. Breathing, inhaling and exhaling.

Drawing your knees into your chest, holding your knees with your hands, moving now into our rolling position. Rolling back and forth, back and forth, awakening the energy as we roll along our spine. Inhaling and exhaling. Inhaling up to sitting. Hugging your legs now into a ‘Counter Throat Opener’ position. As your arms, wrap around your legs, shoulders drawn down your back, opening up your Heart chin tucks into your chest, opening the back of your throat. Being aware now if your throat is tight, blocked or restricted. Breathing, inhaling and exhaling and releasing any restrictions with every out-breath. Remembering to breathe in the healing light with every in-breath.

On your next inhale rolling over onto your hands and your knees. Hands underneath your shoulders, palms flat on the ground, fingers outstretched as wide as possible. Knees underneath your hips, tucking your toes under, dropping your stomach to the Earth. On your next inhale, lifting your tail bone high into the sky as you come into ‘Downward Facing Dog’. Breathing. Tail bone lifts higher as you inhale and as you

exhale drawing your chest towards your thighs, heels drawing down towards the earth, they don’t have to touch the ground. Breathing.

As you inhale looking up at your hands and walking your feet up towards your hands, bending your knees if you need to and letting yourself hang here. Feet are shoulder width apart. On your next inhale, dropping your hands to the Earth and rolling up vertebrae by vertebrae, feeling each muscle, each bone as you roll up to a standing position, lifting your shoulders up to your ears and dropping them all the way down your back, opening up your Heart. Breathing.

Moving into the ‘Throat Chakra Pose’, feet slightly wider than hip width, bending your knees, tail bone aligned with your neck, spine straight, as you drop your shoulders down your back, eye gaze up to 45 degrees in front of you, elongating your neck, arms slightly away from your body behind you with open hands and fingers reaching to the Earth. Breathing, ‘Throat Chakra Pose’. Inhaling and exhaling and releasing any restrictions and feeling the Throat Chakra expand.

Becoming aware of the figure of eight of light through your Throat Chakra. The light coming out of your Throat Chakra, goes up to the Sun to gain strength and comes back into your throat. This light shoots out the back of your throat, down into the centre of Mother Earth to gain love and comes back into your throat. There is always this constant inflow and outflow of energy sustaining your Throat Chakra. In doing so we bring both the Sunshine and Earth elements into our throat as the light loops in and out in a constant figure of eight flow. This flow of light provides a balance in having the courage to speak our truth tempered with a loving delivery and intention. Allowing this masculine outflow and feminine inflow of energy to flow through you. Breathing. Inhaling and exhaling and releasing any restrictions. Feeling your Throat Chakra expanding.

Now we move into the ‘Counter Throat Chakra Pose’. Inhaling and straightening your legs. Exhaling and hands sweep past your body as they raise above you into the sky. Inhaling and as you exhale hands come in front of you on a 45 degree angle, bending your knees again. Eye gaze this time to a point 45 degrees in the Earth in front of you. Elongating your neck. Breathing, we are now in ‘Counter Throat Chakra Pose’. Inhaling and exhaling. Again, noticing the figure of eight energy flowing

through your throat. Breathing. Inhaling and exhaling and releasing any restrictions. Feeling your Throat Chakra expanding.

Inhaling and straightening your legs, hands come down by your side. Inhaling and dropping your chin to your chest. Exhaling, inhaling and exhaling. Inhaling and rolling your neck to your left shoulder, exhaling, inhaling and exhaling. Inhaling rolling your neck to your back, exhaling, inhaling and exhaling, inhaling rolling your neck to your right shoulder, exhaling, inhaling and exhaling. Inhaling back to the centre. Exhaling, this time as we move with our breath, inhaling your chin to your chest, exhaling drawing your ear past your left shoulder, as you reach your back inhaling down past your right shoulder and exhale up past your left shoulder, inhaling down your right shoulder, exhaling up past your left shoulder and inhaling and exhaling back to the centre. Other side now, inhaling chin to your chest, exhaling drawing your ear past your right shoulder, as you reach your back inhaling down past your left shoulder and exhale up past your right shoulder, inhaling down your left shoulder, exhaling up past your right shoulder and inhaling and exhaling back to the centre. Breathing. Inhaling and exhaling.

Inhale hands come up over your head into ‘Prayer’. Exhaling, shoulders drawn down your back, lifting your toes up off the ground gripping them back onto the Earth, spreading your toes. Inhaling, bending over to your left side, reaching with your ‘Prayer’ hands as you lengthening your torso, exhaling. Inhaling lengthening, exhaling, shoulders down your back. Stretching the side of your body. Inhale and exhale coming back up to centre. Inhale lengthen and as you exhale, reaching over to your right side, hands in ‘Prayer’. Breathing inhaling and lengthening, and exhaling. Inhaling and drawing yourself up to centre. Breathing. Inhaling and exhaling hands down by your side.

Moving into our ‘Throat Chakra Pose’ on our feminine side, our left side, inhaling, both hands come up either side of your body, looking up at your hands, as you exhale, folding from your hips, hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth. Inhaling as you look up, lengthening your spine, exhaling and folding. Left foot steps back, right foot steps back, into ‘Plank’, or gently jumping back. Inhaling and as you exhale, coming down, hovering just above the ground. Inhaling, up into ‘Cobra’ and as you

exhale, back into ‘Downward Facing Dog’, breathing. Inhaling lengthening your spine, exhaling, tail bone lifting towards the sky. Breathing. Inhaling looking up at your hands and exhale, stepping or lightly jumping up to your hands, feet come to slightly further than hip width. Inhaling and looking up, exhaling and folding. Inhaling both hands come up to the sky as you look up, and exhale hands come down through your Chakras, back behind you into ‘Throat Chakra Pose’. Bending your knees tail bone in alignment with your neck, gazing at 45 degrees up to the sky, elongating your neck, chin raised to the sky. Breathing, inhaling the light flowing out of your throat, up to absorb the strength of the Sun and back through your throat, crossing over at your Throat Chakra, down into the centre of the Earth, bringing that loving Earth energy up through your Throat Chakra on our feminine side, inhaling and exhaling.

Inhaling hands sweep by your body as they come up into ‘Counter Throat Pose’. Eye gaze drops to the Earth, to 45 degrees in the Earth in front of you, same figure of eight of light energy through your throat, inhaling and exhaling, breathing in your own time. Shoulders drawn down your back, elongating your neck. Inhaling and exhaling. Breathing. Inhaling straightening your legs as your hands come up, looking up and exhaling hands into ‘Prayer’, down through your Chakras, folding down to the Earth. Inhaling and looking up, exhaling and folding, stepping your left foot back, right foot back, or lightly jumping back into ‘Plank’. Inhaling and exhaling down the Earth. Inhaling up into ‘Cobra’, connecting your Chakras with the Earth as you do so, and exhaling, back into ‘Downward Facing Dog’. Breathing. Drawing that Throat Chakra energy down through your legs as you inhale and exhale. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, letting it all go, and exhaling hands come down through your Chakras, grounding that energy as you walk on the Earth. Breathing.

Moving onto our right side now, our masculine side. Inhaling, both hands come up either side of your body, looking up at your hands, as you exhale, folding from your hips, hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth, grounding you here. Inhaling as you

look up, lengthening your spine, exhaling and folding. Right foot steps back, left foot steps back, into your ‘Plank’, or gently jumping back. Inhaling and as you exhale, coming down, hovering just above the ground. Inhaling, up into ‘Cobra’ and as you exhale, back into ‘Downward Facing Dog’, breathing. Inhaling lengthening your spine, exhaling, tail bone lifting towards the sky. Breathing. Inhaling looking up at your hands and exhale, stepping or lightly jumping up to your hands, feet come to slightly further than hip width. Inhaling and looking up, exhaling and folding. Inhaling both hands come up to the sky as you look up, and exhale hands come down, back behind you into ‘Throat Chakra Pose’. Bending your knees tail bone in alignment with your neck, engaging your stomach muscles, gazing at 45 degrees up to the sky, elongating your neck, chin raised to the sky. Breathing, inhaling the light flowing out of your throat, up to absorb the strength of the Sun and back through your throat, crossing over at your Throat Chakra, down into the centre of the Earth, bringing that loving Earth energy up through your Throat Chakra on our masculine side, the outflow through our figure of eight, inhaling and exhaling.

Inhaling hands sweep by your body as they come up into ‘Counter Throat Chakra Pose’. Eye gaze drops to the Earth, to 45 degrees in the Earth in front of you, same figure of eight of light energy through your throat, inhaling and exhaling, breathing in your own time. Shoulders drawn down your back, elongating your neck. Inhaling and exhaling. Breathing. Inhaling straightening your legs as your hands come up, looking up and exhaling hands into ‘Prayer’, down through your Chakras, folding down to the Earth. Inhaling and looking up, exhaling and folding, stepping your right foot back, left foot back, or lightly jumping back into ‘Plank’. Inhaling and exhaling down the Earth. Inhaling up into ‘Cobra’, connecting your Chakras with the Earth as you do so, and exhaling, back into ‘Downward Facing Dog’. Breathing. Drawing that Throat Chakra energy down through your legs as you inhale and exhale. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, letting it all go, and exhaling hands come down through your Chakras, grounding that energy as you walk on the Earth. Breathing.

Second Sequence

Moving now into our ‘Eagle Pose’, through our ‘Warrior II Flow’, on our feminine side, our receiving side. On your next inhale, grounding down through your right foot, bending your knee. Engaging your stomach muscles can help you balance, as will finding a focus point on the ground in front of you. On your next inhale, bring your left leg over your right, and wrap your left foot behind your right calf muscle. Exhaling. Inhaling arms come up, left arm comes over your right and wrap your left hand around your right. Shoulders drawn down your back, breathing, inhaling and exhaling. Stretching out your Angel Wings to help with balance. Drawing your elbows up to eye height, hands drawn away from your face. Inhaling and exhaling. Inhaling and exhaling, feeling your throat expand. Slowly unwrapping yourself, folding as we balance halfway, left leg horizontal to the ground as we do so. Arms out in front, above your Crown. Inhaling and exhaling. Inhaling and exhaling, dropping your left foot to the Earth, to 90 degrees, so your front heel is in alignment with the back arch of your foot. Coming into ‘Warrior II’, hips squared off to your left side, bending your right knee to 90 degrees over your right foot, engaging your stomach muscles, shoulders drawn down your back, opening your Heart, elongating your neck eye gaze over your middle finger. Inhaling and exhaling. Breathing. Inhaling and exhaling, releasing any restrictions in your throat, feeling it expand. Inhaling, 'Dancing Shiva', exhaling, left hand draws down your left leg, right hand comes over your head, connecting your Hand Chakra, with your Third Eye Chakra. Inhaling and exhaling. Checking in with the figure of eight flow, the receiving inflow, inhaling and exhaling. Inhaling and drawing yourself back up to standing. Moving now into our ‘Throat Trikonasana Pose’. Inhaling and straightening your right leg, exhale hands come to halfway, like ‘Warrior’, inhale and we are lengthening and reaching forward over our right foot as far as we possibly can, then turning ourselves into ‘Trikonasana’. Our right hand comes to our knee, shin, ankle, or finger tips lightly touching the ground. Our left hand, flows over our body, so our left arm is reaching and pointing above and over our Crown, our left arm gently touching our ear. Eyes gaze directly out in front of us, elongating our neck as we inhale and exhale, releasing and expanding our throat now as we are in our ‘Throat Trikonasana Pose’. Breathing, checking in with the feminine inflow of your figure of eight flow. Noticing if it is blocked or flowing. Asking for help now to let this energy flow into you now. Inhaling and exhaling,

drawing yourself back up to standing. Inhaling turning your hips to your front foot, exhale, hands come up above into ‘Prayer’ as we look up. Inhale and exhale, ‘Prayer’ hands down through your Chakras to the Earth, stepping your right foot back to meet your left, back into ‘Plank’. Inhaling and exhale down to the Earth. Inhaling up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Breathing. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, hands come down through your Chakras. Breathing.

Again now, through our flow sequence, on our masculine side, our right side. On your next inhale, grounding down through your left foot, bending your knee. Engaging your stomach muscles can help you balance, as will finding a focus point on the ground in front of you. On your next inhale, bring your right leg over your left, and wrap your right foot behind your left calf muscle. Exhaling. Inhaling arms come up, right arm comes over your left and wrap your right hand around your left. Shoulders drawn down your back, breathing, inhaling and exhaling. Stretching out your Angel Wings to help with balance. Drawing your elbows up to eye height, hands drawn away from your face. Inhaling and exhaling feeling your throat expand. Inhaling and exhaling, slowly unwrapping yourself, folding as we balance halfway, right leg horizontal to the ground as we do so. Arms out in front, above your Crown. Inhaling and exhaling. Inhaling and exhaling, dropping your right foot to the Earth, to 90 degrees, so your front heel is in alignment with the back arch of your foot. Coming into ‘Warrior II’, hips squared off to your right side, bending your left knee to 90 degrees over your left foot, engaging your stomach muscles, shoulders drawn down your back, opening your Heart, elongating your neck eye gaze over your middle finger. Inhaling and exhaling. Breathing. Inhaling and exhaling, releasing any restrictions in your throat, feeling it expand. Inhaling, 'Dancing Shiva', exhaling, right hand draws down your right leg, left hand comes over your head, connecting your Hand Chakra, with your Third Eye Chakra. Inhaling and exhaling. Checking in with the figure of eight flow, the giving outflow, inhaling and exhaling. Inhaling and drawing yourself back up to standing. Moving now into our ‘Throat Trikonasana Pose’. Inhaling and straightening your left leg, exhale hands come to halfway, inhale and we are lengthening and reaching forward over our left foot as far as we possibly

can, then turning ourselves into ‘Trikonasana’. Our left hand comes to our knee, shin, ankle, or finger tips lightly touching the ground. Our right hand, flows over our body, so our right arm is reaching and pointing above and over our Crown, our right arm gently touching our ear. Eyes gaze directly out in front of us, elongating our neck as we inhale and exhale. Releasing and expanding our throat now as we are in our ‘Throat Trikonasana Pose’. Breathing, checking in with the masculine outflow of your figure of eight flow. Is it blocked or flowing? Asking for help to let this energy flow now. Inhaling and exhaling, drawing yourself back up to standing. Inhaling turning your hips to your front foot, exhale, hands come up above into ‘Prayer’ as we look up. Inhale and exhale, ‘Prayer’ hands down through your Chakras to the Earth, stepping your left foot back to meet your right, back into ‘Plank’. Inhaling and exhale down to the Earth. Inhaling up to ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Breathing. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, hands come down through your Chakras. Breathing.

Inhaling looking up, hands come above your head as you exhale folding from your hips, hands come down along your body through your Chakras, bending your knees if you need to, coming to the earth. Inhaling lengthening your spine, exhaling stepping your left foot back, stepping your right foot back into ‘Plank’. Inhaling, exhaling down to the earth, inhaling ‘Upward Dog’, exhaling, ‘Downward Facing Dog’. Breathing. Hands at shoulder width, feet at hip width apart. Inhaling and looking up, stepping or lightly jumping up, exhaling, inhaling and drawing yourself up, feet at slightly wider than hip width, moving into ‘Throat Chakra Pose’. Slightly bending your knees, shoulders drawn down your back, elongating your neck, arms away from your body, slightly behind you. Breathing, looking up, inhaling and exhaling. Checking in with your figure of eight energy flow through your Throat Chakra, sensing into the inflow and the outflow, the feminine and the masculine, the strength and the love. Checking for any obstructions through the front of your Throat Chakra. Breathing, inhaling and exhaling. Inhaling, ‘Counter Throat Chakra Pose’, arms come up to forty five degree angle in front of you, shoulders drawn down your back, gazing down at the floor, knees still slightly bent. Inhaling and exhaling, checking in for any obstructions, through your feminine inflow and masculine outflow. Breathing.

Inhaling and exhaling, hands come down by your side, straightening your legs. Inhaling hands come up above into ‘Prayer’ as we look up and exhale, ‘Prayer’ hands down along your body through your Chakras to the Earth, inhaling and looking up, exhaling and folding, stepping or lightly jumping back to ‘Plank’, inhaling, exhaling down to the earth, inhaling ‘Upward Dog’, exhaling, ‘Downward Facing Dog’. Breathing. Hands at shoulder width, feet at hip width apart. Inhaling and looking up, stepping or lightly jumping up, exhaling, inhaling and drawing yourself up, feet at slightly wider than hip width, moving into ‘Throat Chakra Pose’. Slightly bending your knees, shoulders drawn down your back, elongating your neck, arms away from your body, slightly behind you. Breathing, looking up, inhaling and exhaling. Checking in with your figure of eight energy flow through your Throat Chakra, sensing into the inflow and the outflow, the feminine and the masculine, the strength and the love. Checking for any obstructions. Breathing, inhaling and exhaling. Inhaling, ‘Counter Throat Pose’, arms come up to forty five degree angle in front of you, shoulders drawn down your back, gazing down at the floor, knees still slightly bent. Inhaling and exhaling, checking in for any obstructions, through your feminine inflow and masculine outflow. Breathing.

Third Sequence

Moving through our ‘Mermaid Flow’ now on our receiving feminine side, inhaling and exhaling, hands come down by your side, straightening your legs. Inhaling hands come up above into ‘Prayer’ as we look up and exhale, ‘Prayer’ hands connecting down along your body through your Chakras to the Earth, inhaling and looking up, exhaling and folding, stepping or lightly jumping back to ‘Plank’, inhaling, exhaling down to the earth, inhaling ‘Upward Dog’, exhaling, ‘Downward Facing Dog’. Breathing. Hands at shoulder width, feet at hip width apart. Inhaling, left leg comes up in the air behind you, exhaling, inhaling and as you exhale, bending your left knee as it comes in between your hands to the Earth, right leg flat on the Earth behind you, like ‘Pigeon Pose’. You may use a block or pillow under your left buttocks if needed. Breathing, inhaling and lengthen your spine, arms come up above you, opening your arms, letting go, and allowing yourself to receive the energy you need for your throat.

Gazing up, inhaling and exhaling, filling the three chambers of your stomach, middle lung and upper lung as you're breathing. Inhaling hands come together in 'Prayer', exhaling, connecting hands down along your body through your Chakras, sweeping the Earth, hands behind you, sweeping back to touch your Angel Wings, inhaling and lengthening and exhaling and folding your body along your left leg, figure of eight throat energy connecting with the Earth as you breathe, inhale and exhale. Feeling the inflow of the feminine energy of love from Mother Earth. Breathing. Inhaling and exhaling. Inhaling drawing yourself back up, exhale, hands to the Earth, moving into our spinal twist as you swing your right leg, your tail, around to the front, right foot on the Earth, over your left leg. Inhaling, left arm comes above as you lengthen your spine and exhale, left elbow comes to your right knee, right hand behind your back as you twist to your right, gazing over your right shoulder. Inhaling and lengthening and exhaling and twisting. Twisting your head, opening your Throat Chakra, just like you are wringing it out and releasing any lower vibrations. Breathing, inhaling and exhaling. Inhaling and as you exhale, turn your head only, to face your right knee. Feel the loving in flow of energy from Mother Earth travel up your body and into your throat. Breathing, inhale and exhale. Inhale and exhaling, untwisting yourself, releasing your legs, knees into your chest, hands on your knees. Rolling back on the Earth, massaging your back along the Earth. Breathing. Feeling that energy through your spine. Inhaling rolling up to a squat, as we come and slowly roll up, feeling each vertebrae, each muscle, as we are rolling up, unravelling and unfurling like a big blooming flower. Feeling yourself as the centre of this flower. All your petals are touching everyone else's petals in the Universe. Feel yourself and your truth connected to everyone and everything. Breathing. Inhaling and exhaling.

On the other side now, our masculine side. Our masculine energy is the part of ourselves that has an outflow of our energy and communicates our truth to others. Inhaling hands come up above into 'Prayer' as we look up and exhale, 'Prayer' hands down along your body through your Chakras to the Earth, inhaling and looking up, exhaling and folding, stepping or lightly jumping back to 'Plank', inhaling, exhaling down to the earth, inhaling 'Upward Dog', exhaling, 'Downward Facing Dog'. Breathing. Hands at shoulder width, feet at hip width apart. Fingers outstretched, palms flat on the Earth. Inhaling, right leg comes up in the air behind you, exhaling,

inhaling and as you exhale, bending your right knee as it comes in between your hands to the Earth, left leg flat on the Earth behind you, like ‘Pigeon Pose’. Using your block if you need. Breathing, inhaling and lengthen your spine, arms come up above you, opening your arms, letting go, and allowing yourself to receive the energy you need for your throat. Gazing up, inhaling and exhaling, filling the three chambers of your stomach, middle lung and upper lung. Sensing now into the strength of communicating your truth in the figure eight energy of your Throat Chakra. Breathing. Inhaling hands come together in ‘Prayer’, exhaling, hands connecting down along your body through your Chakras, sweeping the Earth, hands behind you, they sweep back to touch your Angel Wings, inhaling and lengthening and exhaling and folding your body along your right leg, throat connecting with the Earth as you breathe, inhale and exhale. Inhaling and exhaling. Inhaling drawing yourself back up, exhale, hands to the Earth, moving into our spinal twist as you swing your left leg, your tail, around to the front, left foot on the Earth, over your right leg. Inhaling, right arm comes above as you lengthen your spine and exhale, right elbow comes to your left knee, left hand behind your back as you twist to your left, gazing over your left shoulder. Inhaling and lengthening and exhaling and twisting. Twisting your head, opening your Throat Chakra, wringing it out and releasing any lower vibrations. Breathing, inhaling and exhaling. Inhaling and as you exhale, turn your head only, to face your left knee, feeling the energy travelling down from your throat into the Earth, grounding your truth so that you can communicate in this earthly realm. Breathing, inhale and exhale. Inhale and exhaling, untwisting yourself, releasing your legs, knees into your chest, hands on your knees. Rolling back on the Earth, massaging your back along the Earth. Breathing. Feeling that energy through your spine. Inhaling rolling up to a squat, as we come and slowly roll up, feeling each vertebrae, each muscle, as we are rolling up, unravelling and unfurling like a big blooming flower. Again feeling yourself as the centre of this flower. Remembering that all your petals are touching everyone else’s petals in the Universe. Feel yourself and your truth connected to everyone and everything. Breathing. Inhaling and exhaling.

Fourth Sequence

Coming down to our ‘Earth Sequence’. Inhaling hands come up above into ‘Prayer’ as we look up and exhale, ‘Prayer’ hands coming down along your body, connecting through your Chakras to the Earth, inhaling and looking up, exhaling and folding,

stepping or lightly jumping back to ‘Plank’, inhaling, exhaling down to the earth, inhaling ‘Upward Dog’, exhaling, ‘Downward Facing Dog’. Breathing. Hands at shoulder width, feet at hip width apart. Inhaling and lengthening your spine, shoulders drawn down your back, exhaling tail bone lifting into the sky. Breathing. Inhaling and exhaling. Inhaling looking up at your hands and stepping, or lightly jumping up through your hands to sit on the Earth. Legs out in front of you, straight and wide apart, inhaling and lengthening your spine, shoulders drawn down your back. Breathing. Through our neck rolls, inhaling chin down to your chest and rolling your head around to your left, as you exhale, head is back, and rolling down around your right shoulder, inhaling left ear through your left shoulder, exhale down your back over your right, inhale through your feminine side and exhale down through your masculine. Other way now, inhale up through your masculine side and exhale down through your feminine, inhale through your right exhale down through your left, inhale masculine and exhale feminine. Inhaling back to the centre. Breathing. Feeling now, your throat in line with your back. Shoulders drawn down your back. Inhaling and lengthening, exhaling and folding, hands on the Earth in front of you, keeping your shoulders drawn down and your back straight, only folding until you feel the stretch down the backs of your legs. Inhaling and exhaling. Acknowledging the throat and the spinal column as one complete unit again after twisting. Acknowledging the uprightness of the human being, which we experience when we are speaking our truth. Just like when we are a children, and people are bigger than us, we can still hold onto our truth and feel empowered in openness. Breathing. Inhaling and exhaling. Inhaling and exhaling. Inhaling drawing yourself back up to the centre and drawing your legs in.

Moving now into our ‘Camel Pose’. Rolling over onto your hands and your knees, coming to a standing knee position. Knees at shoulder width apart. Inhaling lengthening your spine, as you exhale, folding back, bringing your right hand to your right foot, you can stay here and breathe, or bringing both hands back, so your left hand on your left foot also, grabbing hold of our Angel Wings as we fold back. Gently dropping your head back and breathing, inhaling and exhaling. Using your breath, tuning into Throat Chakra. How is the figure of eight energy flowing? Breathing. Releasing any resistance. Inhale and exhale, drawing yourself back up.

Hands come back to the Earth in front of you, moving to ‘Sphinx Pose’. Knees slightly wider than hip width and hands slightly wider than shoulder width. Drawing your buttocks back down onto your feet, elbows come to the Earth, forearms flat on the Earth. Tops of your feet flat on the Earth, fingers outstretched, palms of your hands flat on the Earth. Connecting your Chakras with the Earth. Light beaming out of your tail bone and your Crown. Breathing, inhaling and exhaling. Bring the truth of all your Chakras down to earth. Take a moment now to connect to the truth of your Crown, your Third Eye, your Ears, your Throat, your Heart, your Solar Plexus, your Sacral and your Base Chakra. Inhaling and exhaling. Breathing. Releasing any restrictions in the Chakras, feeling them expanding and grounded at the same time. Listening for their truth.

Inhaling coming up onto your hands and knees again for our ‘Cat’ and ‘Lion’ Pose. Hands underneath your shoulders, and knees underneath your hips. Tops of your feet, flat on the ground. Shoulders drawn down your back, breathing. On your next inhale, rolling from your tail bone, stomach moves up to the sky, chin tucks into your chest, exhaling, tail bone leads, stomach drops to the Earth, looking up. Inhaling tail bone leads, stomach reaches up to the sky, chin tucks into your chest. Exhaling, loosening up your Chakras. One more, inhaling, tail bone leads, stomach reaches for the sky, exhaling to a neutral spine.

Inhaling and as you exhale, draw your tail bone down to your buttocks, coming into ‘Child’s Pose’. Third Eye touches the Earth, chest rests on your thighs, and hands come around the outside of your legs, palms facing the sky. Resting as you are breathing, inhaling and exhaling. Feeling the cool air as you inhale through your nostrils and the warm air as you exhale. Inhaling and exhaling. Breathing. Letting go and releasing any resistance. Feeling comforted and safe to speak your truth.

Ending Meditation

Moving into ‘Savasana’ now, getting ready for our ending meditation. Inhaling and drawing yourself up to sitting, and lying down on your back. Using a pillow and blanket if you choose, keeping the warmth you’ve created throughout your yogic practise today. Feet flayed out to the side, spine is in alignment, hands on the Earth, palms facing up to the sky. Breathing. Gently closing your eyelids. Inhaling and exhaling. Breathing all the way down to your toes.

Continue to breathe deeply and let go of any resistance that you may have encountered during today’s session. Speaking our truth is not always easy, especially if we have been punished for it in the past. Many of us have. It is now time to let go of the past and to step into our present. Allow this moment to be a defining one. Let go of the hurt and pain that has held you back from speaking your truth. Call in your guides and higher resources and take the time to let it go now. (Allow 2 mins)

Now take some time to ask your guides and spiritual helpers for guidance on how to speak your truth regarding a particular issue or area of your life. It may be your health, relationship, work or life's purpose. Take time now to listen and receive guidance on moving forward. (Allow 3 mins)

Coming back to the consciousness of your body, feeling your position in the room. Gently wiggling your toes and fingers. As you inhale, raising your left knee and rolling over onto your right side, laying here for a moment in the foetus position. Breathing. On your next inhale, using your left hand to push your body up to a seated position, keeping your eyes gently closed bringing your hands into your Heart centre into ‘Prayer’. Inhaling and bowing, Namaste.

Lightfilled Yoga for the Heart Chakra

The Heart Chakra finds us at the centre of ourselves. This is where we access our joy and our love for ourselves and others. We have an opportunity to connect with the Heart of all things. As I said in Level 4 “Vibrating In the Light”: “It is all about the Heart and the Heart connection with all life. As we bridge the gap between ourselves and the world around us with our Heart, we vibrate at a higher frequency.” I believe that this frequency is joy.

When we are connected with our Heart, it infuses love into every one of our Chakras. We feel and find the warmth of love inside each and every one of our Chakras. When we are connected with our Heart Chakra, information that we receive from spirit through our Crown Chakra becomes tempered with compassion rather than harsh judgments. We see the Heart and truth of love in all things with our Third Eye, even that which may appear as dark, dead, fearful, scary or ugly. We are able to hear the cry for love behind angry voices when listening with our Ear Chakras. We are able to speak our truth with love when our Throat and Heart Chakras are connected. Our Solar Plexus Chakra empowers our spirit however our Heart Chakra ensures that we feel equal to all humanity as well. Our bodies are nourished by the highest frequency of love through the connection of our Heart and Sacral Chakra and we no longer feeling emptiness. We feel safe and loved in Spirit’s embrace whilst living here on the earth when our Base Chakra is connected with our Heart Chakra.

The Heart Chakra is the balm for the brightness that the light of truth has on burning our eyes. Truth without love is not truth at all. Light is truth. Truth brings transformation. However, when this truth is tempered with love, it brings the deepest and most nourishing form of transformation. Truth acknowledges that only love is real.

The Heart Chakra is associated with our Heart, Nose, Shoulders, Upper Spine, Arms and Lungs. When we are feeling a bit sensitive or there is too much energy in the heart, we might find that our nose is red and we have the sneezes. We might feel that we are having a panic or asthma attack when there is too much astrality in the lungs. If our Heart Chakra is blocked, empty or too full of energy, we may have heart problems. We may heart pain or shooting pain down our arms. If the etheric body is

withdrawing from our Heart, we may feel pins and needles in our arms. Our shoulders, upper spine and arms release when our Heart Chakra energy is flowing. Our Angel Wings sprout open. We find that it is important to release these areas of the body in order to free up blockages relating our Heart Chakra. Sometimes if we have stuck energy in our Throat Chakra, it prohibits the energy from travelling down to our Heart. So it is no surprise then that there is an important connection between the Throat and Heart Chakras. My shoulders seized up really badly when I was having trouble with my clearing my Throat Chakra. A massage and past life clearing helped me to work through this process. It is really important to remember that if you are having problems with one Chakra, another may be responsible for this. Look to the Chakra above or below can sometimes help.

The bi-product of the truth and love connection is joy. This is the truest sense of joy there is. Traditional Chinese Medicine equates the Heart organ with the emotion of joy. Without joy, there is no life. Without a Heart we are literally dead. Without joy, we are the walking dead. Truth brings us to the core of who we truly are. We are the light of the world. Our Heart knows that we need to share this light with others. Love feels no real disconnection from the love in others. As we love ourselves enough to share our light with others, we shine even brighter. Our Heart grows bigger.

Love also gives us what we need to ensure that we feel equipped enough to follow our dreams and guidance with Heartfelt passion. This passion for life brings us joy. When we are who we are and coming from a loving intention, we feel the truest sense of joy. When we are in our joy, we lift our own vibration and it is infectious. Other people feel the effects of our joy and this lifts their own vibration too. We connect most easily with others through joy and laughter. When there is a pure intention of joy, and it is based on the truth of who we are and coming from a loving place, we are transformational beings who can relate to everyone we come across easily and effortlessly whether they are connected to their truth, Heart or joy. For some reason, it doesn't matter if they are connected or not because it does not affect our vibration. I believe that the combination of truth (light), Heart (love) and joy (light + love) brings the highest vibration of all.

The Heart Chakra is about giving and receiving love too. Often we are always giving and not allowing ourselves to receive. This is often leads to burn out. We need to

ensure that we are allowing an inflow of energy through our Heart Chakra to receive the spiritual nourishment we need to continue to give. The inflow is very important in sustaining Lightworkers. This is one of the most important lessons to learn. We connect with this inflow and outflow of energy strongly through the Heart Chakra. Then the Heart Chakra can assist our other Chakras to receive the inflow of spiritual nourishment and to give the best of themselves in a Heart centred and loving way.

In our ending meditation, we allow ourselves to feel and release any grief that we have stored in our Hearts. It may be a recent Heart break or one that occurred many years ago. We release any walls that we have guarding our Hearts and receive the healing we need. We also ask spirit to give us what we need to keep our Hearts strong. We grow a strong Heart so that it can expand to feed love and compassion to the universe. As we connect with the entire universe in unity, we gain in spiritual strength even more. Our Hearts are the key to this connection.

Lightfilled Yoga Sequence – Heart Chakra

We commence our Lightfilled Yoga for the Heart, by demonstrating the Heart Chakra Pose.

Beginning Meditation

Starting in our Heart Chakra pose, lying down on your back, on the floor. Bending your knees up, feet flat on the floor. Knees are together, with your feet out wider than hip width. Toes pointing away from your body. Hands are at your Heart, thumbs across the top of your chest, your other four fingers are pointing down towards your toes. Palms facing the Earth. Elbows at shoulder height, shoulders drawn down your back, opening your Heart. Your spine is in alignment. Breathing. Inhaling and exhaling, allowing yourself to be here now. Letting go of any thoughts that you may have. Allowing them to drift on by. We cannot stop thought, but we can observe the thought without judgment. Breathing. On your next inhale, breathing into your stomach, up into the middle lung, and right up to your collar bones as you do feeling your rib cage expand. Exhaling in your own time, feeling the air release from your lungs from the top, to the bottom, your stomach. Inhaling your stomach, middle lung and upper lung. Breathing, in your own time.

Calling in your guides and spiritual helpers into the room now. You see and feel their presence as they fill the room with Love and Light. Begin to breathe in this beautiful light. The Heart Chakra is associated with the colour green. The light that you see may be green or some other colour. It may remain the same colour or change throughout the session today. This is perfect. Allow it to be. Breathing.

Many of us have closed our Heart off due to old pains and hurts. We may think that carrying old hurts and pains protects us from future pain, but we also close ourselves off to love, joy and openness in the right now. By releasing our old hurts, we are more able to open up with a healthy vulnerability that comes with an open Heart. We more readily attract healthier people and situations. We stop taking on or feeling responsible for fixing others unresolved Heart wounds. We are more able to feel and experience the purest joy there is - love.

Now take a moment to connect and check in with your Heart now. Ask your Heart if there is anything it wants to say or show to you now.

Now take a moment to ask your Heart what it needs right now. Listen and see what your Heart is showing you that it needs. Ask your guides and spiritual helpers to send your Heart what it needs right now. See them sending this resource to you in the form of a colour. In order to receive this spiritual nourishment, you need to be willing to receive this resource. Make a decision to let this nourishment into your Heart. Feel it filling your Heart Chakra with every in-breath. With every out-breath releasing any toxic energy or blockages in your Heart Chakra. Breathing this spiritual resource into your upper lung, middle lung and right down into your stomach. You feel it being absorbed into your blood stream and filling your entire body. As it travels through your whole body it returns back to your Heart. Feel this resource filling you up and nourishing your Heart more and more. As you feel it filling your Heart to the brim, you feel it shining back to the world. Feel the Heart Chakra expanding. You realise that as you receive spiritual nourishment you become a powerful being that assists in raising the vibration of the world and the universe.

Keep this connection with your Heart and continue to give it what it needs throughout your yoga practise today. Noticing if your Heart feels more open or restricted in certain poses. Breathing. Inhaling and exhaling.

First Sequence

Becoming aware of the energy flowing in and out of your Heart. You notice the energy flowing out of your Heart goes up to the Sun, collects the Sun's empowering energy and returns back down into your Heart. This light crosses over, forming a figure of eight of light down into the centre of the Earth. This light collects the love from the centre of the Earth and returns back up to nourish your Heart. Again crossing over at your Heart and returning back up to the Sun again and bringing that empowering and passionate energy back down into your Heart. Breathing with this figure of eight energy awareness. Inhaling and exhaling. Feeling connected to the Earth and the Sun. You are the loving empowered centre of this connection.

Moving into our 'Star Pose', inhaling and as you exhale, opening your arms and legs on the Earth, opening like a big star. Feeling the energy coming into your Heart and shooting out your arms and legs. Awakening your body with this light energy, with this constant inflow and outflow. In through your Heart and out through your arms and legs. Breathing. Inhale and exhale.

Coming into our ‘Heart Bath Tub’ now, inhaling your legs and arms up into the air. Your legs are as straight as can be up into the sky, bottoms of your feet, flat and parallel to the sky. Arms reaching up, shoulders drawn down your back, opening your Heart. Palms of your hands facing into each other. We are now in ‘Heart Bath Tub’ pose. Breathing. Inhaling the energy channelling down through your hands and arms, into your Heart and exhaling, shooting up out of your feet. Breathing. Feeling the energy flow, inhaling and exhaling. Inhaling and exhaling. Breathing.

Moving into our reverse ‘Child’s Pose’, drawing your knees into your chest, having your legs wider than your body width, again, shoulders drawn down your back as you hold your hands to your knees, drawing your knees into your chest. Breathing. Opening your Base Chakra. Feeling the energy coming into your Heart as you inhale and shooting out your Crown and Base Chakra as you exhale. Inhaling and exhaling. Breathing. Inhaling and exhaling.

Onto our ‘Spinal Twist’ now, on your next inhale, drawing your knees up together, into your chest, arms come to shoulder height, laying palms down on the ground. Exhaling. Shoulders drawn down your back, inhaling, drawing both knees towards your right hand side on the ground, turning your head to your left, to gaze over your left hand, left shoulder stays on the ground. Our Heart relates to our upper spine, nose, Heart, shoulders, lungs and arms. Feel the Heart energy expanding through these areas of the body. Breathing out any resistance, inhaling and exhaling. Gently twisting our spine, awakening the energy as we do so. Inhale and come back to the centre, exhaling. Other side, inhaling, drawing your knees to your left, head moves to your right, gazing over your right fingers, right shoulder on the ground, exhaling, breathing. Feeling the Heart energy expansion and release resistance in the upper body. Inhaling and exhaling. Breathing. Inhale and exhale, coming back to the centre.

Moving your consciousness to the soles of your feet now. Bring the soles of your feet together. Your legs are flayed open on the Earth. We are now focusing on our figure eight energy flow through the body. Inhale both hands come up into the sky. Exhale, left hand comes to the Earth, next to your right ear, palm flat on the Earth. Inhale and exhale, your right hand comes to your left elbow, drawing your left arm across your body, right arm, tucked in close to your body. Shoulders drawn down your back. Breathing, inhaling and exhaling. Containing your energy, as it circles around and

shooting out your hand and elbow. The figure of eight flowing down through your feet, coming back up into your Heart, through your arms, into the Earth and up into the sky through your arms and elbow. Breathing. Inhaling and exhaling. Inhaling hands come up into the sky and exhale, right hand comes to the Earth, next to your left ear, palm flat on the Earth. Inhale and as you exhale, your left hand comes to your right elbow, drawing right arm across your body, left arm, tucked in close to your body. Shoulders drawn down your back. Breathing, inhaling and exhaling. Containing your energy, as it circles around and shooting out your hand and elbow. The figure of eight flowing down through your feet, coming back up into your Heart, through your arms, into the Earth and up to the Sun through your arms and elbow. Breathing. Inhaling and exhaling.

Inhaling both hands up into the sky and as you exhale, drawing both arms reaching above your Crown, resting on the Earth, bringing your hands together into ‘Prayer’. Shoulders are drawn down your back, opening your Heart. Your soles of your feet are still together. Streaming the energy out of your hands and fingers. Breathing. Inhaling and exhaling. Inhale, and as you exhale, opening your arms to shoulder width apart. Sliding your arms and torso to your right, stretching the left side of your body. Breathing the Heart energy through to the torso and releasing any resistance, inhale and exhale. Inhale and exhaling. Inhale coming back to the centre and exhale, other side, sliding your torso to your left, arms still above your Crown, over to your left, reaching, and exhaling, shoulders down your back. Inhaling and exhaling, stretching the right side of your body. Breathing out any resistance and feeling the Heart energy move through the lower torso. Inhale and exhale. Inhaling coming back to the centre. Exhale.

Inhale, drawing your knees into your chest, holding your knees with your hands, starting our ‘Rock and Rolls’. Rolling back and forth, feeling the energy awaken through your spine as you rock back and forth, inhaling and exhaling. Breathing. Inhaling coming up to a seated position, legs come out in front. Legs are together, feet together, toes drawn up towards your face. Engaging the muscles in your legs.

Second Sequence

Into our ‘Seated Forward Bend’ now. Breathing. Inhaling hands come up to the sky above you, shoulders drawn down your back, exhaling and folding, drawing your

Heart to your legs. The figure of eight flow, still through your Heart, down to the Earth, back up to the Sun, with your Heart being at the centre of the figure of eight flow. Breathing. Inhaling and lengthening your spine and exhaling and folding from your hips. Releasing any resistance now and allowing this Heart energy to fill your whole spine. Inhale and exhale. Breathing. Inhale and exhale.

Inhaling drawing yourself back up to sitting. Bringing the soles of your feet together as you bend your knees, coming into our ‘Butterfly Stretch’. Clasping your hands around underneath your feet, shoulders drawn down your back, opening your Heart. Gently folding forward, keeping your back straight, just until you feel the stretch. Listening to your body. Feeling your Heart energy going into the Earth and from the back of your Heart, into the Sun. Asking your spiritual helpers now to remove anything from the front and the back of your Heart. Breathing right down into your stomach, middle lung and upper lung. Exhaling and releasing. Inhale. Exhale and releasing. Breathing.

Inhaling coming back up to centre. Exhaling rolling over onto your hands and your knees, into our ‘Cat’ and ‘Lion’ Poses. Hands underneath your shoulders, knees underneath your hips. Tops of your feet, flat on the Earth. Shoulders drawn down your back. Inhale and exhale, dropping your stomach to the Earth, chin moves up as you look up, feeling the sides of your body as your Heart energy filling your body, chin is up, breathing as you connect with the Earth, inhaling and exhaling, shoulders drawn down your back, breathing. Inhaling and exhale, tail bone leads as you roll from the base of your spine, stomach up to the sky, chin comes into your chest. Breathing and filling your Heart energy filling your spine, inhaling and exhaling, feeling the sides of your body, connecting your Heart to the Earth. Inhale and exhale. Inhale and exhale, coming back to a neutral spine.

Inhale and exhaling drawing your buttocks back to your feet as we move into ‘Child’s Pose’, arms come around the outside of your body, again, shoulders drawn down your back. Third Eye resting on the Earth. Connecting your Heart to the Earth, through your figure of eight energy flow. Asking now what your Heart needs. Breathing. Inhaling and exhaling. Receiving. Inhaling and exhaling. Inhaling and exhaling.

Inhaling drawing yourself back up onto your hands and knees. Dropping your stomach to the Earth, exhaling. Inhaling and as you exhale, tail bone leads as you come up into ‘Downward Facing Dog’. Hands at shoulder width, feet at hip width, lifting your toes up and grounding them down into the Earth. Inhale and exhale. Inhale looking up at your hands and exhaling, walking your feet up to your hands, inhaling and looking up and exhaling and folding. Inhaling rolling up vertebrae by vertebrae, feeling each muscle, each bone, as you roll up to a standing position, lifting your shoulders up to your ears and dropping them all the way down your back, opening up your Heart. Breathing. Feet together, lifting your toes up, gripping them down onto the Earth. Engaging your thigh muscles, tucking your tail bone under, engaging your stomach muscles, shoulders drawn down your back, opening up your Heart, fingers reaching out to the Earth, Crown lifting up to the sky. Breathing. Connecting with your Heart, as you inhale, and exhale.

Third Sequence

Moving through our ‘Angel Wings Flow’ on our feminine side, our left side, inhaling, both hands come up either side of your body, looking up at your hands, as you exhale, folding from your hips, hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth. Inhaling as you look up, lengthening your spine, exhaling and folding. Left foot steps back, right foot steps back, into your ‘Plank’, or gently jumping back. Inhaling and as you exhale, coming down, hovering just above the ground. Inhaling, up into ‘Cobra’ and holding here as you breathe. Focusing on your Heart Chakra, feeling the energy through the front and back. Breathing. Inhaling and exhaling, feeling that figure of eight energy through the front of your Heart into the Earth and also through the back up to the Sun. Inhaling and exhaling back into ‘Downward Facing Dog’. Inhaling and lengthening your spine and exhaling tail bone lifting up towards the sky. Breathing, inhale, and exhale. Feeling your Heart energy in ‘Downward Facing Dog’, especially in the back of your Heart. Breathing.

Into our ‘Angel Wings Pose’ now. Inhaling your right leg up in the air behind you, exhaling, inhaling and as you exhale, drawing your right leg through, right foot coming in between your hands. Inhaling, staying on the ball of your left foot, drawing yourself up to standing, hands come up above you, exhaling opening your arms wide, looking up, opening yourself to receiving. And through our flow now, inhaling, as you exhale, arms sweep down past your body behind you as you fold your body over your right leg. Inhale, drawing yourself back up, opening your arms and gazing up, exhale and folding your body down to your leg, arms sweep down. Inhale and coming up, receiving the energy you need for your Heart. One more, inhaling and exhaling folding and sweeping. Inhaling coming up and exhaling hands into ‘Prayer’, connecting down through your Chakras, all the way to the Earth, hands come either side of your foot, stepping your right foot back to meet your left, back into ‘Plank’. Inhaling here and exhaling down to the Earth, inhaling up into ‘Cobra’, connecting with your Heart energy and exhaling back into ‘Downward Facing Dog’. Inhaling lengthening your spine, exhaling tail bone lifts higher into the sky, breathing, focusing on your Heart energy through your back. Breathing. Inhaling and looking up at your feet, stepping or lightly jumping up. Inhaling and looking up, exhaling and folding. Inhaling and hands come all the way up, coming up to standing, and exhaling hands down in ‘Prayer’ through your Chakras. Checking in now, with how your Heart is feeling.

On the other side now, our masculine side. Inhaling, hands come up either side of your body, exhaling and folding from your hips, hands come down through your Chakras, drawing your hands all the way to the Earth. Inhaling looking up, lengthening your spine, exhaling and folding. Stepping or lightly jumping back to ‘Plank’. Inhaling, exhale, coming down. Inhaling, up into ‘Cobra’ and holding here as you breathe. Focusing on your Heart Chakra, feeling the energy through the front and back. Breathing. Inhaling and exhaling, feeling that figure of eight energy through the back of your Heart to the Sun and also through the front into the Earth. Inhaling and exhaling back into ‘Downward Facing Dog’. Inhaling and lengthening your spine and exhaling tail bone lifting up towards the sky. Breathing, inhale, and exhale. Feeling your Heart energy in ‘Downward Facing Dog’, especially in the back of your Heart. Breathing.

Onto our ‘Angel Wings Pose’ now, inhaling your left leg up in the air behind you, exhaling, inhaling and as you exhale, drawing your left leg through, left foot coming in between your hands. Inhaling, staying on the ball of your right foot, drawing yourself up to standing, hands come up above you, exhaling opening your arms wide, looking up, opening yourself to receiving the energy you need for your Heart. And through our flow now, inhaling as you exhale, arms sweep down past your body behind you as you fold your body over your left leg. Inhale, drawing yourself back up, opening your arms and gazing up, exhale and folding your body down to your leg, arms sweep down. Inhale and coming up, receiving the energy you need for your Heart. One more, inhaling and exhaling folding and sweeping. Inhaling coming up and exhaling hands into ‘Prayer’ as we move down through your Chakras, all the way to the Earth, hands come to either side of your foot, stepping your left foot back to meet your right, back into ‘Plank’. Inhaling here and exhaling down to the Earth, inhaling up into ‘Cobra’, connecting with your Heart energy and exhaling and back into ‘Downward Facing Dog’. Inhaling lengthening your spine, exhaling tail bone lifts higher into the sky, breathing, focusing on your Heart energy through your back. Breathing. Inhaling and looking up at your feet, stepping or lightly jumping up. Inhaling and looking up, exhaling and folding. Inhaling and hands come all the way up, coming up to standing, and exhaling hands down through ‘Prayer’ through our Chakras, breathing, inhaling and exhaling.

Fourth Sequence

Moving onto our ‘Heart Warrior Flow’ now. Commencing on our feminine side, inhaling hands come up as you look up, exhaling and folding, hands connecting down through your Chakras on your body to the Earth. Inhaling and looking up, exhaling and folding, stepping or lightly jumping back. Inhaling and exhaling down to the Earth, inhaling coming up into ‘Cobra’ and holding here in ‘Cobra’. Inhaling and exhaling, focusing on your Kundalini fire energy that flows from the earth through your Base Chakra and up your spine, to your Heart. Feel this energy igniting the creative passion in your Heart. Breathing, inhaling and exhaling back into ‘Downward Facing Dog’. Breathing, hands at shoulder width, feet at hip width, inhaling

lengthening your spine and exhaling tail bone lifts up to the sky. Inhaling, left foot turns out 90 degrees, right foot steps up in between your hands, exhaling and drawing yourself up, turning your hips out to your left, shoulders drawn down your back, inhaling hands come up above you and as you exhale, hands come down to shoulder height, bending your right knee to 90 degrees over your right foot. Breathing, inhaling, breathing into your Heart, exhaling. Seeing yourself living your life with creative passion. Like a true warrior, heed to the wisdom of your Heart. Inhaling and exhaling, inhaling, hands windmill back, left hand slides down your left leg, right arm comes over your head, connecting your right Hand Chakra with your Third Eye Chakra, inhaling and exhaling, breathing, right knee still at 90 degrees over your front foot. Checking in with your Heart. We are now in 'Dancing Warrior Pose'. Breathing. Inhaling and exhaling. Inhaling, windmilling your arms over, right elbow comes to your right knee, or right hand to the Earth on the inside edge of your foot, left arm over your left ear, gazing up or finding a focus point on the Earth. Breathing, inhaling and exhaling. Using your breath, tuning into your Heart. Inhaling and exhaling. Inhaling and exhaling drawing yourself back up to standing. Inhaling sweeping your left hand down past your body, meeting your right hand above you as you gaze up, hips facing to the front, exhaling. Inhaling and exhaling hands come down through your Chakras to the Earth, stepping your right foot back to meet your left, in 'Plank', inhaling and exhaling to the Earth, inhaling up to 'Cobra', holding here, exhaling, checking in with your Heart inhaling and exhaling. Breathing. Inhaling and exhaling back into 'Downward Facing Dog'. Feeling your Heart energy through the front and back of your Heart. Inhaling and looking up, stepping or lightly jumping up, inhaling lengthening and exhaling and folding. Inhaling hands lead you up as you look up, and draw that Heart energy down through your Chakras.

Onto our other side now, our masculine side. Inhaling hands come up as you look up, exhaling and folding, hands connecting down through your Chakras on your body to the Earth. Inhaling and looking up, exhaling and folding, stepping or lightly jumping back. Inhaling and exhaling down to the Earth, inhaling coming up into 'Cobra' and holding here in 'Cobra'. Inhaling and exhaling, focusing on your Kundalini fire energy flowing up from the earth into your Base Chakra and up your spine, to your Heart. Feeling this fiery energy igniting the passion in your Heart for your life's purpose.

Breathing, inhaling and exhaling back into ‘Downward Facing Dog’. Breathing, hands at shoulder width, feet at hip width, inhaling lengthening your spine and exhaling and tail bone lifts up to the sky. Inhaling, right foot turns out 90 degrees, left foot steps up in between your hands, exhaling and drawing yourself up, turning your hips out to your right, shoulders drawn down your back, inhaling hands come up above you and as you exhale, hands come down to shoulder height, bending your left knee to 90 degrees over your left foot. Breathing, inhaling, breathing into your Heart, exhaling. Seeing yourself fulfilling your life purpose with passionate intention. Inhaling and exhaling, inhaling, hands windmill back, right hand slides down your right leg, left arm comes over your head, connecting your left Hand Chakra with your Third Eye Chakra, inhaling and exhaling, breathing, left knee still at 90 degrees over your front foot. Checking in with your Heart in our ‘Dancing Warrior Pose’. Breathing. Inhaling and exhaling. Inhaling, windmilling your arms over, left elbow comes to your left knee, or left hand to the Earth on the inside edge of your foot, right arm over your right ear, gazing up or finding a focus point on the Earth. Breathing, inhaling and exhaling. Using your breath, tuning into your Heart and releasing any resistance. Inhaling and exhaling. Inhaling and exhaling drawing yourself back up to standing. Inhaling sweeping your right hand down past your body, meeting your left hand above you as you gaze up, hips facing the front, exhaling. Inhaling and exhaling hands come down through your Chakras to the Earth, stepping your left foot back to meet your right into ‘Plank’, inhaling and exhaling to the Earth, inhaling up to ‘Cobra’, holding here, exhaling, checking in with your Heart inhaling and exhaling. Breathing. Inhaling and exhaling back into ‘Downward Facing Dog’. Feeling your Heart energy through the front and back of your Heart. Inhaling and looking up, stepping or lightly jumping up, inhaling lengthening and exhaling and folding. Inhaling hands lead you up as you look up, and draw that Heart energy down through your Chakras.

Moving through our ‘Side Pyramid Flows’, starting with our feminine side, inhaling hands come up as you look up, exhaling and folding, hands connecting down through your Chakras on your body to the Earth. Inhaling and looking up, exhaling and folding, stepping or lightly jumping back. Inhaling and exhaling down to the Earth, inhaling coming up into ‘Cobra’ and holding here in ‘Cobra’. Inhaling and exhaling, focusing on your Kundalini fire energy flowing up through your spine, to your Heart.

Breathing, inhaling and exhaling back into ‘Downward Facing Dog’. Breathing, hands at shoulder width, feet at hip width, inhaling lengthening your spine and exhaling and tail bone lifts up to the sky. Inhaling, left foot turns out 90 degrees, right foot steps up in between your hands as you draw yourself up to standing, turning your right foot into parallel with your left foot. Inhaling hands come up above your head into ‘Prayer’, breathing here, focusing on your pyramid, through the point above your hands, the points in the Earth, below your feet. Inhaling and exhaling, as we slowly fold, checking in with our Crown, Third Eye, Ears, Throat, Heart, Solar Plexus, Sacral and Base Chakra all the way down to Earth. Hands come to slightly wider than your shoulders. Breathing, inhaling and lengthening your spine, connecting in with the second pyramid, the points below your hands and the point in your Heart, whilst the pyramid from where you just were above you, is still there. Breathing, inhaling and exhaling. Tuning into your Heart, feeling the Heart energy on the feminine side, the figure of eight energy flowing through your Heart, into the Earth and Sun up above you. Feeling the feminine inflow. Inhaling and exhaling folding, walking your hands back through your legs, fingers pointing the same direction as your toes. Inhaling and exhaling. Inhaling drawing yourself back up, exhaling turning your right foot back out to the front, inhaling hands come up as you bend your right knee exhaling hands come down through your Chakras to the Earth. Inhaling stepping your right foot back, exhaling down to the Earth, inhaling coming up into ‘Cobra’, holding, breathing checking in with the feminine inflow of your figure of eight energy flow in your Heart. Inhaling and as you exhale back into ‘Downward Facing Dog’. Inhaling checking in with your Heart. Exhaling. Inhaling and exhaling. Inhaling looking up at your hands, stepping or lightly jumping up, exhaling and folding. Inhaling hands lead you up as you look up and exhaling down through your Chakras. Breathing.

Onto our masculine side now, inhaling hands come up as you look up, exhaling and folding, hands connecting down through your Chakras on your body to the Earth. Inhaling and looking up, exhaling and folding, stepping or lightly jumping back. Inhaling and exhaling down to the Earth, inhaling coming up into ‘Cobra’ and holding here in ‘Cobra’. Inhaling and exhaling, focusing on your Kundalini fire energy flowing up through your spine, to your Heart. Breathing, inhaling and exhaling back into ‘Downward Facing Dog’. Breathing, hands at shoulder width, feet at hip width,

inhaling lengthening your spine and exhaling and tail bone lifts up to the sky. Inhaling, right foot turns out 90 degrees, left foot steps up in between your hands as you draw yourself up to standing, turning your left foot into parallel with your right foot. Inhaling hands come up above your head into ‘Prayer’, breathing here, shoulders drawn down your back, focusing on your pyramid, through the point above your hands, the points in the Earth, below your feet, connecting with your Heart. Inhaling and exhaling, as we slowly fold, checking in with our Crown, Third Eye, Ears, Throat, Heart, Solar Plexus, Sacral and Base Chakra all the way down to Earth. Hands come slightly wider than your shoulders. Breathing, inhaling and lengthening your spine, connecting in with the second pyramid, the points below your hands in the Earth and the point in your Heart, whilst the pyramid from where you just were above you, is still there. Breathing, inhaling and exhaling. Tuning into your Heart, feeling the Heart energy on the masculine side, the figure of eight energy flowing from your Heart, into the Earth and streaming out into the universe. Feeling the masculine outflow. Inhaling and exhaling folding, walking your hands back through your legs, fingers pointing the same direction as your toes. Inhaling and exhaling. Inhaling drawing yourself back up, exhaling turning your left foot back out to the front, inhaling hands come up as you bend your left knee exhaling hands come down through your Chakras to the Earth. Inhaling stepping your left foot back, exhaling down to the Earth, inhaling coming up into ‘Cobra’, holding, breathing checking in with the masculine outflow of your figure of eight energy flow in your Heart. Inhaling and as you exhaling back to ‘Downward Facing Dog’. Inhaling checking in with your Heart. Exhaling. Inhaling and exhaling. Inhaling looking up at your hands, stepping or lightly jumping up, exhaling and folding. Inhaling both hands lead you up as you look up and exhaling down through your Chakras. Breathing.

Fifth Sequence

Moving into our ‘Heart Star Pose’. Feet on either side of your mat, further than shoulder width apart. Arms come up, forming a star shape with your body. Breathing, inhaling and exhaling. Breathing light into your Heart and feel it shooting out your hands and feet. Breathing. Inhaling into your stomach, middle lung and upper lung.

Exhaling. Inhaling and exhaling. Inhaling and exhaling, coming back to standing, feet together.

Moving into our ‘Heart Tree Pose’ on our feminine side. Grounding down through your right foot, lifting your toes up and gripping them down onto the Earth. Finding a focus point on the ground will help you to balance, as will engaging your stomach muscles. Bringing your left foot into your inner thigh, hands come into ‘Prayer’ in front of your Heart, ‘Heart Tree Pose’. Breathing. Connecting with your Heart energy. Inhaling and exhaling. Inhaling and drawing that Heart energy up through your body as your ‘Prayer’ hands come up above your body towards the Sun and exhaling your ‘Prayer’ hands onto your Crown, ‘Crown Chakra Pose'. Stretching your Heart, inhaling and exhaling. Feeling the Heart at the centre of your being keeping you centred. Shoulders drawn down your back. Inhaling your left hand down your back, reaching for your Heart on your back, as your right hand holds your left elbow, gently pulling, stretching your left arm. Head stays back. Heart relates to our arms, shoulders, rhythmic system, nose, breathing. Inhaling and exhaling. Inhaling and exhaling, releasing your arms and left leg. Coming back to standing. Breathing.

Onto our masculine side now, grounding down through your left foot, lifting your toes up and gripping them down onto the Earth. Finding a focus point on the ground will help you to balance, as will engaging your stomach muscles. Bringing your right foot into your inner thigh, hands come into ‘Prayer’ in front of your Heart, ‘Heart Tree Pose’. Breathing. Connecting with your Heart energy. Inhaling and exhaling. Inhaling and drawing that Heart energy up through your body as your ‘Prayer’ hands come up above your body and exhaling your ‘Prayer’ hands onto your Crown, ‘Crown Chakra Pose’. Stretching your Heart, inhaling and exhaling. Feeling the Heart at the centre of your being keeping you centred. Shoulders drawn down your back. Inhaling your right hand down your back, reaching for your Heart on your back, as your left hand holds your right elbow, gently pulling as you stretch your right arm. Head stays back. Our Heart meridian runs through the outside edge of our arms, breathing. Inhaling and exhaling. Inhaling and exhaling, releasing your arms and leg. Coming back to standing. Breathing, inhaling and exhaling.

Inhaling hands come up as you look up, exhaling and folding, hands connecting down through your Chakras on your body to the Earth. Inhaling and looking up, exhaling and folding, stepping or lightly jumping back. Inhaling and exhaling down to the Earth, inhaling coming up into ‘Cobra’ and holding here in ‘Cobra’, checking in with your Heart. Breathing, inhaling and exhaling back into ‘Downward Facing Dog’. Breathing, hands at shoulder width, feet at hip width, inhaling lengthening your spine and exhaling and tail bone lifts up to the sky. Inhaling and exhaling. Inhaling and looking up at your hands, stepping or lightly jumping up and through your hands to sitting position. Coming back onto your mat if you need to, bending your knees up and holding your knees, rolling back and forth along your spine. Breathing, as you rock along your spine. Inhaling and exhaling, laying back on the Earth, moving into our ‘Heart Chakra Pose’. Bending your knees up, feet flat on the floor. Knees are together, with your feet out wider than hip width. Toes pointing away from your body. Hands are at your Heart, thumbs across the top of your chest, your other four fingers are pointing down towards your toes. Palms facing the Earth. Elbows at shoulder height, shoulders drawn down your back, opening your Heart. Your spine is in alignment. Breathing. Feeling the figure of eight energy flow through your Heart, the inflow and the outflow. Breathing, feeling the connecting with the Earth and Sun. Inhaling and exhaling. Inhaling and exhaling. Noticing the pyramids that form from your Heart, and also from your knees. Breathing. Inhaling and exhaling.

Inhaling and exhaling, staying in our Heart Chakra pose, or if you choose, moving now into ‘Savasana’. Using a pillow and blanket if you choose, keeping the warmth you’ve created throughout your class today. Feet flayed out to the side, spine is in alignment, hands on the Earth, palms facing up to the sky. Breathing. Gently closing your eyelids. Inhaling and exhaling. Breathing all the way down to your toes.

Ending Meditation

Checking in with your Heart now as we lay here on the Earth, feeling connected to the Earth and the Sun. Noticing if your Heart feels resourced and more joyful after our class of giving our Heart what it needs.

Noticing if there is any darkness, hurt, grief or pain. You may have had a recent Heart break or one that is still there from many days gone by. If there is any grief there, allow yourself to feel it. Grief often teaches us what is most important to us. Spiritual helpers for help you to find the gift in this grief. As you breath into your stomach, middle lung and upper lung, notice your Heart Chakra expanding with every breath. Asking your guides to clear away anything now that is preventing you from experiencing love in its purest form. As you breathe in this light, it fills your lungs and your Heart now. Replenishing and rejuvenating your Heart, allowing you to feel safe as your Heart is filled with this Divine light. Asking your Breathing in this spiritual gift now. (Allow 2 minutes)

Now take a moment to ask your Heart what it needs in order to stay strong and to continue to receive love in its purest form. Asking now for your Spiritual helpers to give your Heart what it needs to stay strong and open to receiving. Breathing in this spiritual nourishment now. Feeling your Heart expand with every in-breath and connect to the universe with every out-breath. (Allow 2 minutes)

Make a commitment to check in with your Heart daily, to replenish and allow you to step into exactly where you are meant to be as you follow your Heart's guidance.

Coming back to consciousness of your whole body now, feeling your position in the room. If you are still in 'Heart Chakra Pose', stretching your legs and arms now, stretching as you breathe. Gently wiggling your toes and fingers. As you inhale, raising your left knee and rolling over onto your right side, laying here for a moment in the foetus position. Breathing. On your next inhale, using your left hand to push your body up to a seated position, keeping your eyes gently closed bringing your hands into your Heart centre into 'Prayer'. Inhaling and bowing, Namaste.

Lightfilled Yoga for the Solar Plexus

There are two extremes of the spectrum when we are dealing with the energy of the Solar Plexus. One end is being too controlling, the other, is being out of control. To achieve and master connecting with our Solar Plexus we actually want to achieve the middle ground which is true personal empowerment. We are no longer a victim, nor are we trying to be all perfect. We no longer try to control everyone and everything in order to feel a sense of power. When we are truly empowered, it means that we become co-creators with spirit. The serenity 'Prayer' 'God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference'. When it is activated, our Solar Plexus gives us the courage to change the things we can. When it is tempered with spiritual guidance, we have the wisdom to know when we need to apply this courage.

When we feel connected to our Solar Plexus, we feel a sense of our self-worth whilst also being connected to spirit. This self worth comes from feeling that we are an extension of spirit. Spirit is all creative. When we are feeling a part of this extension of creativity, all that we do becomes very creative. We are able to let go and create more freely on projects. We think outside the box and create solutions. We get ideas and inspiration to invent and create new systems and designs. Creativity is very powerful. Creation is very powerful. It can be applied to every area of our lives. So being empowered through our Solar Plexus changes our life.

We covered the effect of the Solar Plexus Chakra on the other Chakras in great detail in Level 5 "Playing In the Light". The Solar Plexus empowers each of our Chakras so that they are able to co-create with spirit in their own unique way. All the information that we receive and are guided to put into action is not for self-gain, but for the greater good. That is because we are not trying to gain our power over others. Our power is aligned to unity. We are all one. As I am powerful, you are powerful. My empowerment empowers the whole planet, the whole universe.

We may equate the Solar Plexus with integrity and a Warrior like feeling. This energy is called for when we need to assert ourselves and our will in the world. However when it is aligned with Spirit, we are guided in our decisions, what to say and how to

convey our ideas to others. When we are co-creators, we are creative. We are able to play with ideas and allow spirit to guide us. We remain open and not controlling with our own will. Our will becomes spiritualised so that our higher self is able to speak and follow through with our ideas.

We mention in this sequence “When you feel connected to your Solar Plexus, you are connected to your integrity, your personal honour and your higher truths. You are more likely to feel empowered to speak your truth. You trust yourself and you feel a healthy self-esteem and self-worth that is equal with others. You no longer feel like a victim. You are an empowered creative being and a co-creator with spirit.” All this is true and we want students and those who are undertaking this Lightfilled Yoga sequence to tap into any issues that may trigger feelings of lack of self-worth. This is very important because lack of self-esteem is a core issue behind addictions, physical and mental illness. When we are disconnected from our Solar Plexus we lack self-esteem and carry other people’s shame and emotions.

When our Solar Plexus is disconnected from Spirit, we exhibit symptoms that are controlling, wilful and grandiose. We may appear confident, but we are not. Our confidence is a false pride that needs us to feel better than others so that we feel a sense of power to survive in the world. In fact, we feel quite empty. So therefore our view of the world is tainted and our motivations are not inclusive with others. We are usually ego or self-driven rather than concerned for the greater good. We strive to fill the emptiness.

Key words for this sequence are empowerment, courage, self-worth, self-esteem, higher self, playfulness, creativity, freedom, spiritualised will, integrity and honour. These words will tap students and clients into their issues that may stem from being disempowered by themselves or others in past lives. They may also tap into pain from self-abuses issues, attracting abusive partners and staying in abusive relationships.

Our physical body parts that are associated with our Solar Plexus Chakra are our Liver, Gall Bladder, Small Intestine and middle of our back. Our Liver and Gall Bladder are often associated with anger. When we have felt disconnected from our higher self, this usually will bring anger. We may displace anger towards other people. For example we are in or have stayed in a disempowering relationship too

long. We are angry at the actions of our partner for disempowering us. However, we are really angry at ourselves for being disconnected from our higher self. Another example; we have a very powerful spiritual awakening after a crisis such as a near death experience. We may be angry at spirit for making us go through painful lessons to get to the point where we actually had the spiritual experience. But deep down, we are really angry at ourselves for the time that we lost being disconnected from our higher self. This anger is normal and healthy, but it must be faced, not indulged. We need to learn to accept that we may be angry at ourselves for a time in order to feel how important it is to connect with our higher selves and spirit so that we no longer feel disempowered. Apart from working on our Solar Plexus Chakra, I recommend some boxing or kick boxing classes to get the anger out physically, because once we tap into it, it can feel like rage. It is very big and needs to move through us not consume us. This kind of anger can be misdirected at others through blame but this will prolong connecting with our higher selves and we will remain disempowered. The only way to reclaim our power is to acknowledge the importance of connecting with our higher selves and making a solid commitment to do that. We have an opportunity to do that at any time. It is always within our power and the one thing we have control over. The Small Intestine actually assists us to feel joy and is affected by the dampening of angry emotions. So our Small Intestine also connects us with our Heart Chakra too in that we bring that joy down into our bodies more with our Solar Plexus. This means that we have an ability to play and be fun spirited Lightworkers. We don't take our personal power too seriously. This is the power of play. If we have problems with our middle back, we may have a blockage of anger or frustration regarding our personal power. We may have a lot of carried shame in this area. This affects our Higher Self from incarnating into this area. It also affects the Sacral and Base Chakra from incarnating. We might have lower back problems too because we don't feel nourished, supported or trust (all symptoms of the Sacral and Base Chakra).

During this Lightfilled Yoga sequence if students or clients have realisations that they have lacked integrity in a past life, they will feel a healthy sense of shame. This is good and necessary for them to return to their higher self. The higher self will always feel shame when it crosses its own ethical and moral values. For example, in a past life, we may have been responsible for hundreds of lives being killed. Or we may

have chosen dishonourable ways to exit our life such as suicide. We provide an opportunity in the ending meditation to forgive ourselves for allowing ourselves to be disempowered or disempowering others.

The reason why this Chakra is so important is that it gives students and clients an opportunity to reclaim their true self, their higher self. This is true personal empowerment. Where in the past they may be carrying the emotions of others, this has clouded who they truly are. They may feel lost. This sequence helps them find their way back to their true self. Where they might be ashamed of past actions, it gives them a way to remember who they truly are and forgive themselves for their past actions. They can clean the slate and move forward with true integrity and readiness to become co-creators with Spirit.

Lightfilled Yoga Sequence – Solar Plexus

We commence our Lightfilled Yoga for the Solar Plexus by starting in ‘Solar Plexus Pose’. It is also recommended to have peaceful upbeat music for the Lightfilled Yoga Solar Plexus sequence.

Beginning Meditation

Starting now, in our ‘Solar Plexus Pose’. Lying down on your mat on your back, drawing your knees up, feet flat on the Earth. Feet and knees are together, the heels of your hands are just below your chest, on the side of your body, resting on your rib cage. Fingers pointing up to the sky, palms facing each other, hands are in line with your Solar Plexus. Shoulders drawn down your back, opening up your Heart. Breathing. Letting go of the busyness of the day. It is now time to relax, rejuvenate and bring special time to you.

Breathing. Inhaling and exhaling. On your next inhale, breathing into your stomach, up into the middle lung, and right up to your collar bones. As you do, feeling your rib cage expand. Exhaling in your own time, feeling the air release from the top of your lungs, to the bottom of your stomach. Inhaling into your stomach, middle lung and upper lung. Breathing, in your own time.

Calling in now, your guides and spiritual helpers into the room. You feel their presence as they fill the room with Love and Light. The Solar Plexus is the seat of your personal power. It is associated with the colour yellow and has a strong connection to the Sun. You may see this coloured light or other colours during your practise today. Feel the vibrancy of the light that surrounds you. As you inhale, breathing in this light, right into your stomach, middle lung and upper lungs, inhaling and exhaling. Inhaling into your stomach, middle lung and upper lungs. As you breathe this light into your three chambers, the light moves into your blood stream, moving through your entire body, right down to your toes, your fingers and into your brain. This light moves into your muscles, your bones, every organ, every single cell in your entire body. Breathing, inhaling and exhaling. This light fills your entire body

and now moves into your Solar Plexus. Feel this area light up with warmth. See your Solar Plexus fill with the loving light that you are breathing in. When you feel connected to your Solar Plexus, you are connected to your integrity, your personal honour and your higher truths. You are more likely to feel empowered to speak your truth. You trust yourself and you feel a healthy self-esteem and self-worth that is equal with others. You no longer feel like a victim. You are an empowered creative being and a co-creator with spirit.

Imagine now that your Solar Plexus is expanding. It is getting bigger and bigger. It rays out like a star and it connects to the Sun above and the core of the Earth, which is also like a Sun. Feel this powerful connection supporting you in your personal power. Feel yourself letting go of anything that is getting in the way of your personal power and self-worth. Feel it draining away. Feel this star ignite your other Chakras so that you allow this energy to light up and empower the rest of your energy centres.

Breathing. As you inhale, you see this star ignite your Heart Chakra, allowing you to feel more love and joy. Breathing it in. Inhaling and exhaling. On your next inhale, you see this Solar Star Energy ignite your Throat Chakra, giving you the strength and permission to speak your truth with integrity and love. Inhaling and exhaling. As you inhale, you see this Solar Star Energy move to and ignite your Ear Chakras, empowering you to hear with the utmost clarity of the Divine messages your guides whisper to you. Inhaling and exhaling. Inhaling and your Solar Star Energy ignites and awakens your Third Eye Chakra, breathing as you see your Third Eye open, empowering you to see straight to the truth in any situation. Breathing it in. On your next inhale, your Solar Star Energy shoots to your Crown Chakra, igniting and opening your Crown like a gorgeous lotus flower, strengthening your connection to spiritual resources. Breathing, as this ignition of your upper Chakras is awakened and activated from your Solar Star Energy. Inhaling and exhaling. As you inhale, you notice that your Solar Star Energy travels from your Solar Plexus into your Sacral Chakra. You feel your Solar Star Energy ignite your Sacral Chakra, bringing complete spiritual nourishment and warmth into your being. You are empowered to feel loved and completely nourished. Breathing it in. On your next inhale, your Solar Star Energy moves to your Base Chakra, igniting this fire within and your ability to trust yourself and spirit. Bringing completion as all your energy centres are activated and ignited with your Solar Star Energy. Breathing. Allow yourself to maintain a

conscious connection with this Solar Star Energy throughout your yoga practice today.

First Sequence

Moving into our ‘Solar Plexus Pose’, drawing your knees up, feet on the Earth, knees together, hands come in line with your Solar Plexus, heels of your hands resting on the side of your rib cage, fingers pointing towards the sky. Breathing, inhaling and exhaling. Feeling your Solar Plexus energy shooting out up to the Sun and gathering the Sun’s powerful energy. This light streams back down into your Solar Plexus, crossing over at the Solar Plexus and going down into the Earth. This powerful light returns and brings the loving Earth energy back into your Solar Plexus, crossing over at your Solar Plexus again and back up to the Sun. Feel the figure of eight energy flow. Breathing, inhaling and exhaling. Inhaling and exhaling. Feeling connected as above as below. You are the centre of this lovingly empowered light.

Moving now as we flow into our ‘Igniting our Solar Star’. Inhaling and as you exhale, legs and arms come out, creating a star shape with your body on the Earth. Inhale legs and arms back in to ‘Solar Plexus Pose’, exhale, out to our star, inhale back to Solar Plexus, exhaling, ‘Igniting our Solar Star’, one more, inhale back in to Solar Plexus and exhale, solar star. Breathing here, inhaling and exhaling. Inhaling drawing your legs together, arms up above your head, exhaling. Arms at shoulder width apart.

Onto our ‘Empowering Star Pose’ now. Feet at hip width apart, feet flexed, toes pointing up to the sky, legs resting on the Earth. Breathing. Inhaling and exhaling. Letting go and creating space. Breathing. Palms of your hands facing each other, directing your energy. Inhaling and exhaling. Inhaling and exhaling pointing your toes to the Earth, inhaling toes up to the sky, exhaling pointing your toes down, inhaling up to the sky, exhaling down, inhaling up and exhaling down. Inhaling back up and exhaling. Breathing.

Moving now into our ‘Spinal Floor Twist’. Inhaling and as you exhale, arms slide down to shoulder height, raising your right knee. Inhaling and left hand comes to your right knee, drawing your right knee over your left leg. Right shoulder stays on the Earth, as you gaze over your right hand. Breathing. On your next inhale, sliding

your right arm up to 45 degrees, exhale, right leg straightens. Breathing, inhaling and exhaling. Inhale your right arm up above your head, right ear touching your right arm. Breathing. Opening the side of your Solar Plexus as your breathing and twisting, inhaling and exhaling. Activating the points of your star, with your arm. Inhale and exhale. Inhale and exhale coming back to the centre.

Other side now. Inhaling and as you exhale, arms come to shoulder height on the Earth, raising your left knee. Inhaling and right hand comes to your left knee, drawing your left knee over your right leg, left knee aiming to touch the Earth. Left shoulder stays on the Earth, as you gaze over your left hand. Breathing. On your next inhale, sliding your left arm up to 45 degrees, exhale, left leg straightens. Breathing inhaling and exhaling. Activating the points of your star with your arm. Inhaling your left arm up above your head, left ear touching your left arm. Breathing. Opening the side of your Solar Plexus as your breathing and twisting, inhaling and exhaling. Inhale and exhale. Inhale and exhale coming back to the centre.

Onto our ‘Solar Plexus Bath Tub’ now as you inhale bring your legs and arms up into the air, back is flat on the Earth. Soles of your feet pointing towards the sky, legs as straight as can be, arms in the air, fingers pointing to the sky, palms of your hands facing each other. Exhaling, heels of your hands come to the sides of your Solar Plexus, resting gently on the side of your rib cage. Breathing, inhaling and exhaling. We are now in our ‘Solar Plexus Bath Tub’. Inhaling and exhaling. Feeling the energy coming down into your Solar Plexus and hands, the energy shooting up your legs. Breathing. Inhale and exhale. Inhale and exhale, hands come up into the sky. Inhale and exhale. Our next inhale, grabbing hold of the insides of your feet as you bend your knees into ‘Baby Pose’.

Inhaling and bringing your feet up and over your Solar Plexus. Dipping your feet into your Solar Plexus energy as you draw the soles of your feet together. Exhaling. Returning your feet down to your Base Chakra, as you ignite your Base Chakra with your Solar Plexus energy. Breathing. Inhaling and exhaling.

Inhale and exhale feet come to the Earth, knees up to the sky. Moving into our half or full ‘Solar Plexus Back Bend’. Half back bend, feet at hip width, hands by your side. Inhale and lifting your hips up towards the Sun. Keeping your neck straight, chin into your chest, breathing, inhaling and exhaling. Inhaling and exhaling, coming down to the Earth, from the top of your spine to the base of your spine. Breathing. If you choose to move to full back bend, feet at hip width, knees up to the sky, hands come on the Earth next to your ears, fingers pointing down towards your shoulders, inhaling and exhaling lifting your body up into full back bend, towards the Sun. Breathing. Feeling that solar connection. Inhaling and exhaling. Inhaling and exhaling coming back down to the Earth, releasing your hands and feet, legs back on the Earth.

Inhaling and drawing your knees to your chest, holding your knees with your hands, moving into our ‘Rock and Rolls’ to come to a crouching ball position. Breathing as we start to rock back and forth along our spine, feeling the energy through our spine as we inhale and exhale, rocking back and forth. On your next inhale, moving up to your feet, to a crouching ball. Acknowledging your Solar Plexus in your crouching ball. Inhaling and exhaling. Inhaling standing, coming to halfway, acknowledging your Solar Plexus in your halfway to standing position, connecting your Solar Plexus to the Earth. Again feeling yourself as the central connection between the Sun and the core of the earth. Breathing. Inhaling and exhaling. Inhale and drawing yourself, all the way up to standing.

Second Sequence

Moving now through our ‘Solar Arrow Flow’. Feet at hip width apart, moving into our ‘Standing Solar Plexus Pose’. Bending your knees, hands at your Solar Plexus, heels of your hands resting on the side of your rib cage, elbows drawn back and shoulders drawn down your back. Breathing, inhaling and exhaling.

Working on our feminine side, our receiving side, inhale and as you exhale, hands come to ‘Prayer’ in front of you, as you fold your body forward, left leg comes in the air behind you, so you are parallel with the Earth, balancing, connecting your Solar Plexus with the Earth and the Sun behind you. Inhaling and exhaling, left leg steps back, hands come to the Earth, right foot steps back into ‘Plank’, inhale and exhale down to the Earth, inhale up into ‘Cobra’ and exhale, back into ‘Downward Facing

Dog'. Hands at shoulder width and feet at hip width apart, inhaling and lengthening your spine, exhaling, tail bone lifts into the Sky. Breathing. On your next inhale, looking up at your hands, stepping your right foot up, stepping your left foot up, or lightly jumping up, exhaling and folding, inhaling, sweeping the Earth with your hands, bending your knees, hands come up to hip height and exhaling hands into your 'Solar Plexus Pose'. Breathing.

We move into our 'Solar Tree Pose' now. Straightening your legs, grounding down through your right foot, finding that focus point on the Earth, left foot comes into your inner thigh, engaging your stomach muscles will help you to balance, hands come into 'Prayer' in front of your Solar Plexus. Breathing, shoulders drawn down your back. Inhaling and exhaling. Inhaling drawing your hands up through your Chakras, drawing your Solar Plexus energy up above you and as you exhale, opening your arms to forty five degrees on each side, opening like a big tree as you shower yourself with your Solar Star Energy. Breathing, inhaling and exhaling. Feeling yourself surrendering as you open. Inhale and exhale. Inhale hands come up above you into 'Prayer' and exhale drawing your hands down through your Chakras, as your left leg steps back, hands to the Earth, right foot steps back to 'Plank'. Inhaling and exhale down to the Earth, inhale up into 'Cobra' and exhale back to 'Downward Facing Dog'. Inhale looking up at your hands, stepping or lightly jumping up, inhaling looking up, exhaling folding. Inhaling sweeping your hands on the Earth, bending your knees, hands come to hip height and exhaling hands into 'Standing Solar Pose'. Breathing. Inhaling and exhaling.

Moving now to our masculine giving side, inhale and as you exhale, hands come to 'Prayer' in front of you, as you fold your body forward, right leg comes in the air behind you, so you are parallel with the Earth, balancing, connecting your Solar Plexus with the Earth below you and the Sun behind you. Inhaling and exhaling, right leg steps back, hands come to the Earth, left foot steps back into 'Plank', inhale and exhale down to the Earth, inhale up into 'Cobra' and exhale, back into 'Downward Facing Dog'. Hands at shoulder width and feet at hip width apart, inhaling and lengthening your spine, exhaling, tail bone lifts into the Sky. Breathing. On your next inhale, looking up at your hands, stepping or lightly jumping up, exhaling and folding, inhaling, sweeping the Earth with your hands, bending your knees, hands come up to hip height and exhaling hands into your 'Solar Plexus Pose'. Breathing.

Moving into our ‘Solar Tree Pose’ on the other leg now. Straightening your legs, grounding down through your left foot, finding that focus point on the Earth, right foot comes into your inner thigh, engaging your stomach muscles will help you to balance, hands come into ‘Prayer’ in front of your Solar Plexus. Breathing, shoulders drawn down your back. Inhaling and exhaling. Inhaling drawing your hands up through your Chakras, drawing your Solar Plexus energy up above you and as you exhale, opening your arms to forty five degrees on each side, opening like a big tree as you shower the universe with your Solar Star Energy. Releasing and sending this infinite energy out into the universe. Breathing, inhaling and exhaling. Inhale and exhale. Inhale hands come up above you into ‘Prayer’ and exhale drawing your hands down through your Chakras, as your right leg steps back, hands to the Earth, left foot steps back to ‘Plank’. Inhaling and exhale down to the Earth, inhale up into ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Inhale looking up at your hands, stepping or lightly jumping up, inhaling looking up, exhaling folding. Inhaling sweeping your hands on the Earth, bringing that Earth energy to your Solar Plexus, as you exhale your hands into ‘Standing Solar Pose’, bending your knees. Breathing. Inhaling and exhaling.

Onto our ‘Warrior I Flow’ now for our feminine side, inhale and as you exhale, hands come to ‘Prayer’ in front of you, as you fold your body forward, left leg comes in the air behind you, so you are parallel with the Earth, balancing, connecting your Solar Plexus with the Earth and the Sun behind you. Inhaling and exhaling, left leg steps back, hands come to the Earth, right foot steps back into ‘Plank’, inhale and exhale down to the Earth, inhale up into ‘Cobra’ and exhale, back into ‘Downward Facing Dog’. Hands at shoulder width and feet at hip width apart, inhaling and lengthening your spine, exhaling, tail bone lifts into the Sky. Breathing. Acknowledging the back of your Solar Plexus. Breathing. On your next inhale turn your left foot out to forty five degrees, right foot steps up in between your hands. Exhale, inhaling and drawing yourself up to standing hands come up above you, hips squared off to the front, bending your right knee at 90 degrees over your right foot, breathing, inhaling and exhaling. Inhale and as you exhale, opening your arms, surrendering as you open. Breathing. Inhaling and exhaling. Shoulders drawn down your back. Inhaling drawing your hands together to ‘Prayer’, exhale, down through your Chakras to the

Earth, stepping your right foot back to ‘Plank’, inhale and exhale down to the Earth, connecting your Chakras with the Earth as you come up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Inhaling and exhaling, acknowledging your Solar Plexus. Inhaling and looking up at your hands, stepping or lightly jumping up, inhaling looking up, exhaling and folding, inhaling and sweeping the Earth, bending your knees, hands come to hip height and exhaling into ‘Standing Solar Plexus Pose’.

Moving onto our masculine side now, inhale and as you exhale, hands come to ‘Prayer’ in front of you, as you fold your body forward, right leg comes in the air behind you, so you are parallel with the Earth, balancing, connecting your Solar Plexus with the Earth and the Sun behind you. Inhaling and exhaling, right leg steps back, hands come to the Earth, left foot steps back into ‘Plank’, inhale and exhale down to the Earth, inhale up into ‘Cobra’ and exhale, back into ‘Downward Facing Dog’. Hands at shoulder width and feet at hip width apart, inhaling and lengthening your spine, exhaling, tail bone lifts into the Sun. Breathing. Acknowledging the back of your Solar Plexus. Breathing. On your next inhale, turn your right foot out to forty five degrees, left foot steps up in between your hands. Exhale, inhaling and drawing yourself up to standing hands come up above you, hips squared off to the front, bending your left knee at 90 degrees over your left foot, breathing, inhaling and exhaling. Inhale and as you exhale, opening your arms, surrendering as you open. Breathing. Inhaling and exhaling. Shoulders drawn down your back. Inhaling drawing your hands together to ‘Prayer’, exhale, down through your Chakras to the Earth, stepping your left foot back to ‘Plank’, inhale and exhale down to the Earth, connecting your Chakras with the Earth as you come up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Inhaling and exhaling, acknowledging your Solar Plexus. Inhaling and looking up, stepping or lightly jumping up, inhaling looking up, exhaling and folding, inhaling and sweeping the Earth, bending your knees, hands come to hip height and exhaling into ‘Standing Solar Plexus Pose’.

Moving into our ‘Dancing Warrior Flow’ now, on our receiving feminine side, inhale and as you exhale, hands come to ‘Prayer’ in front of you, as you fold your body forward, left leg comes in the air behind you, so you are parallel with the Earth, balancing, connecting your Solar Plexus with the Earth and the Sun behind you.

Inhaling and exhaling, left leg steps back, hands come to the Earth, right foot steps back into ‘Plank’, inhale and exhale down to the Earth, inhale up into ‘Cobra’ and exhale, back into ‘Downward Facing Dog’. Hands at shoulder width and feet at hip width apart, inhaling and lengthening your spine, exhaling, tail bone lifts towards the Sky. Breathing. Acknowledging the back of your Solar Plexus as you inhale and exhale. Inhale and as you exhale, knees drop to the Earth, knees slightly wider than your body, moving into ‘Child’s Pose’, connecting your Solar Plexus on the Earth, breathing as your Third Eye rest’s on the Earth, hands either side of your body. Breathing. Inhale and exhale. Inhale and exhale. Inhaling coming back up to your hands and knees. Exhale. Inhale sliding your body up into ‘Cobra’, connecting your Chakras on the Earth as you do so and exhale, back into ‘Downward Facing Dog’. Inhale turning your left foot out to 90 degrees, right foot steps up in between your hands. Inhale hands lead you up, drawing yourself up to standing, hips squared off to your left, exhale, arms come to shoulder height, shoulders drawn down your back, right knee at 90 degrees over your right foot. Inhaling and exhaling. Standing focused and strong in our ‘Warrior II Pose’. Breathing, right down into your stomach, middle lung and upper lung. Inhaling and exhaling. Inhaling left hand slides down your left leg, right arm comes over your head, connecting your Third Eye Chakra with your Hand Chakra into our ‘Dancing Warrior’ now. Breathing, inhaling and exhaling. Inhaling windmilling your arms over, right elbow comes to your right knee, or hand on the Earth, left arm comes over your head, breathing, gazing up, or finding that focus point on the Earth. Inhaling and exhaling. Inhaling and exhaling. Inhaling drawing yourself back up, exhale, left arm sweeps past your body meeting your right hand in the sky, inhaling and exhaling ‘Prayer’ hands down through your Chakras to the Earth. Stepping your right foot back into ‘Plank’. Inhale and exhale down to the Earth, inhaling up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Feeling the energy through the back of your Solar Plexus. Inhaling and looking up, stepping or jumping up, exhaling and folding. Inhale, sweeping your hand on the Earth, up to hip height, bending your knees and exhaling back to ‘Standing Solar Plexus Pose’. Breathing. Inhaling and exhaling.

Moving into ‘Solar Dancing’ now, stepping off the front of your mat, moving your body to the sound of the music, closing your eyes, breathing, feeling the rhythm as

you move your body. Connecting in with your Solar Plexus as you flow with the sound. Breathing. Letting this energy flow through you and empower your whole body. (Allowing minimum 2 minutes here).

Coming back now to the top of your mat. Stepping back into our ‘Standing Solar Plexus Pose’. Breathing. Moving onto our ‘Dancing Warrior Flow’ now on our masculine side. Inhale and as you exhale, hands come to ‘Prayer’ in front of you, as you fold your body forward, right leg comes in the air behind you, so you are parallel with the Earth, balancing, connecting your Solar Plexus with the Earth and the Sun behind you. Inhaling and exhaling, right leg steps back, hands come to the Earth, left foot steps back into ‘Plank’, inhale and exhale down to the Earth, inhale up into ‘Cobra’ and exhale, back into ‘Downward Facing Dog’. Hands at shoulder width and feet at hip width apart, inhaling and lengthening your spine, exhaling, tail bone lifts towards the Sky. Breathing. Acknowledging the back of your Solar Plexus as you inhale and exhale. Inhale and as you exhale, knees drop to the Earth, knees slightly wider than your body, moving into ‘Child’s Pose’, connecting your Solar Plexus on the Earth, breathing as your Third Eye rest’s on the Earth, hands either side of your body. Inhale and exhale. Inhale and exhale. Inhaling coming back up to your hands and knees. Exhale. Inhale sliding your body up into ‘Cobra’, connecting your Chakras on the Earth as you do so and exhale, back into ‘Downward Facing Dog’. Inhale turning your right foot out to 90 degrees, left foot steps up in between your hands. Inhale hands lead you up, drawing yourself up to standing, hips squared off to your right, exhale, arms come to shoulder height, shoulders drawn down your back, left knee at 90 degrees over your left foot. Inhaling and exhaling. Standing focused and strong in our ‘Warrior II Pose’. Breathing, right down into your stomach, middle lung and upper lung. Inhaling and exhaling. Inhaling right hand slides down your right leg, left arm comes over your head, connecting your Third Eye Chakra with your Hand Chakra, into our ‘Dancing Warrior’ now. Breathing, inhaling and exhaling. Inhaling windmilling your arms over, left elbow comes to your left knee, or hand on the Earth, right arm comes over your head, breathing, gazing up, or finding that focus point on the Earth. Inhaling and exhaling. Inhaling and exhaling. Inhaling drawing yourself back up, exhale, right arms sweeps past your body meeting your left hand in the sky, inhaling and exhaling ‘Prayer’ hands down through your Chakras

to the Earth. Stepping your left foot back into ‘Plank’. Inhale and exhale down to the Earth, inhaling up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Feeling the energy through the back of your Solar Plexus. Inhaling and looking up, stepping or jumping up, exhaling and folding. Inhale, sweeping your hands on the Earth, up to hip height, bending your knees and exhaling back to ‘Standing Solar Plexus Pose’. Breathing. Inhaling and exhaling.

Again we take some time to allow our Higher Self to be empowered in our ‘Solar Dancing’ now. Stepping off the front of your mat, moving your body to the sound of the music, closing your eyes, breathing, feeling the rhythm as you move your body. Again letting this Solar energy flow through you as you tune into the powerful intentions that your Higher Self has for you. Move your body to acknowledge the intentions that your Higher Self has for you as a powerful spiritual being on this planet. Feel it empower your whole body and the universe as it extends out from you. (Allowing minimum 2 minutes here).

Fourth Sequence

Coming back now to the top of your mat, stepping back into ‘Standing Solar Plexus Pose’. Moving into our ‘Eagle Pose Flow’, inhale and as you exhale, hands come to ‘Prayer’ in front of you, as you fold your body forward, left leg comes in the air behind you, so you are parallel with the Earth, balancing, connecting your Solar Plexus with the Earth and the Sun behind you. Inhaling and exhaling, left leg steps back, hands come to the Earth, right foot steps back into ‘Plank’, inhale and exhale down to the Earth, inhale up into ‘Cobra’ and exhale, back into ‘Downward Facing Dog’. Hands at shoulder width and feet at hip width apart, inhaling and lengthening your spine, exhaling, tail bone lifts into the Sky. Breathing. Acknowledging the back of your Solar Plexus as you inhale and exhale. Inhale looking up at your hands, stepping or lightly jumping up. Exhaling and folding, inhaling and hands come up above you, leading you up, exhaling hands down through ‘Prayer’. Moving into ‘Eagle Pose’, grounding down through your right foot, bending your knee, left leg comes over the top of your right, wrapping your left foot around your calf muscle. Engaging your stomach muscles and finding a focus point will help you to balance. Breathing, inhaling arms up, exhale, left arm comes over the top of your right arm, wrapping your left hand around your right. Breathing, inhaling and exhaling. Using your Angel Wings for

balance, shoulders drawn down your back, focusing on the back of your Solar Plexus. Inhaling and exhaling, using your breath as you inhale and exhale. Inhaling and exhaling, keeping your balance as you unwrap yourself left leg comes back behind you as your body comes parallel with the Earth, arms out in front, inhaling and exhaling, left foot comes to the Earth, stepping your right foot back to ‘Plank’, inhaling and exhaling down to the Earth, connecting your Chakras to the Earth as you inhale up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Inhale looking up, stepping or lightly jumping up, inhaling and exhaling and folding. Inhaling hands come up above you, drawing yourself up to standing and exhale, hands in ‘Prayer’, down through your Chakras.

Onto our ‘Eagle Pose’ for our masculine side now, grounding down through your left foot, bending your knee, right leg comes over the top of your left, wrapping your right foot around your calf muscle. Engaging your stomach muscles, finding that focus point. Breathing, inhaling arms up, exhale, right arm comes over the top of your left arm, wrapping your right hand around your left. Breathing, inhaling and exhaling. Using your Angel Wings for balance, shoulders drawn down your back, focusing on the back of your Solar Plexus. Inhaling and exhaling, using your breath as you inhale and exhale. Inhaling and exhaling, keeping your balance as you unwrap yourself right leg comes back behind you as your body comes parallel with the Earth, arms out in front, inhaling and exhaling, right foot comes to the Earth, stepping your left foot back to ‘Plank’, inhaling and exhaling down to the Earth, connecting your Chakras to the Earth as you inhale up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Inhale looking up, stepping or lightly jumping up, inhaling and exhaling and folding. Inhaling sweeping your hands on the Earth, bending your knees, hands come to hip height and exhale, back to ‘Standing Solar Plexus Pose’. Breathing. Inhaling and exhaling.

Moving into our ‘Standing Solar Side Stretch’ now, inhaling and exhaling, inhaling coming up, straightening your legs. Exhale. Inhale both hands come up above you, feet are at hip width apart. Exhale. Inhale and reaching your hands and body over to your right, right arm comes down your right leg, left arm reaching over to your right. Hips are in alignment, with your feet. Breathing. Every inhale lengthening, every exhale, stretching further, even if only in your mind. Opening up the side of our Solar Plexus. Breathing. Inhale and exhale. Inhaling drawing yourself back to centre, right

hand meets your left, exhale. Inhale and lengthen and exhale and left hand comes down your left leg, right arm reaching over to your left. Breathing, inhale lengthen, exhale and reach. Opening the side of your Solar Plexus. Inhaling and exhaling. Breathing. Inhale and drawing yourself back to centre, hands down by your side. Inhaling and exhaling.

Inhaling bending your knees, hands sweep the Earth, coming to hip height and exhaling into your ‘Standing Solar Plexus Pose’. Breathing. Using your breath. Noticing if your Solar Plexus feels any different to the start of your practice today. If it does or it doesn’t that is ok. Inhaling and exhaling. Breathing.

Inhale and as you exhale, hands come to ‘Prayer’ out in front of you, as you fold your body forward, left leg comes in the air behind you, so you are parallel with the Earth, balancing, connecting your Solar Plexus with the Earth and the sky behind you. Inhaling and exhaling, left leg steps back, hands come to the Earth, right foot steps back into ‘Plank’, inhale and exhale down to the Earth, inhale up into ‘Cobra’ and exhale, back into ‘Downward Facing Dog’. Breathing. Acknowledging the back of your Solar Plexus as you inhale and exhale. Inhaling looking up at your hands, stepping or lightly jumping up through your hands to come to a seated position on the Earth.

Ending Meditation

Moving into ‘Savasana’ now, our ending meditation. Using a pillow and blanket if you choose, laying down on our back, feet flayed out to the side, spine is in alignment, hands on the Earth, palms facing up to the sky. Breathing. Gently closing your eyes. Inhaling and exhaling. Breathing all the way down to your toes.

Tuning into your Solar Plexus now. Checking in now, with your Solar Star Energy that has been ignited and activated throughout your energy centres today. Taking a moment now to let go of anything that is interfering with your personal power in all your Chakras now. Letting go of any carried feelings, energy or shame of anyone in your past or present. See them dissolving in the light. Letting go now as you tune into your Crown, Third Eye, Ears, Throat, Heart, Solar Plexus, Sacral and Base Chakra. Breathing. Inhaling and exhaling. (Allow 1 minute)

Take a moment to forgive yourself for allowing yourself to be disempowered or for choices you have made that have disempowered others. Ask your spiritual helpers to show you where you need to make amends in your life. (Allow 1 minute)

Connecting in now, with your Solar Star Energy. Consciously connecting now, your internal solar star to the Sun, and to the star of planet Earth. Feeling this connection with your solar star to the Sun and the Earth. Feeling in the centre of this connection. (Allow 1 minute)

Tuning in now to the internal gatekeepers of your Solar Star Energy. Asking them now for any guidance they have for you in supporting yourself to stay connected to and in your personal power. (Allow 1 minute)

Making a commitment now to check in daily with your Solar Star Energy to stay connected to your internal gatekeepers.

Coming back to consciousness of your body now, feeling your position in the room. Gently wiggling your toes and fingers. As you inhale, raising your left knee and rolling over onto your right side, laying here for a moment in the foetus position. Breathing. On your next inhale, using your left hand to push your body up to a seated position, keeping your eyes gently closed bringing your hands into your Heart centre into ‘Prayer’. Inhaling and bowing, Namaste.

Lightfilled Yoga for the Sacral Chakra

This sequence was the most nourishing that I experienced in all of the sequences. In such a deeply powerful way, if felt like my very essence had been nourished and fed. This is the intention of the Lightfilled Yoga sequence for the Sacral Chakra. It relates to this current Level of the training, so it is not surprising that it feels the most nourishing to the Lightfilled Being!

I know that Lightfilled Yoga challenges us to raise our vibration, but when we are full with the right stuff spiritually, it nourishes us to the core. Then we are in touch with a deeper truth that is not temporal. This kind of nourishment is eternal. Just imagine the smile on Buddha's face and this sums up what we are talking about. It is a joyful, calm, peaceful, contented nourishment.

The Sacral Chakra is associated with the Large Intestine, Stomach, Spleen and Pancreas. When we feel nourished (Stomach), we step out of our survival mode and our head clears. The animal kingdom revolves around the searching, hunting, gathering, storing and eating of food. Animals have a sensible preoccupation with nourishment on a very physical level. Here, at the Sacral Chakra, we are very much moving away from physical relying as food as the only nourishment. We are inviting in a spiritual sustenance. We are moving away from our astral urges of desire and into fulfilling the yearning of our deepest spiritual cavern. Of course we still need to eat but we are nourished in a deeper way. Many quick fixes fall away naturally once we feel this fulfilment. The Large Intestine is associated with deep grief. I know that the deepest grief is often felt when there is a lack of spiritual nourishment. This feels like a deep abandonment. We strive to resolve these feelings by restoring rightful nourishment. The Spleen and Pancreas are associated with worrying. Often when we worry, we have a tendency to eat comfort food or rely on things to medicate our feelings. We may take drugs or drink alcohol to alleviate this stress. We tend to over think rather than be at peace. So when our Sacral Chakra is nourished, we calm down and instead of 'thinking' our way through life, we begin to 'be' present and in life in a more peaceful way.

This kind of eternal nourishment is the most powerful I know to assist us in resolving feelings of emptiness, addictions and releasing attachments to others. If we feel drained by a specific person or that others are stealing our light, we can regain our

energy. It also means that we can gain enough inner strength to cut ties with those that we have been depending on as our higher power. We can ‘plug in’ to the right source. We can also plug them into the right source because we introduce the ‘Womb of Transformation’ in this sequence.

The Womb of Transformation is a very powerful transformational being. It gives us an opportunity to feel safe and nourished like a child once more. It also ensures that any attachments that we want to let go of, are released with an intention of love and 100% faith that spirit will take care of them. When and how they transform is between them and their higher power. Often when we are ready to let them go, they have served their purpose in our journey and they are ready to transform to a higher vibration. Even the darkest of entities.

The Womb of Transformation assists us in letting go without judgment or anger. When we feel safe and that others are taken care of, we know that we are not responsible for others. We know that they have their own higher power. When and how others transform is none of our business. We can let them go and know that they are taken care of. We can also allow ourselves to let go and know that we are taken care of too. It is a deeply nurturing sequence and I believe it is a good sequence to use with clients who are feeling vulnerable or childlike.

If you have a client who is ready to let go of an attachment/dependency to a person or addiction, this sequence can be a good way prepare them. When working with individuals, you may tailor the ending meditation specifically. Level 2 meditations are especially helpful to use as a guide such as the “Cutting Chords Meditation” and the “Addiction Releasing Meditation”.

The stomach is an important part of our body. Many of our meridians run through our stomach. So when we activate our core, we are activating and nourishing the chi flow throughout our whole body. When we activate this etheric chi force, it creates a wonderful glow in our physical body. Of course it may require emptying of toxins too. We may feel quite crappy when toxins are released. So it may be that we feel worse rather than better the first time we do the sequence, or even the next day. Always ensure that you have reverence for the detoxification process. Lots of water, rest, compassion for ourselves, gentle exercise, meditation and persistence are required to move these toxins along. I recommend more lightfilled breathing and exercising

into this area to resolve an excess of toxins or emptiness. This consistency will ensure the best results.

We also find that we are exercising our tummy muscles and this may be challenging for those who have not exercised in a while. There may be some soreness or stiffness in the tummy region a day or two after the class, so it is a good sign that the sequence has worked upon these areas. Regular stomach exercises are recommended to ensure that the back, physical organs and core is protected.

Lightfilled Yoga Lightfilled Yoga Sequence – Sacral Chakra

We commence our Lightfilled Yoga for the Sacral Chakra by demonstrating the Sacral Chakra Pose.

Beginning Meditation

Starting in ‘Savasana’, laying down on your back, using a pillow if you choose. Your feet are relaxed and flayed out to the side, palms facing up to the sky, ensuring your spine is straight, gently closing your eyelids. Becoming aware of your breath, the inhale and the exhale. Breathing. Feeling the cool air as you inhale through your nostrils and the slightly warmer air as you exhale back through your nostrils. Inhaling and exhaling in your own time. Inhaling right down into your stomach, up into your middle lungs and right up to your upper lungs, right up to your collar bones, filling the three chambers of your lungs. Breathing, inhaling and exhaling in your own time. Inhaling and exhaling. The Sacral Chakra is associated with the colour orange. It is the Chakra that helps us open up and receive spiritual nourishment. When we feel spiritually nourished and supported, we are less likely to engage in addictive behaviours. This Chakra also helps us with our digestion. Breathing.

Inhaling and exhaling. You get a sense that you are surrounded by a beautiful glowing light that protects you like a womb protects a foetus. This light may be orange, or some other colour. On your next inhale you breathe this light in. It may change throughout your practice today. Whatever colour it is, is perfect just for you. Breathing in this light. This Womb of Transformation assists you in feeling safe as you go through any life changes that are challenging. You can call on it anytime you need extra support and spiritual nourishment. It helps you to hold and contain your energy. Continue to breathe in this light. As you breathe out, let go of any resistance to receiving spiritual nourishment. You see any resistance immediately transformed by the Womb of Transformation. Breathing this light right down into your stomach, middle lungs and upper lungs, filling your three chambers with this coloured light. Breathing out any resistance. Inhaling and exhaling in your own time. As this light fills your stomach, you feel it lighting up like a star. Your stomach is being nourished with every in-breath that you take. Feel it fill up your whole body. Feeling totally

nourished by this lightfilled loving light. Feeling totally protected. Breathing. Rolling onto your side now, to be held and nourished by spirit. Inhaling and exhaling. Inhaling and exhaling.

First Sequence

Moving now into our ‘Sacral Chakra Pose’. Lying down on your back, drawing your knees up, feet flat on the Earth, close to your buttocks. Feet are slightly wider than hip width apart and arms and hands flat on the Earth, slightly wider than your mat. Breathing, and on your next inhale, lifting your hips up into the sky. Keeping your neck in alignment with your body. You feel the figure of eight energy flowing from your Sacral Chakra up to the Sun, gathering the Sun’s power and returning back to feed your Sacral Chakra with energy. Then it crosses over at your Sacral Chakra and moves down into the centre of the Earth, bringing that loving Mother Earth nourishment back up into your Sacral Chakra. This figure of eight energy flows through your sacral. Inhaling and exhaling, breathing in this ‘Sacral Chakra Pose’. Inhaling and exhaling. Inhaling and as you exhale, rolling from the top of your spine to the base of your spine down on the Earth, so your tail bone is the last thing to touch the Earth. Breathing.

Drawing your knees into your chest, rolling over to your right hand side, holding your knees, resting in the foetal position. Feeling surrounded by this lightfilled loving nourishing light, surrounding and protecting you. Inhaling and exhaling. Inhaling back up to the centre, and exhaling, rolling over to the other side, your feminine left side. Breathing, in this foetal position, inhaling and exhaling. Feeling nourished by this light that is surrounding you and holding you. Breathing. On your next inhale, draws you back up to the centre. Rocking back and forth now in your foetal position, inhaling and exhaling, still surrounded by this lightfilled loving light. Breathing. Inhaling and exhaling, rolling back onto the Earth, feet flat on your mat, near your buttocks, knees up. Arms come up above your head, surrendering as your shoulders draw down your back, opening your Heart. Inhaling and exhaling.

Inhale and exhale, drawing your knees into your body, hands resting on your knees. Onto our ‘Sacred Star’ now, inhaling and as you exhale, slowly opening your arms and legs like a big star, slowly, slowly, holding just above the ground before you

come to the Earth. Breathing, inhaling and exhaling. Sliding your legs across the Earth now, bringing the soles of your feet together into ‘Butterfly Pose’.

Moving now into our ‘Lighting Sacred Fire Flow’. Feet in ‘Butterfly’, hands resting on your stomach, your Sacral Chakra. As we inhale, our hands slide across our thighs, up along the Earth opening our arms like big Angel Wings, up above our Crown into ‘Prayer’ and exhaling down through our Chakras to our stomach. Inhaling and lifting our upper body up off the ground as we slide our hands across our thighs, up along the Earth, opening our arms like big Angel Wings, up above our Crown, into ‘Prayer’ and exhaling down through our Chakras to our stomach. Lifting our torso up as we reach down and across our thighs, up along the Earth and exhaling back down through our Chakras to our tummy. Breathing as your flowing, continuing in your own time. Feeling the supportive energy from the Sun and Earth flowing through our Sacral Chakra. We want to do twenty of these, breathing, using your breath, your inhale and your exhale, bringing that energy down through our Chakras as we exhale, inhaling back up and exhaling down, igniting that fire in our Sacral Chakra, breathing, inhaling and exhaling. When you have finished your twenty, resting your hands on your stomach. Breathing.

Moving now into our ‘Sacred Twist’. Drawing your legs up, knees to the sky and feet on the Earth near your buttocks, your hands come behind your head. As you inhale, drawing your torso up as your right elbow touches your left knee, exhaling back down to the Earth. Inhaling other side, left elbow touches your right knee and exhaling back down. Inhaling up, right elbow to left knee and exhale down, inhale left elbow to right knee, drawing your knee up if you need to. Breathing, keeping the flow going with your breath. Feeling supported by the flow of energy from the Sun and Earth. We want fourteen of these on each side, counting as your breathing. Inhaling and exhaling. Using your breath. When you have finished your fourteen, resting with your hands still behind your head and knees to the sky. Breathing. Inhaling and exhaling.

Now for our ‘Sacred Pull In’. As we inhale, moving all fours together, elbows and knees touch each other as we draw our torso up. Exhaling controlled movements back to the Earth. Inhale our fours up and exhale, slowly back down, one more inhaling up and exhaling back down. Breathing. Inhaling and exhaling.

Moving into our ‘Sacred Star’ now, inhaling drawing your arms and legs up into the sky, in a bathtub formation. Breathing that lightfilled nourishing light in as you inhale and exhale. Feeling the light come down through your arms, shooting down through your torso and Chakras and out your legs. Inhaling and exhaling with this awareness. Inhaling and your next exhale, we are slowly lowering down into our star, holding for 2 counts, before you touch the ground, inhaling and exhaling, inhaling and exhaling. Inhaling and exhale down on the Earth. Ensuring your stomach muscles are working to take any pressure off your back. Breathing.

Second Sequence

Inhaling and drawing your knees into your chest, holding your knees with your hands as we exhale, moving into our ‘Rock and Rolls’. Breathing as you rock back and forth along your spine, awakening the energy as you rock back and forth. Breathing. Inhaling and exhaling, coming up onto your feet and moving onto your hands and knees. Drawing yourself up to a standing knee position, knees at hip width apart, tops of your feet, flat on the Earth. We move into our ‘Camel Pose’ flow now, inhaling and windmilling your right arm back to meet your right foot, exhaling and inhaling windmilling your left arm back to meet your left foot, head gently back as you breathe in ‘Camel Pose’. Inhaling and exhaling. Inhaling and drawing yourself back up to standing knees and exhaling, flowing over into ‘Child’s Pose’, having your knees apart. Connecting your Sacral Chakra with the Earth. Breathing. Inhaling and exhaling. Inhaling drawing yourself to standing knees, exhaling back into ‘Camel Pose’, one arm at a time flowing back, inhaling and exhaling. Inhaling and exhaling flowing back to ‘Child’s Pose’, connecting your Sacral Chakra with the Earth, inhaling and exhaling. Inhaling drawing yourself back up and exhaling, arms flowing back to ‘Camel Pose’, head gently back. Breathing, inhaling and exhaling. Using your breath, inhaling drawing yourself back up, exhaling, flowing down to ‘Child’s Pose’, connecting your Sacral and Third Eye Chakras with the Earth, inhaling and exhaling, inhaling and drawing yourself back up. Last one and exhale, arms flowing back to ‘Camel Pose’. Connecting with your Sacral Chakra as your breathing, inhaling and exhaling. Inhaling drawing yourself back up and exhale flowing into ‘Child’s Pose’. Breathing, inhaling and exhaling.

Moving into upward facing dog, ‘Cobra’, inhaling hands come either side of your face, palms flat on the Earth. Elbows tucked into your body as you sweep the Earth with your Chakras, coming into ‘Cobra’. Tops of your feet flat on the Earth, holding here in ‘Cobra’ as you’re breathing, connecting your Sacral Chakra with the Earth, feeling the lightfilled loving light, fill your entire body with every in-breath. Feeling the energy run down through your Crown, all the way through your spine and all your Chakras, out your feet to the Earth. Inhaling and exhaling. Inhaling and as you exhale, tucking your toes under as we flow back into ‘Downward Facing Dog’. Hands at shoulder width and feet at hip width apart. Inhaling and lengthening your spine and exhaling and tail bone lifts higher into the sky. Breathing. Feeling the figure of eight energy flow through your Sacral Chakra. Inhaling and exhaling.

Inhaling and looking up at your hands, walking your feet up to your hands, bending your knees if you need to, allowing yourself to hang here. Breathing. This is our ‘Standing Forward Bend’, detoxing our stomach, large intestine and our spleen which are the organs of the Sacral Chakra. Breathing. Inhaling and exhaling. You might find yourself slightly rocking about, letting it all go, allowing everything to roll off your shoulders, you don’t need to carry it all around. Breathing. Inhaling and exhaling. On your next inhale, rolling up vertebrae by vertebrae, feeling each bone, each muscle as you roll up to standing. Breathing in your own time. Rolling all the way up, lifting your shoulders up to your ears and dropping them all the way down your back, opening your Heart.

Into ‘Tadasana’ now, feet together, lifting your toes up and gripping them down onto the Earth. Engaging your thigh muscles, tucking your tail bone under, engaging your stomach muscles, shoulders drawn down your back, opening up your Heart, arms engaged and fingers reaching out to the Earth, slightly tucking your chin under, Crown lifting up to the sky. Breathing. Inhaling and exhaling. Breathing right down into your stomach, middle lungs and upper lungs, filling your three chambers with this loving lightfilled nourishing light. Using your breath, inhaling and exhaling. Feeling now, your hips straight into your feet. Feeling your body in alignment as your hips are aligned with your feet. Breathing. Just by standing here in ‘Tadasana’, we

are activating our meridians that run through our body, inhaling and exhaling, feeling your hips straight over your feet. Breathing.

Moving through our ‘Vinyasa’ now to our ‘Sacred Pigeon Flow’ for our feminine side, inhaling and both hands come up either side of your body as you look up and exhaling, hands in ‘Prayer’ coming down through your Chakras as you fold to the Earth, bending your knees if you have to. Inhaling and looking up and exhaling and folding, stepping your left foot back, right foot steps back into ‘Plank’, inhaling and exhaling down to the Earth, connecting your Chakras on the Earth as you do so up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Breathing, inhaling and lengthening and exhaling, tail bone lifts higher to the sky.

Inhaling right leg comes up into the sky behind you and as you exhale, dropping your right leg over to your left side of your body, staying here, or if you can, right foot comes to the Earth, right arm comes up into the sky, as you twist your body over into a gentle back bend, flipping your feet around, so your toes point away from you and your feet are parallel to each other, head gently drops back and right arm flows down in line with your body, fingers pointing away from your Crown. Breathing here, opening yourself up to receive spiritual nourishment, say to Spirit “Here I am, receiving spiritual nourishment.” Breathing, inhaling and exhaling drawing yourself back over, your right leg back over, keeping it up in the sky as your right hand drops back to the Earth, back into ‘Downward Facing Dog’, keeping your right leg up. Inhaling and as you exhale, drawing your right knee up in between your hands, as we come into ‘Pigeon Pose’, left leg straightens out on the Earth behind you, the top of your left foot on the Earth. As we move into ‘Pigeon Pose’, we bring that spiritual nourishment we just received to the Earth. Inhaling and lengthening your spine and as you exhale, lowering your torso to the Earth, coming down onto your elbows, staying here if need be, or drawing your Third Eye all the way to the Earth, creating a diamond with your hands and placing your Third Eye in between that. Inhaling and exhaling as you connect your Sacral Chakra to the Earth, breathing in the light, inhaling and exhaling. Using your breath as you inhale and exhale.

Inhaling and drawing yourself back up, palms of your hands on the Earth. Moving into our ‘Spinal Twist’, left leg, your mermaid tail, swings around to the front, placing your left foot over your right thigh, your foot flat on the Earth. Inhaling your right arm

up into the sky as you lengthen your spine and as you exhale, left hand comes behind your back as your right elbow comes to your left knee. Inhaling and lengthening and exhaling and twisting to your left, gazing over your left shoulder. Right palm of your hand engaged, fingers pointing to the sky. Removing any blockages as we are twisting. Breathing. Inhaling and exhaling.

Inhale and as you exhale, releasing yourself as you come back to the centre, left leg unwraps, as your mermaid tail swings back out behind you, palms of your hands come to the Earth either side of your right knee. Inhaling and as you exhale, pushing yourself back up into ‘Downward Facing Dog’. Hands at shoulder width and feet at hip width apart, inhaling and lengthening and exhaling and folding. Inhaling coming over into ‘Plank’, exhaling down to the Earth, connecting your Chakras as you inhale up into ‘Cobra’ and exhaling back into ‘Downward Facing Dog’. Inhaling and looking up at your hands and exhale, stepping or lightly jumping up to your hands. Inhale and look up and exhale and fold. Inhale both hands come up and as you exhale, ‘Prayer’ hands down through your Chakras to your Sacral Chakra. Resting here. Breathing.

Moving onto our masculine side now, our giving side, inhaling and both hands come up either side of your body as you look up and exhaling, ‘Prayer’ hands down through your Chakras as you fold to the Earth, bending your knees if you have to. Inhaling and looking up and exhaling and folding, stepping your right foot back, left foot steps back into ‘Plank’, inhaling and exhaling down to the Earth, connecting your Chakras on the Earth as you do so, up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Breathing, inhaling and lengthening and exhaling, tail bone lifts higher to the sky.

Inhaling left leg comes up into the sky behind you and as you exhale, dropping your left leg over to your right side of your body, staying here, or if you can, left foot comes to the Earth, left arm comes up into the sky, as you twist your body over into a gentle back bend, flipping your feet around, so your toes point away from you and your feet are parallel to each other, head gently drops back and left arm flows down in line with your body, fingers pointing away from your Crown. Breathing here, opening yourself up to giving spiritual nourishment, say to Spirit “Here I am, sharing my spiritual nourishment with the universe.” Breathing, inhaling and exhaling drawing

yourself back over, your left leg back over, keeping it up in the sky as your left hand drops back to the Earth, back into ‘Downward Facing Dog’, keeping your left leg up. Inhaling and as you exhale, drawing your left knee up in between your hands, as we come into ‘Pigeon Pose’, right leg straightens out on the Earth behind you, the top of your right foot on the Earth. Giving the spiritual nourishment we have received back to the Earth. Inhaling and lengthening your spine and as you exhale, lowering your torso to the Earth, coming down onto your elbows, staying here if need be, or drawing your Third Eye all the way to the Earth, creating a diamond with your hands and placing your Third Eye in the centre of that diamond. Inhaling and exhaling as you connect your Sacral Chakra to the Earth, breathing in the light, inhaling and exhaling. Using your breath as you inhale and exhale.

Inhaling and drawing yourself back up, palms of your hands on the Earth. Moving into our ‘Spinal Twist’, right leg, your mermaid tail, swings around to the front, placing your right foot over your left thigh, your foot flat on the Earth. Inhaling your left arm up into the sky as you lengthen your spine and as you exhale, right hand comes behind your back as your left elbow comes to your right knee. Inhaling and lengthening and exhaling and twisting to your right, gazing over your right shoulder. Left palm of your hand engaged, fingers pointing to the sky. Removing any blockages as we are twisting and breathing. Inhaling and exhaling.

Inhale and as you exhale, releasing yourself as you come back to the centre, right leg unwraps, as your mermaid tail swings back out behind you, palms of your hands come to the Earth either side of your left knee. Inhaling and as you exhale, pushing yourself back up into ‘Downward Facing Dog’. Hands at shoulder width and feet at hip width apart, inhaling and lengthening and exhaling and folding. Inhaling coming over into ‘Plank’, exhaling down to the Earth, connecting your Chakras as you inhale up into ‘Cobra’ and exhaling back into ‘Downward Facing Dog’. Inhaling and looking up at your hands and exhale, stepping or lightly jumping up to your hands. Inhale and look up and exhale and fold. Inhale both hands come up and as you exhale, ‘Prayer’ hands down through your Chakras to your Sacral Chakra. Resting here. Breathing.

Third Sequence

We move into our ‘Sacred Goddess Flow’ now, for our feminine, receiving side. Inhaling hands come up either side of our body and exhale ‘Prayer’ hands down through our Chakras to the Earth, inhaling and looking up and exhaling and folding, stepping your left foot back, right foot steps back to ‘Plank’. Inhale and exhale down to the Earth, connecting your Chakras as you inhale up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Inhale turning your left foot out to 90 degrees, right foot steps up in between your hands. Inhale, drawing yourself up to standing, exhale turning your right foot into parallel with your left foot, turning to our left.

Moving into our ‘Sacred Goddess Flow’. As we inhale hands come up to shoulder height, creating a bowl with your arms, palms facing your body, exhale and bending your knees into the ‘Goddess Pose’, creating a big bowl of sacred energy. Breathing, inhaling and exhaling. Moving with our breath now, inhaling arms come up, straightening your legs, as you exhale, torso, head and arms come back for a gentle back bend, inhale back up to standing, exhale, ‘Prayer’ hands down through our body and legs to the Earth, inhale, hugging yourself, exhale hands drop to the Earth, inhale drawing yourself all the way back up, arms come to sacral height and exhale ‘Goddess Pose’, arms in sacred bowl, bending your knees, opening your Base Chakra and squatting your legs. And again, inhaling arms come up, straightening your legs, exhale, torso, head and arms come back for a gentle back bend, inhale back up to standing, exhale, ‘Prayer’ hands down through our body and legs to the Earth, inhale, hugging yourself, exhale hands drop to the Earth, inhale drawing yourself back up, arms come to sacral height and exhale ‘Goddess Pose’, arms in sacred bowl, bending your knees, opening your Base Chakra and squatting your legs. Inhaling, arms up, straightening your legs, exhale, back for a gentle back bend, inhale back up, exhale, ‘Prayer’ hands down through our body and legs to the Earth, inhale, hugging yourself, exhale hands to the Earth, inhale drawing yourself back up, arms come to sacral height and exhale ‘Goddess Pose’, arms in sacred bowl, bending your knees, opening your Base Chakra and squatting your legs, one more, inhale arms up, straightening your legs, exhale, back for a gentle back bend, inhale back up, exhale, ‘Prayer’ hands down through our body and legs to the Earth, inhale, hugging yourself, exhale hands to the Earth, inhale drawing yourself back up, arms come to sacral height and exhale ‘Goddess Pose’, arms in sacred bowl, bending

your knees, opening your Base Chakra and squatting your legs. Breathing, holding here as we are breathing, inhaling and exhaling.

Inhaling, arms come up as we straightening our legs, right foot turns back to the front, exhaling bending your right knee, hips to the front, inhaling and looking up, exhaling and ‘Prayer’ hands down through your Chakras to the Earth, stepping your right foot back to meet your left into ‘Plank’, inhaling and exhaling down to the Earth, inhaling up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Breathing, inhaling and exhaling. On your next inhale, looking up at your hands, stepping your right foot up, left foot steps up, inhaling looking up, exhaling folding, inhaling both hands come up either side of your body, and exhale, ‘Prayer’ hands down through your Chakras to your stomach. Breathing, inhaling and exhaling.

Onto our masculine side now, inhaling hands come up either side of our body and exhale ‘Prayer’ hands down through our Chakras to the Earth, inhaling and looking up and exhaling and folding, stepping your right foot back, left foot steps back to ‘Plank’. Inhale and exhale down to the Earth, connecting your Chakras as you inhale up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Inhale turning your right foot out to 90 degrees, left foot steps up in between your hands. Inhale and drawing yourself up to standing, exhale turning your left foot into parallel with your right foot, turning to our masculine side, our right.

Into our ‘Sacred Goddess Flow’ now, inhale hands come up to shoulder height, creating a bowl with your arms, palms facing your body, exhale and bending your knees into the ‘Goddess Pose’. Breathing inhaling and exhaling filling our sacred bowl so it is full to give nourishment to others. Moving with our breath now, inhaling arms come up, straightening your legs, exhale, torso, head and arms come back for a gentle back bend, inhale back up to standing, exhale, ‘Prayer’ hands down through our body and legs to the Earth, inhale, hugging yourself, exhale hands drop to the Earth, inhale drawing yourself all the way back up, arms come to sacral height and exhale ‘Goddess Pose’, arms in sacred bowl, bending your knees, opening your Base Chakra and squatting your legs. Again as we inhale arms come up, straightening your legs, exhale, torso, head and arms come back for a gentle back bend, inhale back up to standing, exhale, ‘Prayer’ hands down through our body and legs to the Earth, inhale, hugging yourself, exhale hands drop to the Earth, inhale

drawing yourself back up, arms come to sacral height and exhale ‘Goddess Pose’, arms in sacred bowl, bending your knees, opening your Base Chakra. And again, inhale arms up, straightening your legs, exhale, back for a gentle back bend, inhale back up, exhale, ‘Prayer’ hands down through our body and legs to the Earth, inhale, hugging yourself, exhale hands to the Earth, inhale drawing yourself back up, arms come to sacral height and exhale ‘Goddess Pose’, arms in sacred bowl, one more, inhale arms up, straightening your legs, exhale, back for a gentle back bend, inhale back up, exhale, ‘Prayer’ hands down through our body and legs to the Earth, inhale, hugging yourself, exhale hands to the Earth, inhale drawing yourself back up, arms come to sacral height and exhale ‘Goddess Pose’, arms in sacred bowl, bending your knees, opening your Base Chakra and squatting your legs. Holding here as we are breathing, inhaling and exhaling.

Inhaling, arms come up as we straighten our legs, left foot turns back to the front, exhaling bending your left knee, hips to the front, inhaling and looking up, exhaling and ‘Prayer’ hands down through your Chakras to the Earth, stepping your left foot back to meet your right, ‘Plank’, inhaling and exhaling down to the Earth, inhaling up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Breathing, inhaling and exhaling. On your next inhale, looking up at your hands, stepping your left foot up, right foot steps up, inhaling looking up, exhaling folding, inhaling both hands come up either side of your body, and exhale, ‘Prayer’ hands down through your Chakras to your stomach. Breathing, inhaling and exhaling.

Fourth Sequence

We move into position for our ‘Goddess Flow’. Stand in the centre of your mat and turning to one side. Breathing. Here we move our hips in a figure eight motion. Standing with your feet together, arms by your side. Inhale and exhaling. As you breath, moving your arms, right arm wraps around the front of your body and your left around your back, inhale, right arm moves to your back, as your left comes to your front, exhale, swapping back, right arm to your front and left arm behind, inhale and swapping and exhale and swapping. This time as you inhale, moving your right hip to your front right side and moving it back to your back right side, as you exhale, swapping your arms and your left hip now moves to your front left side and back to your back left side, inhale, swapping your arms, moving your knees as you need to,

right hip comes to your front right side and back to your back right side, swapping arms as you exhale, left hip slides up to your front left side and back to your back left side, keeping with your flow, creating a figure eight shape with your hips as your breathing and flowing with your arms. As you continue with your flow, stepping your right foot out to your right when moving your right hip, exhaling, left leg steps to your left as you move to your left side, moving your whole body as you flow with your hips through your figure of eight you are creating with your hips. Stepping out small, then as you keep moving, moving to larger steps. Breathing, flowing, now moving to even bigger steps, that bring your body parallel with the Earth, that you aren't 'stepping' but kicking your foot out to each side as you are still creating that figure of eight flow with your hips, breathing, inhaling and exhaling. Using your breath as you move through figure eight of the 'Goddess Flow', inhaling and exhaling. Breathing.

Inhale and on your next exhale bring both feet on the Earth, hands by your side, breathing. Inhale and as you exhale, coming down to a squat, legs and feet as wide apart as you can in your squat. Hands to the Earth to ground your connection. Fingers outstretched as wide as possible, breathing, closing your eyes and feeling the sensation of our 'Goddess Flow' as you connect with the grounding energy of Mother Earth. Connecting your Base Chakra to the Earth and feeling the nourishing energy running through your spinal column and all of your Chakras, from your Crown, Third Eye, Ears, Throat, Heart, Solar Plexus, Sacral and Base Chakra all the way down to the Earth. Feeling your Angel Wings open. Breathing, inhaling and exhaling. Inhaling bringing your hands into 'Prayer'. Breathing. Feeling yourself fully activated as a lightfilled being. Inhaling and exhaling. Feeling your Sacral Chakra completely nourished and supported. Breathing.

Inhaling and turning your body so you're back at the top of your mat, moving into our 'Rock and Rolls' to come to the Earth, drawing your feet in closer together, holding your knees and rolling back onto your back, rolling back and forth, feeling your spine and back as you roll along the Earth. Inhaling and exhaling. Inhaling and your next exhale, rolling back to lie on your back. Into our 'Baby Pose' now, drawing your legs up, holding onto the insides of your feet and rolling around on your back, moving your feet up and down your body, will allow you to massage different areas of your back. Breathing, inhaling and exhaling. Feeling that massage through your back.

Inhaling and as you exhale, legs come to the Earth as we lay on our back for ‘Savasana’.

Ending Meditation

Using a pillow and blanket if you choose, allowing yourself to lie down on your side today in the foetus position. Closing your eyes and breathing, still breathing into your three chambers, your stomach, middle lung and upper lungs. Breathing in that nourishing loving lightfilled light. Breathing, inhaling and exhaling.

Feeling the Womb of Transformation surrounding you now. Allowing yourself to let go of anything that is getting in the way of totally allowing spiritual nourishment into your complete being. Really letting go and knowing this is being absorbed and transformed within the Womb of Transformation. (Allow 2 minutes).

Now bringing your mind to activities that you know you need to plan for yourself to ensure that you are spiritually nourished. Ask for guidance now, regarding things that you can do to bring these into your daily life. (Allow 2 minutes).

Make a commitment now to tune into your Sacral Chakra and fill yourself up with the spiritual nourishment you need regularly. We give thanks for this wonderful nourishment that meets our every need.

Coming back to consciousness of your body, feeling your position in the room. Gently wiggling your toes and fingers. Laying here for a moment in the foetus position. Breathing. On your next inhale, using your hand to push your body up to a seated position, keeping your eyes gently closed bringing your hands into your Heart centre into ‘Prayer’. Inhaling and bowing, Namaste.

Lightfilled Yoga for the Base Chakra

In the previous sequence for the Sacral Chakra, we have made a start in feeling safe within the 'Womb of Transformation'. We take this a step further with our Base Chakra and we apply this to trusting spirit 100%. We name it and we invite ourselves to step up in our ability to trust spirit. As we trust spirit more, we are more free beings.

When we truly trust, we are able to coexist with ourselves and others in more harmony. We are not living out of fearful, anxious or paranoid. We are more incarnated and at peace with our bodies because we are not afraid of living or of dying. We are no longer afraid to feel the strength or waning of our etheric body either. We can face the cycles that life brings. We can embrace the surge of life and not be overwhelmed by it. We can allow ourselves to feel alive and fully 'in' life. As our etheric body retreats, our physical body naturally ages. Instead of fearing this, we acknowledge it is 1 day closer to our spiritual home. We acknowledge our astral body is important to enable us to feel emotions and connection with others. We are able to trust our ability to identify, accept, feel, process and express our emotions appropriately. We can listen to others and accept their own emotions without having to feel fear of 'fixing' or controlling others. We can fully step into our higher self and embrace its power to guide our life in connection with spirit. We know that everything happens for a reason. We know that no matter what happens, we have a choice in how we want to respond to it. We can express our gifts and become co-creators with spirit because we trust that everything is 100% okay 100% of the time.

The Base Chakra sequence invites us to connect with the Kundalini energy of Mother Earth. This is the loving, nourishing and creative energy that supports life on this planet. We connect with this energy through our Base Chakra and allow it to flow through our whole being. We fully embrace the power that Mother Earth's vibration has to offer us. It ignites all our Chakras so that they are fuelled with passion and fire for life. We allow ourselves to become one with the Earth. This grounds us in our physical body and taps us into the highest vibration that Earth has to offer. We feel grounded and present because we are not running away from our bodies, ourselves

or others in fear. We trust in spirit that we are exactly where we are meant to be in space and time. We are here!

The physical areas of the body for the Base Chakra are our Kidneys, Bladder, Sexual Organs, Colon, Lower Back and Legs. As we release fear (Kidneys/Bladder) we strengthen these areas of the body and feel more supported (Lower Back) in moving forward in our lives (Legs). We are able to trust and open up during sex (Sexual Organs) and put our creative will into action. We may also find that falling pregnant, carrying a child and giving birth are also symptoms of how open and trusting we are with Spirit. So a Base Chakra that is functioning gives us more support in bringing new spiritual life into this world.

In our ending meditation, we focus on one area of our lives that we are not trusting 100%.I have not focused on resolving our trust issues with Spirit here as this is too big an issue to take people through in this type of setting. However we focus on resolving one area of their lives where they are not trusting 100% and ask for guidance to move forward. We also include asking for assistance from spirit in applying our will on earth and following through with our intentions. This means that we are ‘earthing’ our ideas. This is very important in strengthening our will in a spiritualised way. If we want to walk this earth as a grounded spiritual being, we need to finish what we start. This is the process of spiritualizing our will. We need to follow through with our intentions if they have been guided by spirit. If not, we can resolve to let them go. Then we have the energy, time and space to be guided in our next course of action on this earth. The Base Chakra is all about follow through. We need to trust spirit 100% to follow through. This connection gives us the faith that we need to accomplish anything. We spiritualise our will.

Lightfilled Yoga Sequence – Base Chakra

We commence our Lightfilled Yoga for the Base Chakra by demonstrating the Base Chakra Pose and showing where the Base Chakra is located in our physical body.

Beginning Meditation

Starting in ‘Savasana’, lying down your back, using a pillow if you choose. Your feet are relaxed and flayed out to the side, palms facing up to the sky, ensuring your spine is straight, gently closing your eyelids. Becoming aware of your breath, the inhale and the exhale. Breathing. Feeling the cool air as you inhale through your nostrils and the slightly warmer air as you exhale back through your nostrils. Inhaling and exhaling in your own time. Inhaling right down into your stomach, up into your middle lungs and right up to your upper lungs, right up to your collar bones, filling the three chambers of your lungs. Breathing, inhaling and exhaling in your own time. Inhaling and exhaling.

The Base Chakra is associated with the colour red. It is the Chakra that helps us open up to trust spirit. When we are trusting of spirit, we are able to hand over our problems and issues. We feel safe. We attract solutions to us. We also feel grounded and our will is activated in order to follow through and complete tasks that we are guided to do. This energy centre also nourishes our sexual organs, lights our passion and ignites our Kundalini or fire energy that flows up from Mother Earth. Breathing.

Feeling surrounded by your guides and spiritual helpers now. You feel surrounded by their light and you breathe it in. This may be red, or some other colour. It may change throughout your practice today. Whatever colour it is, it is perfect just for you and your Base Chakra. Inhaling and exhaling. Inhaling right down into your stomach, up into your middle lungs and right up to your upper lungs, right up to your collar bones, filling the three chambers of your lungs. Breathing. You see and feel the Kundalini light from Mother Earth travel directly into your Base Chakra. Feel your Base Chakra opening like a flower. With every in-breath, feel this light coming in from the base of your spine, travelling up your spinal column until it finally reaches your Crown Chakra. This warm energy runs up through each Chakra and lights its

fire in your Base, your Sacral, your Solar Plexus, your Heart, your Throat, your Ears, your Third eye and finally out the top of your Crown Chakra to the Sun. This fire gathers the power of the Sun and then returns to your Base, filling it with strength. This fiery light then goes back down into the centre of Mother Earth and returns once again to your Base, filling it with nourishing light. This creates a beautiful fiery figure eight. Feel this energy moving and unlocking blockages to your other Chakras. Breathing, inhaling and exhaling. Keeping awareness of this fiery figure of eight energy flow throughout your practice today, inhaling and exhaling.

First Sequence

Moving now into our ‘Base Chakra Pose’. Bringing the soles of your feet together, legs are in our ‘Butterfly Pose’. Now we move into ‘Base Butterfly Pose’ by extending our legs as much as possible, keeping the soles of our feet together. Our arms come up over our head, hands in ‘Prayer’ and again, stretching our arms out away from our Crown, we still want have our elbows slightly bent. Breathing. Inhaling and exhaling. We are in a figure eight shape. Feeling the fiery figure of eight energy flow now through your body. Through your arms, as it loops around through your arm, comes down your body, crosses over at your Base Chakra, moves down your leg, through your feet, up your other leg, crosses over at your Base Chakra, up your body, through one arm, through your hands and back down your other arm. Breathing, with this constant fiery flow of energy through your body, inhaling and exhaling.

Moving onto our 'Side Foot Hold Stretch' now. Inhaling and drawing your right foot up, using your left hand to hold across the top of your right foot, drawing your right foot and leg over your body to your left side, a gentle twist, exhaling. Right hand stays above, left foot stays in place, the figure of eight energy flow still flowing as you gently twist, right foot gently resting on the Earth, right shoulder aiming to stay on the Earth. Gazing over your right armpit. Breathing, inhaling and exhaling. Feeling the energy open through your right hip as you inhale and exhale. Inhaling and as you exhale, releasing your leg, back to the centre, hand comes back to meet your right hand. Inhaling other side, right hand holds the top of your left foot, bringing your left foot to the Earth, left shoulder stays on the Earth, inhaling and exhaling, gazing past your left armpit, breathing. Feeling the energy of your left hip open as you twist,

breathing. Inhaling and exhaling. Feeling that figure of eight energy flow. Inhaling and exhaling. Inhale and as you exhale, releasing and coming back to the centre, back to ‘Base Chakra Pose’. Breathing.

Onto our ‘Baby Pose’ now, bringing both legs up, holding the insides of your feet, moving your legs up and down, will allow you to massage different parts of you back, breathing as you move, inhaling and exhaling. Babies roll around naturally on their backs. Rolling just like a baby, massaging our back. Breathing. Inhaling and exhaling. Inhaling and moving your hands to the outside of your feet, still moving as you massage different areas, breathing. Inhaling and exhaling. Inhaling and moving your hands to the heels of your feet, massaging your back as you’re breathing. Feeling your hips open as you hold your feet in different areas. Still holding our feet, rolling up and down, like our ‘Rock and Rolls’, but just a half roll, feeling the different areas along your back, as you roll back and forth, massaging your spine. Breathing. Inhaling and still holding your feet, laying back now, bringing your feet into ‘Butterfly Pose’, soles of your feet together, clasping your feet, we are rolling side to side now in our ‘Butterfly Rolls’. Breathing as you’re rolling side to side, feeling that massage of your hips as you roll side to side with your ‘Butterfly’ feet and legs, drawing your ‘Butterfly’ feet as close to your Base Chakra as possible as you rock side to side. Inhaling and exhaling.

Inhaling coming back to the centre, exhaling feet come to the Earth, drawing your knees into your chest and holding your knees, using our ‘Rock and Rolls’ to come to our feet, you may need to walk your feet back on your mat, moving into our ‘Crow Pose’. Hands are slightly wider than shoulder width, feet are at hip width apart, fingers are spread as wide as possible and palms flat on the Earth. Angel Wings extended, coming up onto your toes, bottom comes in the air, knees resting on the backs of your biceps muscles, finding that focus point on the Earth about one to two feet in front of you, breathing, transferring your weight from your toes to your hands, as you bring your weight forward and slowly lifting your toes off the Earth, balancing as your breathing, if you can, crossing your toes or feet over each other. Inhaling and exhaling, releasing back down. Breathing. And again, inhaling, finding that focus point, bottom comes to the sky as you transfer your weight into your hands and slowly bring your weight forward as you lift your toes off the Earth, breathing, inhaling

and exhaling. Using your breath as you inhale and exhale. Inhale and exhale, coming back down to the Earth. Hands stay on the Earth, inhaling bottom comes to the sky, walking your feet back to come into ‘Downward Facing Dog’. Hands at shoulder width and feet at hip width apart. Breathing as you inhale and exhale. Inhaling and lengthening your spine and exhale, tail bone lifts higher into the sky.

Inhaling and looking up at your hands, walking your feet up to your hands, bending your knees if you have to, allowing yourself to hang here. You might find yourself gently rocking, allowing everything to fall off your shoulders; you don’t need to carry it around. Breathing, inhaling and exhaling. Inhaling and rolling yourself up, vertebrae by vertebrae, feeling each muscle, each bone as you roll up all the way up to standing. Breathing, lifting your shoulders up to your ears and dropping them all the way down your back, opening up your Heart. Into ‘Tadasana’ now, feet together, lifting your toes up and gripping them down onto the Earth. Feeling the roots extending from the bottom of your feet into the Earth. Engaging your thigh muscles, tucking your tail bone under, engaging your stomach muscles, shoulders drawn down your back, opening up your Heart, arms engaged and fingers reaching out to the Earth, slightly tucking your chin under, Crown lifting up to the sky. Breathing. Inhaling and exhaling. Breathing right down into your stomach, middle lungs and upper lungs, filling your three chambers as you inhale and exhale.

Second Sequence

Moving into our ‘Standing Base Chakra Pose’ now. Finding a focus point on the Earth to help you balance, connecting the soles of our feet whilst standing. Keeping our Angel Wings extended. If it feels too strong, turning one foot in at a time, alternating with the outside edge of your foot on the Earth. Hands come up above you in ‘Prayer’. Bending your knees. Feeling the connection through the outside of your foot with the Earth, feeling the stretch through your ankle and foot. Breathing. Feeling the figure of eight energy flow through your body in our ‘Standing Base Chakra Pose’, the crossing over of energy in your Base Chakra. Breathing, inhaling and exhaling. Even if you are standing on one outside edge of your foot at a time, the figure of eight flow of energy remains constant. Inhaling and exhaling. Inhaling and exhaling, releasing the soles of your feet back to the Earth.

We move into our ‘Swaying Tree Pose’ now, inhaling hands come up in the air into ‘Prayer’ above your head. Breathing. Feet are slightly apart. Lifting your toes up and gripping them onto the Earth. Feeling both of the soles of your feet on the Earth. Breathing. Feeling your weight evenly distributed over your feet. Feeling your feet centered and flat on the earth. Angel Wings extended. Breathing. Now move the centre of your weight towards your toes, not lifting your heels off the Earth. Breathing, inhaling and as you exhale, moving the centre of your weight to your heels, keeping your toes on the Earth. Inhale and exhale, moving your weight forward back to your toes, this time lifting your heels off the Earth. Breathing as you hold your weight in the front of your feet, inhale and exhale, transferring your weight to your heels, lifting your toes off the Earth. Shoulders drawn down your back, opening your Heart, breathing. One more, inhaling and exhale transferring your weight to your toes, inhaling and exhale, transferring to your heels. Breathing, inhale and exhale, coming back to your whole feet, hands come down through your Chakras to your side. Standing back ‘Tadasana’, feet together, lifting your toes up and gripping them down onto the Earth. Feeling the roots from the bottom of your feet. Engaging your thigh muscles, tucking your tail bone under, engaging your stomach muscles, shoulders drawn down your back, opening up your Heart and Angel Wings, arms engaged and fingers reaching out to the Earth, slightly tucking your chin under, Crown lifting up to the sky. Breathing. Inhaling and exhaling. Breathing right down into your stomach, middle lungs and upper lungs, filling your three chambers as you inhale and exhale.

Moving into our ‘Standing Dancing Shiva Flows’ now, we use the energy of our Base Chakra to keep us balanced and grounded. Angel Wings extended, grounding down through your right foot, raising your left leg and holding the inside of your left foot with your left hand. Right hand to your right hip. Left leg out in front as straight as can be. Breathing. Inhale and as you exhale, still holding your foot, drawing your left foot down past your right knee as you draw your left knee through your arm, so your left leg comes out behind you, your left hand slides from the inside of your foot to the top of your foot as you come to our ‘Dancing Shiva Pose’ on our Feminine side. Balancing, right arm comes up into the sky in front of you, as you fold your body forward, left leg up behind you, holding your left foot with your left hand, breathing,

balancing, inhaling and as you exhale, flowing forward, left leg flows down and through your arm, sliding your left hand back to the inside of your foot, left leg comes out in front of you. Right hand comes to your hip. Breathing, inhale and exhale, back again, left leg flows through your arm, sliding your hand to the outside of your foot, breathing, right arm flows up, inhaling and exhaling, flowing forward again, left leg flows through your arm, sliding your hand back to the inside of your foot, right arm to your right hip. Inhale and exhale, flow back, last one inhaling and exhaling, flowing forward, inhaling and exhaling, flowing back, inhale and exhale, coming back to 'Tadasana'. Breathing. Feet together, lifting your toes up and gripping them down onto the Earth with your roots. Engaging your thigh muscles, tucking your tail bone under, engaging your stomach muscles, shoulders drawn down your back, opening up your Heart and Angel Wings, arms engaged and fingers reaching out to the Earth.

Onto our other side now, our masculine side, again allowing the Base Chakra energy to keep us centered and grounded. Grounding down through your left foot, raising your right leg and holding the inside of your right foot with your right hand. Left hand to your left hip. Right leg out in front as straight as can be. Breathing. Inhale and as you exhale, still holding your foot, drawing your right foot down past your left knee as you draw your right knee through your arm, so your right leg comes out behind you, your right hand slides from the inside of your foot, to the top of your foot as you come to our 'Dancing Shiva Pose'. Balancing, left arm comes up into the sky in front of you, as you fold your body forward, right leg up behind you, holding your right foot with your right hand, breathing, balancing, inhaling and as you exhale, flowing forward, right leg flows down and through your arm, sliding your right hand back to the inside of your foot, right leg comes out in front of you. Left hand comes to your hip. Breathing, inhale and exhale, back again, right leg flows through your arm, sliding your hand to the outside of your foot, breathing, left arm flows up, inhaling and exhaling, flowing forward again, right leg flows through your arm, sliding your hand back to the inside of your foot, left arm to your left hip. Inhale and exhale, flow back, last one inhaling and exhaling, flowing forward, inhaling and exhaling, flowing back, inhale and exhale, coming back to 'Tadasana'. Breathing. Feet together, lifting your toes up and gripping them down onto the Earth with your roots. Engaging your thigh muscles, tucking your tail bone under, engaging your stomach muscles, shoulders

drawn down your back, opening up your Heart and Angel Wings, arms engaged and fingers reaching out to the Earth.

Third Sequence

Moving into our ‘Warrior Flows’ now, inhaling hands come up either side of your body, exhaling and folding down through your Chakras to the Earth, inhaling and looking up and exhaling and folding, stepping your left foot back, stepping your right foot back to ‘Plank’, inhaling and exhaling down to the Earth, our Chakras are alight as we inhale up into ‘Cobra’ feeling the Kundalini energy and exhale back into ‘Downward Facing Dog’. Hands are at shoulder width, feet are at hip width apart. Breathing, inhaling and lengthening your spine and exhaling, tail bone lifting up the sky. Letting go of any resistance. Inhaling, left foot turns out 90 degrees, right foot steps up in between your hands, exhaling and drawing yourself up, turning your hips out to your left, shoulders drawn down your back, inhaling hands come up above you and as you exhale, hands come down to shoulder height, bending your right knee to 90 degrees over your right foot. Tucking your tail bone under, breathing, inhaling right down into your stomach, middle lung and upper lungs. Feeling the energy through your Base Chakra connecting with the Earth.

Inhaling and exhaling, inhaling, hands windmill back, left hand slides down your left leg, right arm comes over your head, connecting your right Hand Chakra with your Third Eye Chakra, inhaling and exhaling, breathing, right knee still at 90 degrees over your front foot. Feeling the Kundalini energy flowing up from Mother Earth through your feet and all the way up your spine, igniting you Third Eye in your ‘Dancing Warrior Pose’. Breathing. Inhaling and exhaling. Inhaling, wind milling your arms over, right elbow comes to your right knee, or right hand to the Earth on the inside edge of your foot, left arm over your left ear, gazing up or finding a focus point on the Earth. Breathing, inhaling and exhaling. Using your breath, feeling the energy through your Base Chakra, igniting all of your Chakras. Inhaling and exhaling. Inhaling and exhaling drawing yourself back up to standing. Inhaling sweeping your left hand down past your body, meeting your right hand up above you as you gaze up, hips to the front, exhaling. Inhaling and exhaling hands come down through your Chakras to the Earth, stepping your right foot back to meet your left into ‘Plank’,

inhaling and exhaling to the Earth, inhaling up to ‘Cobra’, your Chakras alight as you sweep the Earth, and exhale, back to ‘Downward Facing Dog’. Breathing. Feeling the energy shooting out of your Base Chakra in ‘Downward Facing Dog’, inhaling and exhaling. Feeling the Earth feeding you through your Crown and the Sun feeding you from the Base Chakra. Inhaling looking up at your hands, stepping your right foot up, left foot steps up, inhale looking up and exhaling and folding. Inhaling as we pick up our Base Chakra energy like a treasure chest of energy coming up and exhale, pouring it down through our Chakras, keeping the flow.

Onto our masculine side now. Inhaling hands come up either side of your body, exhaling and folding down through your Chakras to the Earth, inhaling and looking up and exhaling and folding, stepping your right foot back, stepping your left foot back to ‘Plank’, inhaling and exhaling down to the Earth, our Chakras are alight as we inhale up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Hands are at shoulder width, feet are at hip width apart. Breathing, inhaling and lengthening your spine and exhaling, tail bone lifting up the sky. Inhaling, right foot turns out 90 degrees, left foot steps up in between your hands, exhaling and drawing yourself up, turning your hips out to your right, shoulders drawn down your back, inhaling hands come up above you and as you exhale, hands come down to shoulder height, bending your left knee to 90 degrees over your left foot. Breathing, inhaling right down into your stomach, middle lung and upper lungs. Feeling the energy through your Base Chakra connecting with the Earth.

Inhaling and exhaling, inhaling, hands windmill back, right hand slides down your right leg, left arm comes over your head, connecting your left Hand Chakra with your Third Eye Chakra, inhaling and exhaling, breathing, left knee still at 90 degrees over your front foot. Feeling the Kundalini energy lighting up your ability to see the truth in your ‘Dancing Warrior Pose’. Breathing. Inhaling and exhaling. Inhaling, wind milling your arms over, left elbow comes to your left knee, or left hand to the Earth on the inside edge of your foot, right arm over your right ear, gazing up or finding a focus point on the Earth. Breathing, inhaling and exhaling. Using your breath, feeling the energy through your Base Chakra, igniting all of your Chakras. Inhaling and exhaling. Inhaling and exhaling drawing yourself back up to standing. Inhaling sweeping your right hand down past your body, meeting your left hand up above you as you gaze

up, hips to the front, exhaling. Inhaling and exhaling hands come down through your Chakras to the Earth, stepping your left foot back to meet your right, ‘Plank’, inhaling and exhaling to the Earth, inhaling up to ‘Cobra’, your Chakras alight as you sweep the Earth, and exhale, back to ‘Downward Facing Dog’. Breathing. Feeling the energy shooting out of your Base Chakra in ‘Downward Facing Dog’ and giving this wonderful energy back to the Universe, inhaling and exhaling. Feeling this Base Chakra energy running from your Base to your Crown and into back into the Earth. You are feeding and nourishing Mother Earth right back now with gratitude. Where we were empty, we are now full with an infinite supply of spiritual nourishment. Inhaling looking up at your hands, stepping your left foot up, right foot steps up, inhale looking up and exhaling and folding. Inhaling as we pick up our Base Chakra energy again, coming up and exhale, pouring it down through our Chakras.

Keeping the flow, moving into our ‘Chalice Reverence Pose’ on our feminine side now, inhaling hands flow up as you look up, exhaling and folding, hands connecting down through your Chakras on your body to the Earth. Inhaling and looking up, exhaling and folding, stepping or lightly jumping back. Inhaling and exhaling down to the Earth, inhaling your Chakras alight as you sweep the Earth up into ‘Cobra’. Breathing, inhaling and exhaling back into ‘Downward Facing Dog’. Inhaling, left foot turns out 90 degrees; right foot steps up in between your hands as you draw yourself up to standing, turning your right foot into parallel with your left foot, turning to our left, our feminine side. Inhaling and turning your toes and feet, out slightly from one another, bending your knees, so your knees are at 90 degrees over your feet, opening your Base Chakra as your Base Chakra connects with the Earth. Inhaling arms come up and exhaling, arms open as you create the shape of a Chalice cup, fingers pointing up to the sun, elbows at 90 degrees, palms of your hands facing into you, Angel Wings extended, breathing as you inhale and exhale. You are like a tree. Your arms are the tree branches absorbing the sun’s energy, into your trunk which nourishes you and filling you with light. Your legs like are like the roots of a tree, absorbing the energy radiating up from the Earth through your Base Chakra igniting your Heart and filling you with love. Inhaling and exhaling. Breathing right into your stomach, middle lungs and upper lungs. Feeling connected above and below in a balance of light and love. Inhaling, turning your feet into parallel with each other, straightening your legs, hands come up and as you exhale, folding in half, your

Crown comes to the Earth, inhaling as you lengthen your spine and exhale as you fold, drawing yourself down and through your legs, coming to where you feel it through your legs, inhaling and exhaling. Breathing. Inhaling and exhaling. Inhaling drawing yourself back up, exhaling turning your right foot back out to the front, hips to the front, inhaling hands come up as you bend your right knee exhaling hands come down through your Chakras to the Earth. Inhaling stepping your right foot back, exhaling down to the Earth, inhaling coming up into 'Cobra', your Chakras alight as you sweep the Earth, exhaling back into 'Downward Facing Dog'. Feeling the Sun's energy coming into your Base Chakra in 'Downward Facing Dog', inhaling and exhaling. Feeling the energy from Mother Earth, coming in through your Crown. Inhaling looking up at your hands, stepping your left foot up, right foot steps up, inhale looking up and exhaling and folding. Inhaling as we pick up our treasure chest of energy, coming up and exhale, pouring it down through our Chakras.

Keeping the flow, onto our masculine side now, inhaling hands flow up as you look up, exhaling and folding, hands connecting down through your Chakras along your body to the Earth. Inhaling and looking up, exhaling and folding, stepping or lightly jumping back. Inhaling and exhaling down to the Earth, inhaling your Chakras alight as you sweep the Earth up into 'Cobra'. Breathing, inhaling and exhaling back into 'Downward Facing Dog'. Inhaling, right foot turns out 90 degrees; left foot steps up in between your hands as you draw yourself up to standing, turning your left foot into parallel with your right foot, turning to our right, our masculine side. Inhaling and turning your feet and toes out slightly from one another, bending your knees, so your knees are at 90 degrees over your feet, opening your Base Chakra as your Base Chakra connects with the Earth. Inhaling arms come up and exhaling, arms open as you create the shape of a Chalice cup, fingers pointing up to the sun, elbows at 90 degrees, palms of your hands pointing into you, Angel Wings extended, breathing as you inhale and exhale. You feel this connection with the sun and earth. Feeling this lightfilled cup full and offering it back to Mother Earth and the Universe. Inhaling and exhaling. Breathing right into your stomach, middle lungs and upper lungs. Feeling connected above and below. Inhaling, turning your feet into parallel with each other, straightening your legs, hands come up and as you exhale, folding in half, your Crown comes to the Earth, inhaling as you lengthen your spine and exhale folding, drawing yourself down and through your legs, coming to where you feel it through

your legs, inhaling and exhaling. Breathing. Inhaling and exhaling. Inhaling drawing yourself back up, exhaling turning your left foot back out to the front, inhaling hands come up as you bend your left knee exhaling hands come down through your Chakras to the Earth. Inhaling stepping your left foot back, exhaling down to the Earth, your Chakras alight as you sweep the Earth, inhaling coming up into ‘Cobra’, exhaling back into ‘Downward Facing Dog’. Feeling the energy shooting out of your Base Chakra to the Universe in ‘Downward Facing Dog’, inhaling and exhaling. Feeling the energy feeding the Earth, from your Base through your Crown and into the Earth. Inhaling looking up at your hands, stepping your right foot up, left foot steps up, inhale looking up and exhaling and folding. Inhaling as we gather up our Base Chakra energy coming up and exhale, showering it over ourselves.

Fourth Sequence

Moving into our ‘Eagle Pose’ now, on our feminine side. On your next inhale, grounding down through your right foot, bending your knee. Engaging your stomach muscles can help you balance, as will finding a focus point on the ground in front of you. On your next inhale, bring your left leg over your right, and wrap your left foot behind your right calf muscle. Exhaling. Inhaling arms come up, left arm comes over your right and wrap your left hand around your right. Shoulders are drawn down your back, breathing, inhaling and exhaling. Stretching out your Angel Wings to help with balance. Feeling the grounding energy from your Base Chakra shoot into the earth to keep you centered. Standing solid like a tree. Drawing your elbows up to eye height, hands drawn away from your face. Inhaling and exhaling. Inhaling and exhaling, slowly unwrapping yourself, coming back to the Earth.

And onto our masculine side now, grounding down through your left foot, bending your knee. Engaging your stomach muscles can help you balance, as will finding a focus point on the ground in front of you. On your next inhale, bring your right leg over your left, and wrap your right foot behind your left calf muscle. Exhaling. Inhaling arms come up, right arm comes over your left and wrap your right hand around your left. Shoulders drawn down your back, breathing, inhaling and exhaling. Stretching out your Angel Wings to help with balance. Again the grounding energy connecting you to the earth to keep you balanced and upright. Drawing your elbows

up to eye height, hands drawn away from your face. Inhaling and exhaling. Inhaling and exhaling, slowly unwrapping yourself, coming back to the Earth, back to ‘Tadasana’. Feet together, lifting your toes up and gripping them down onto the Earth. Engaging your thigh muscles, tucking your tail bone under, engaging your stomach muscles, shoulders drawn down your back, opening up your Heart, arms engaged and fingers reaching out to the Earth. Breathing.

Coming to the Earth now, inhaling hands come up either side of your body, exhaling and folding down through your Chakras to the Earth, inhaling and looking up and exhaling and folding, stepping or lightly jumping back, inhaling and exhaling down to the Earth, our Chakras are alight as we inhale up into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Hands are at shoulder width, feet are at hip width apart. Breathing, inhaling and lengthening your spine and exhaling, tail bone lifting up the sky. Inhaling and looking up at our hands and stepping or lightly jumping up and through your hands to the Earth. If you are lightly jumping up, looking up at your hands, transferring your weight, as you gently and slowly control your weight as you jump up to come to sit on the Earth. Breathing.

Coming to our ‘Base Camel Pose’, using a block or pillow if you need to underneath your buttocks, sitting on our knees, in our kneeling pose. Knees stay together, buttocks on the Earth if you can. Palms of your hands on the heels of your feet. Coming back to laying down, leaning back so your right elbow is on the Earth, staying here, or left elbow comes to the Earth as well, staying on your elbows, or laying back completely on the Earth. Palms of your hands, connecting with the heels of your feet. Breathing. Feeling roots like a tree, coming out of your elbows, your back and your legs down into the Earth. If it feels comfortable to you, you can bring your arms over your head, completely letting go and surrendering to the Earth. Breathing. Inhaling and exhaling. Breathing right down into your stomach, middle lungs and upper lungs. Inhale and exhale. Inhale and exhale, hands come back to your feet, coming back to your elbows and drawing yourself back up to sitting. Breathing, inhaling and drawing yourself up, coming to your hands and knees.

Knees at hip width apart, tops of your feet flat on the Earth, our ‘Base Side Stretch’ now, inhaling and as you exhale, right leg comes out to your right side, sole of your

foot, flat on the Earth, toes pointing to the front, your right foot in line with your left knee. Inhaling drawing yourself up to standing. Exhale. Inhale both hands come up and as you exhale, left hand comes to the Earth as you lean to your left, right arm comes over your right ear, shoulders drawn down your back, breathing as you gaze up under your right armpit. Right palm facing the Earth, breathing as you feel the stretch down the right side of your body, inhaling and exhaling. Inhale drawing yourself back up, exhale and right hand slides down your right leg, left arm comes over the top as you lean to your right, breathing, gazing under your left armpit. Inhaling and exhaling. Feeling the stretch down the left side of your body. Inhale and exhale. Inhale and as you exhale, drawing yourself back up to standing, both hands come to the Earth, back to hands and knees, other side now.

Inhale and as you exhale, left leg comes out to your left side, sole of your foot, flat on the Earth, toes pointing to the front, your left foot in line with your right knee. Inhaling drawing yourself up to standing. Exhale. Inhale both hands come up, as you exhale, right hand comes to the Earth as you lean to your right, left arm comes over your left ear, shoulders drawn down your back, breathing as you gaze up under your left armpit. Left palm facing the Earth, breathing as you feel the stretch down the left side of your body, inhaling and exhaling. Inhale drawing yourself back up, exhale and left hand slides down your left leg, right arm comes over the top as you lean to your left, breathing, gazing under your right armpit. Inhaling and exhaling. Feeling the stretch down the right side of our body. Inhale and exhale. Inhale and as you exhale, drawing yourself back up to standing, both hands come to the Earth, back to our hands and knees. Hands at shoulder width and knees at hip width. Breathing.

Moving into our ‘Cat’ and ‘Lion’ Poses now, igniting the fire in our spine as we do so, inhale, rolling from your tail bone first, stomach goes up to the sky, chin into your chest, gazing at your belly button. As you exhale you let go of any resistance of the Kundalini flowing right through your spine now. Tail bone leads, stomach drops to the Earth, as you gaze up to the sky. Igniting the fire in our spine, inhale, tail bone leads, stomach reaches up to the sky, chin into your chest. As you exhale, tail bone leads, stomach to the Earth, looking up, inhaling tail bone leads, stomach up to the sky, chin into your chest and exhale, tail bone leads stomach drops to the Earth. In

your own time do a couple more of each of igniting and releasing. Inhale to a neutral spine. Breathing.

Inhaling and as we exhale, coming up into ‘Downward Facing Dog’, inhaling over to ‘Plank’, exhaling down to the Earth, inhaling up to ‘Cobra’, our Chakras alight as we do so and exhale back to ‘Downward Facing Dog’. This time as we come down through ‘Plank’, we slowly come all the way to the Earth. Inhaling over to ‘Plank’, and holding as we exhale, elbows tucked into our body, slowly, slowly coming all the way to the Earth. Breathing, inhaling and exhaling.

Into our ‘Shoulder Releases’ now, inhaling and both arms come out on the Earth in front of you. As you exhale, right arm comes underneath your left arm as you cross your arms over. Both arms coming down to parallel with your shoulders on the Earth, you should be able to fold your arms up, like you are hugging yourself and touch your shoulders. Arms on the Earth, resting our neck over our arms, palms of our hands flat on the Earth. It may seem hard to breathe, the more you keep letting go and relaxing, the more you sink into the pose and allow your shoulders to release. Releasing anything that you no longer need to carry around with you. Releasing your jaw as well, we can unconsciously hold a lot of tension in our jaw. Opening your mouth and closing it. Breathing. Inhaling and exhaling, breathing right into your stomach, middle lung and upper lung. Inhaling lifting your head, swapping your arms over, left arm comes underneath your right arm, and exhaling drawing your neck over and down your arms. Breathing. Closing your eyes and breathing into your stomach, middle lung and upper lung, inhaling and exhaling. Inhaling and exhaling. Inhaling and exhaling. Inhaling uncrossing your arms, arms down by your side as your left ear to the Earth. Resting on the Earth.

Listening to the Earth, listening with our physical ears, and our Spiritual Ears, breathing. Inhaling and exhaling. Our Base Chakra relates to trust. Our ability to trust reflects on how safe and connected we feel to spirit. When we trust we are able to trust in ourselves and others appropriately. Breathing, inhaling and exhaling. Inhaling lifting your head, swapping ears, right ear comes to the Earth. Inhaling and exhaling. Breathing. Feeling your connection to the Earth, listening with your physical ears and

your Spiritual Ears on how you can improve trusting yourself, others and in spirit to guide you and keep you safe. Breathing.

Inhaling arms come either side of your shoulders, palms flat on the Earth, exhaling, pushing yourself back up onto all fours, inhaling and exhaling back into ‘Downward Facing Dog’. Inhaling over to ‘Plank’ and exhaling down to the Earth, your Chakras ignited as you inhale up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Inhaling and looking up at your hands, stepping or lightly jumping up in between your hands to come to the Earth. Gently rolling back onto your back. Coming into ‘Baby Pose’. Lifting our feet into the sky, holding onto the insides of our feet as we roll around in ‘Baby Pose’. Moving your feet up and down will allow you to massage different areas of your back. Breathing. Inhaling and exhaling. Noticing how open you feel in your Base Chakra compared to the start of class. This pose give you an opportunity to open and trust more. Hand over any worries now and completely surrender to your higher power and spiritual support that surrounds you right now. Breathing. Inhaling and exhaling. Inhaling and as you exhale, allowing your legs to come to the Earth as we prepare for ‘Savasana’.

Ending Meditation

Using a pillow and blanket if you choose, laying down on our back, feet flayed out to the side, spine is in alignment, hands on the Earth, palms facing up to the sky. Breathing. Gently closing your eyelids. Inhaling and exhaling. Breathing all the way down to your toes. Filling your stomach, middle lung and upper lung as you inhale and exhale.

Relaxing and letting go with every exhale. Breathing. Feeling now, that all your Chakras have roots. You are grounded. Each Chakra is a flower. Feel every Chakra is safe enough to open. See them opening up and blooming: Your Base, Sacral, Solar Plexus, Heart, Throat, Ears, Third Eye and Crown Chakra. Notice their colour and shape.

Focus now on an area of your life that you are not trusting one hundred percent. Pick the main one that stands out to you. Release anything that you need to now that is

blocking you from trusting and feeling safe in your life. See yourself handing this over to spirit. (Allow 1 minutes)

Now take a moment to ask for any guidance on what you need to do to trust more and to assist you in moving forward with this area of your life. (Allow 2 minute)

Asking your guides on how you can apply your will on earth to follow through with your intentions. You may have a project that needs completing. Take some time now to ask for guidance and strength in taking action. (Allow 2 minutes)

Make a commitment now, to continue to trust in spirit by seeking daily guidance on lightfilled actions you need to take in your life and to hand over your fears and resistance to trusting in spirit 100%.

Coming back to consciousness of your body, feeling your position in the room. Gently wiggling your toes and fingers. As you inhale, raising your left knee and rolling over onto your right side, laying here for a moment in the fetus position. Breathing. On your next inhale, using your left hand to push your body up to a seated position, keeping your eyes gently closed bringing your hands into your Heart centre into ‘Prayer’. Inhaling and bowing, Namaste.

Lightfilled Yoga for Chakra Integration

We finally come to the last sequence of the Lightfilled Yoga for the Chakras series. In this sequence we have combined a selection of the main sequences and flows of each of the 8 other Chakra sequences. We have designed this sequence to gives students and clients the opportunity to check in and resource all of their Chakras in the one session. Or they may focus on a specific Chakra and see how it responds to its relationship with other Chakras. For example, choosing the Heart Chakra due to a recent Heart break might be assisted with the Sacral Chakra sequence because the client may feel nourished by spirit in their Heart. Or it may be challenged by the Solar Plexus warrior poses due to feeling more vulnerable. However, it may provide a catalyst for engaging their higher self and quicken recovery from feeling like a victim.

The integration sequence can be the most challenging because we are working on so many Chakras at once, however it is very thorough because the client is able to focus on each Chakra during the sequence. We are less likely to drift away in unconscious avoidance because we are using our bodies and this keeps us awake. This sequence is designed to work in the same way as the “Clearing and Centering the Self” meditation from Level 1 “Making Light Work”. However, the Lightfilled Yoga provides a physical reality and edge to healing and restoring our Chakras. Where we are lying down and visualising our Chakras in a more passive way in a meditation, here we are active and stretching our bodies. We may feel tension, pain and release in a more physical way or through different parts of our body other than our Chakras. When we are moving, we wake up.

We provide affirmations for each Chakra that give permission for allowing spirit to assist us. For example for the Crown Chakra we say “I now allow spirit to clarify my thoughts”. This is so important in ensuring that the client has a choice in inviting spirit into each Chakra to help. We are encouraging free will and the will of the client to engage. If there is any resistance, they may feel it. Especially when saying their affirmation. We may feel it too. It may present itself in their body restrictions or pain. You may be able to read it in their energy, aura and emotions. They may be conscious of their reactions or resistance. We can let them know what we see and feel when we are guided, however it is best done after class discreetly.

Lightfilled Yoga Sequence – Integration

Beginning Meditation

Starting in ‘Savasana’, lying down onto your back, using a pillow if you choose. Your feet are relaxed and flayed out to the side, palms facing up to the sky, ensuring your spine is straight, gently closing your eyelids. Becoming aware of your breath, the inhale and the exhale. Breathing. Feeling the cool air as you inhale through your nostrils and the slightly warmer air as you exhale back through your nostrils. Inhaling and exhaling in your own time. Inhaling right down into your stomach, up into your middle lungs and right up to your upper lungs, right up to your collar bones, filling the three chambers of your lungs. Breathing, inhaling and exhaling in your own time. Inhaling and exhaling.

Feeling yourself surrounded by your spiritual helpers and their loving light. Breathing this light in and letting go of resistance with every exhale. Completely letting go now. Relaxing your body and your mind. Allowing this yoga session to assist you in aligning all of your Chakras so that they are working in harmony together. Or, if you wish, you may choose to focus on one particular Chakra today and as we work our way through each one, you can tune into how your chosen Chakra is supported or challenged by the other Chakras. Breathing.

Inhaling and exhaling this beautiful light now. Inhaling it right down into your stomach, up into your middle lungs and right up to your upper lungs, right up to your collar bones, filling the three chambers of your lungs. Breathing. Inhaling and exhaling, into your stomach, middle lung and upper lung. Inhaling and exhaling. Breathing.

Now we take a moment to fill each of our Chakras with this wonderful light, commencing with the Crown Chakra, feeling this portal that connects you up to your higher spiritual resources, switch on and light up like a star. Feel this wonderful light travelling down now to your Third Eye, feel your Third Eye opening and any blockages being cleared away. Feel your Third Eye radiate this light through the front and back of your head, so that your spiritual vision is clear. Continue to breathe in this wonderful light. On your next inhale, you breathe in this light into your Ear Chakras. Noticing now that your Spiritual Ears are being cleansed and rejuvenated

to assist you in hearing clear spiritual guidance. As you breathe in this light, it travels down your neck and awakens your Throat Chakra. Feel it opening up and empowering you to speak your spiritual truths. This light now travels down and into your Heart Chakra. Feel this light coming in through your breath directly into your lungs and chest. As you breathe in, this light also enters in through the front and back of your chest too. It assists you to give and receive love in its purest and most supportive form. Feel your Angel Wings sprout as you open up to this love. The light now travels down to your Solar Plexus just underneath your rib cage. You feel it ignite your Solar Plexus. This personal power centre is awakened with every breath. You feel this beautiful glowing centre get bigger and bigger with every breath until it feels like a glowing sun. Feel your self-worth and respect for all beings increase at the same time. Now this light travels down into your stomach to your Sacral Chakra. Feel yourself nourished and allow yourself to receive spiritual nourishment. Feel yourself surrounded by a beautiful glowing womb of light. Feel this Womb of Transformation envelope you. You now feel so safe and secure. You breathe this light, right down into your Base Chakra at the base of your spine. This ignites your internal Kundalini energy and you feel this like electricity running through every cell of your being. You feel so connected to spirit. You trust in spirit 100% when you feel this connection. You are able to let go of trying to control outcomes. You have the energy to follow through with what you are spiritually guided to do. Feel yourself completely connected to all your Chakras. Continue to feel this connection and return your mind and body to this feeling throughout your yoga practice today. Breathing, inhaling and exhaling.

Crown Chakra

Gently opening your eyes and moving the pillow away now, drawing your knees into your chest. Holding your knees with your hands, gently rocking back and forth along your spine. Awakening the energy in your spine, as you rock back and forth. Breathing. Inhaling the Light surrounding you, filling your entire body as you rock back and forth, back and forth. Breathing.

Rolling up to a seated position, rolling over onto your hands and your knees. Hands underneath your shoulders, palms flat on the ground, fingers outstretched as wide as possible. Knees underneath your hips, tucking your toes under, dropping your stomach to the Earth. On your next inhale, lifting your tail bone high into the sky as you come into ‘Downward Facing Dog’. Breathing. Tail bone lifts higher as you inhale and as you exhale drawing your chest towards your thighs, heels drawing down towards the earth, they don’t have to touch the ground. Breathing.

As you inhale looking up at your hands and walking your feet up towards your hands, bending your knees if you need to and letting yourself hang here. Feet together or slightly apart. Bringing your hands into your forearms and letting yourself hang. On your next inhale, dropping your hands to the Earth and rolling up vertebrae by vertebrae, feeling each muscle, each bone as you roll up to a standing position, lifting your shoulders up to your ears and dropping them all the way down your back, opening up your Heart. Breathing. Feet together, lifting your toes up, gripping them down onto the Earth. Engaging your thigh muscles, tucking your tail bone under, engaging your stomach muscles, shoulders drawn down your back, opening up your Heart, extending your Angel Wings, fingers reaching out to the Earth, Crown lifting up to the Sun. Breathing.

We now move into our ‘Crown Chakra Pose’. Finding a focus point on the ground, engaging your stomach muscles, grounding down through your right foot, bringing your left foot into your ankle, knee, inner thigh or bringing your ankle to your outer right thigh. Whichever way is comfortable for you. Both hands come together into ‘Prayer’ and breathing. Feeling earthed by strong roots connecting your right leg to the earth. Using your Angel Wings to also keep you balanced. Feeling the strength of the sun above you and with every in-breath, feeling your Crown Chakra absorbing this energy through a sun beam of light. Feel your Crown Chakra ignited and opening and lighting up like a star. Pushing the heels of your hands together can help with balance, as does finding the focus point and engaging the stomach muscles. On your next inhale, bringing your hands above your head, and exhaling them down onto your Crown Chakra in ‘Prayer’. Say to yourself “I now allow spirit to clarify my thoughts”. Using your Third Eye, see your Crown Chakra fully activated. Light is streaming from within the Crown Chakra through your whole body, down

your spine, through your foot into the Earth and out to through your fingertips. Breathing. Inhaling and exhaling. Inhaling and exhaling. Inhaling hands come up through the light beam and as you exhale, releasing your leg as your hands come down through your Chakras to hands by your side.

Moving onto our other leg now for our masculine side, finding a focus point on the ground, engaging your stomach muscles, grounding down through your left foot this time, bringing your right foot into wherever you had it on the other side. Bringing both hands into 'Prayer' and breathing. You are now sending this beam of Light out into the Universe from your Crown. Pushing the heels of your hands together, find your focus point and engage your stomach muscles. On your next inhale, bringing your hands above your head, and exhaling them down onto your Crown Chakra in 'Prayer' position. Say to yourself "I now extend my clarity of thought to the universe". Feeling yourself giving the universe your spiritual knowledge and understanding. Breathing. Inhaling and exhaling. Inhaling and exhaling. Inhaling hands come up through the light beam and as you exhale, releasing your leg as your hands come down through your Chakras to hands by your side. Feet together, lifting your toes up, gripping them down onto the Earth. Engaging your thigh muscles, tucking your tail bone under, engaging your stomach muscles, shoulders drawn down your back, opening up your Heart, fingers reaching out to the Earth, Crown lifting up to the sky. Breathing.

Moving through our 'Vinyasa' flow now, 'Activating the Front and Back of our Star', our masculine and feminine, breathing, inhaling and exhaling. Inhaling and exhaling. Inhaling clasping your hands together in front of you, exhaling. Inhaling, drawing your hands up to the Light beam above your Crown and feeling yourself containing the energy flowing from the Crown Chakra. Breathing. Inhaling, being aware of your feet as you feel the containment of spiritual knowledge through your whole body, with your hands clasped. On your next inhale, extending your fingers, palms together as your hands come into 'Prayer'. Set your intention to allow this Spiritual knowledge to stream out towards the sun. You are now directing the energy with your masculine hand position. You are also creating a figure of 8 energy flow, as the Light streams out of your hands to the Sun, it returns even more powerful back through your Crown Chakra, down through your body, through your feet and down into the centre of the

Earth, bringing wisdom to the whole earth. It then travels back up through your feet, through your whole body and crosses over at your Crown Chakra, to return back to the Sun again, this constant figure of 8 energy flow, the yin and yang, the masculine and the feminine. The giving and receiving of this spiritual knowledge. Breathing with this Lightfilled awareness. Knowing that it is always within our power to be open to receive so that we may infuse more lightfilled knowledge into our planet. We are consciously creating this flow every time we change our hand positions during the next sequence of activating our star on our feminine side.

Moving onto on our feminine side now, on your next inhale, looking up, exhaling and bring your hands down through your Chakras to the Earth, folding. Inhaling and looking up, exhaling and folding, stepping your left foot back, right foot steps back into ‘Plank’. Inhaling and exhale, down to the Earth, connecting your Chakras to the Earth. Inhaling up into ‘Cobra’ and exhaling back into ‘Downward Facing Dog’. Inhaling, looking up at your hands, stepping your right foot up in between your hands and staying on the ball of your left foot. Bending your front knee at 90 degrees over your front foot. Inhaling drawing your hands above your Crown, extending your arms, lengthening your spine and as you exhale, folding your body over your right leg, hands clasped above your Crown, lengthening your arms. Every inhale, lengthening your spine, every exhale imagining the Light streaming through your spine and your Crown, your hands containing the Light as it streams from your Crown. You are now activating your front point of your Star. Inhaling lengthening your fingers, palms together as you now direct the Light beam, still feeling contained at the same time.

Inhaling and as you exhale, left knee comes to the Earth. Clasping your hands together again now, creating the containment of the feminine, raising your arms to a forty five degree angle. Activating another point to your Lightfilled Star. Breathing in this awareness, feeling the containment of the energy as the Light streams from your Crown. You are also activating the point behind you in the Earth that runs from your hands, through your body and left knee into the Earth. Inhaling and as you exhale, release your fingers, lengthening them as your palms come together, using your masculine awareness as you direct this energy to your Star points, streaming, with containment. Inhaling and exhaling.

As you inhale tucking your toes under of your left foot, exhaling rising up to standing, hands come above your head. As you inhale, straightening your right leg, turning your feet to the opposite direction as you turn your body, through your left hand side. Exhaling. On your next inhale, bending your left knee, exhaling, folding your body over your left leg, hands clasped above your Crown, lengthening your arms. Every inhale, lengthening your spine, every exhale imagining the Light streaming through your spine and your Crown, your hands containing the Light as it streams from your Crown. You are now activating your back point of your Star. Inhaling lengthening your fingers, palms together as you now stream the energy in the direction you want to go.

Inhaling and as you exhale, right knee comes to the Earth. Clasping your hands together again now, creating the containment of the feminine, raising your arms to a forty five degree angle. Shoulders drawn down your back. Bowing your head so your ears are in line with your arms, breathing in this awareness, feeling the containment of the energy as the Light streams from your Crown. Activating the point of the star below your right knee in the Earth. Inhaling and as you exhale, release your fingers, lengthening them as your palms come together, using your masculine awareness as you direct this energy to your Star point. Inhaling and exhaling.

As you inhale tucking your toes under of your right foot, exhaling rising up to standing, hands come above your head. Inhaling, turning your feet back to the front, exhaling, bending your right knee. Inhale, look up, exhale drawing that energy down through your Chakras as you bring your hands to the Earth. Stepping your right foot back into ‘Plank’, inhaling, connecting your Chakras to the Earth, exhale down to the Earth, inhale up into ‘Cobra’, activating your Chakras with the Earth as you sweep through and exhale back into ‘Downward Facing Dog’. Inhaling, looking up at your hands and exhale stepping or lightly jumping up, inhaling looking up and exhaling and folding. Inhaling hands come up above your head and exhale down through your Chakras down by your side. Feet together, engaging thigh muscles, tucking tail bone under, engaging stomach muscles, shoulders drawn down and opening your Heart, lengthening the neck and drawing your Crown to the Sky. Now, reflecting on our

ability to contain and stream the spiritual knowledge of Crown Chakra energy on our left hand side, the feminine.

Moving to our Masculine side, our right side, inhaling hands come up, looking up, exhaling down through your Chakras, inhaling and looking up, exhaling and folding, stepping your right foot back step, your left foot back, or jumping back into ‘Plank’. Inhaling and exhaling down to the Earth, inhaling to ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Inhale, looking up at your hands, step your left foot up in between your hands staying on the ball of your right foot. Front knee at 90 degrees over your front foot. Inhaling your hands above your Crown, extending your arms as you clasp your hands, lengthening your spine. Exhaling, folding your body over your left leg, hands clasped above your Crown, lengthening your arms. Every inhale, lengthening your spine, every exhale imagining the Light streaming through your spine and your Crown, your hands containing the Light as it streams from your Crown. Activating the front point of your Star. Inhaling lengthening your fingers, palms together as you now stream your energy with containment.

Inhaling and as you exhale, right knee comes to the Earth. Clasping your hands together again now, creating the containment of the feminine, raising your arms to a forty five degree angle. Bowing your head so your ears are in line with your arms, breathing in this awareness, feeling the containment of the energy as the Light streams from your Crown, through your body and into the star point below your right knee. Inhaling and as you exhale, release your fingers, lengthening them as your palms come together, using your masculine awareness as you direct this energy to your Star point. Activating another point to your Lightfilled Star, on your masculine side, your right side. Inhaling and exhaling.

As you inhale tucking your toes under of your right foot, exhaling rising up to standing, hands come above your head. As you inhale, straightening your left leg, turning your feet to the opposite direction as your body follows. Exhaling. On your next inhale, bending your right knee to 90 degrees over that front foot, staying on the ball of your left foot, exhaling, folding your body over your right leg, hands clasped above your Crown, lengthening your arms. Every inhale, lengthening your spine, every exhale imagining the Light streaming through your spine and your Crown, your

hands containing the Light as it streams from your Crown over your right leg, the masculine leg of your body. Inhaling lengthening your fingers, palms together as you now direct the energy. You are now activating your back point of your Star with your masculine energy, whilst also activating the front point of your star. Breathing.

Inhaling and as you exhale, left knee comes to the Earth. Clasping your hands together again now, creating the containment of the feminine, raising your arms to a forty five degree angle. Bowing your head so your ears are in line with your arms, breathing in this awareness, feeling the containment of the energy as the Light streams from your Crown. Activating another point to your Lightfilled Star. Breathing in this awareness, feeling the containment of the energy as the Light streams from your Crown and down into the Earth below your knee, feeling both points activated with your containment. Inhaling, as you exhale, release your fingers, lengthening them as your palms come together, using your masculine awareness as you direct this energy to your Star point. Inhaling and exhaling.

As you inhale tucking your toes under of your left foot, exhaling rising up to standing, hands come above your head. Inhaling, turning your feet back to the front, exhaling, bending your left knee to 90 degrees. Inhaling looking up at your hands, exhale, drawing that energy through your Chakras to the Earth. Stepping your left foot back into ‘Plank’, inhaling and exhaling down to the Earth, activating your Chakras with the Earth, as you sweep your body through into ‘Cobra’. Exhale, back into ‘Downward Facing Dog’. Inhaling looking up your hands, stepping or lightly jumping up, inhaling looking up, exhaling and folding. Inhaling taking the Earth energy up to the sky and showering yourself as your hands come down through your Chakras.

Feet together, engaging thigh muscles, tucking tail bone under, engaging stomach muscles, shoulders drawn down and opening your Heart, lengthening the neck and drawing your Crown to the Sky. Now, reflecting on our ability to contain and stream our Crown Chakra energy on our right hand side of our body, the masculine. Breathing. Inhaling and exhaling.

Third Eye Chakra

Moving onto our Third Eye Chakra activation now. Inhaling, hands come above your head as you exhale folding from your hips, hands come down through your Chakras. Inhaling lengthening your spine, exhaling stepping your left foot back, stepping your right foot back into ‘Plank’. Inhaling, exhaling down to the Earth, inhaling up into ‘Cobra’ and back into ‘Downward Facing Dog’. Looking back and forward using your Third Eye. Inhaling turning your left foot out to 90 degrees, right foot steps up in between your hands. Exhaling. Inhaling lifting yourself up. Exhaling turning your right foot into parallel with your other foot, hands come to your hips. Inhaling hands come up above your head and exhaling them behind your back, clasping your hands together. Inhaling and lengthening your spine and as you exhale, coming half way. Engaging your arms and hands so your arms are just lifting off your back. Feeling the energy shooting out of your visual cortex and through your hands, breathing. Inhaling releasing your hands to the Earth.

Inhaling and as you exhale, jumping your feet in together, coming down onto your hands and your knees and lowering into ‘Child’s Pose’. Bringing your hands into the Third Eye position on the Earth. Say to yourself “I now allow my spiritual vision to manifest clearly”. Calling on your spiritual helpers now to remove anything from blocking the back of your Third Eye. Inhaling and exhaling. On your next inhale, drawing yourself up to sitting opening your arms above your head, exhale drawing your shoulders down your back, whilst your arms are open to the Heavens.

Gazing your three eyes at forty five degrees upwards, allowing for forward focus. Calling in your spiritual helpers to remove any blockages from the front of your Third Eye. Breathing. Inhaling and exhaling. On your next inhale, hands come back to the Earth. Coming back onto your hands and your knees and lifting your tail bone up to the sky, drawing your feet back apart. Exhaling. Inhaling drawing yourself up hands come to your hips, exhale turning your right foot out back to the front, hands come above your head, turning your hips to the front, into our ‘Warrior I’. Allowing your spiritual vision to manifest clearly. Inhaling and as you exhale hands come down through your Chakras, around your front foot, stepping your right foot back to meet your left, into ‘Plank’. Inhaling and exhale down the earth, inhaling up to ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Looking back and forward, with your Third Eye. Inhaling stepping or jumping up, inhaling and lengthening the spine, exhale and

fold. Inhale sweeping the earth with your hands, bending your knees into ‘Chair Pose’ hands come to Third Eye. 'Third Eye Chair Pose'. Breathing.

Over to our other side now, inhaling straightening your legs, hands come above your head as you exhale hands come down through your Chakras to the Earth. Inhaling, lengthening your spine, exhaling stepping or jumping back into ‘Plank’. Inhaling, exhaling down to the Earth, inhaling up into ‘Cobra’, connecting your Chakras with the Earth as you do so and back into ‘Downward Facing Dog’. Using your Third Eye now to look in front of you and behind you. Inhaling turning your right foot out to 90 degrees, left foot steps up in between your hands. Exhaling. Inhaling lifting yourself up. Exhaling turning your left foot into parallel with your other foot, hands come to your hips. Inhaling hands come up above your head and exhaling them behind your back, clasping your hands together. Inhaling and lengthening your spine and as you exhale, coming half way. Engaging your arms and hands so your arms are just lifting off your back. Feeling the energy shooting out of your visual cortex and through your hands, breathing. Inhaling releasing your hands to the Earth.

Inhaling and as you exhale, jumping your feet in together, coming down onto your hands and your knees and lowering into ‘Child’s Pose’. Bringing your hands into the Third Eye position on the Earth. Again, say to yourself “My spiritual vision is now manifesting clearly”. Calling on your spiritual helpers to give you guidance through images. Inhaling and exhaling. On your next inhale, drawing yourself up to sitting opening your arms above your head, exhale drawing your shoulders down your back, whilst your arms are open to the Heavens.

Gazing your three eyes at forty five degrees upwards, allowing for forward focus. Using your Third Eye to see the spiritual guidance that you have requested. Breathing. Inhaling and exhaling. On your next inhale, hands come back to the Earth. Coming back onto your hands and your knees and lifting your tail bone up to the sky, drawing your feet back apart. Exhaling. Inhaling drawing yourself up hands come to your hips, exhale turning your left foot out back to the front, hands come above your head, turning your hips to the front, into our ‘Warrior I’. Allowing your spiritual vision to manifest clearly. Inhaling and exhale hands come down through your Chakras, down to the Earth, stepping your left foot back to meet your right, into ‘Plank’.

Inhaling and exhale down the earth, connecting your Chakras as you come up to into ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Looking back and forward, with your Third Eye. Inhaling stepping or lightly jumping up, inhaling and lengthening the spine, exhale and fold. Inhale sweeping the earth with your hands, bending your knees into ‘Chair Pose’ hands come to Third Eye. 'Third Eye Chair Pose'. Breathing. Inhaling and exhaling.

Ear Chakras

Moving now to our Ear Chakras. On your next inhale, both hands come up as you straighten your legs, looking up at your hands, as you exhale, folding from your hips, hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth. Inhaling as you look up, lengthening your spine, exhaling and folding. Left foot steps back, right foot steps back, into your ‘Plank’, or gently jumping back. Inhaling and as you exhale, coming down, hovering just above the ground. Inhaling, up into ‘Cobra’ and as you exhale, back into ‘Downward Facing Dog’, breathing. Inhaling lengthening your spine, exhaling, tail bone lifting towards the sky. Breathing. Inhale looking up at your hands, exhale, stepping your right foot up in between your hands, left foot turns out to 90 degrees. As you inhale, drawing your body up to standing, turning both feet into parallel with each other. Working on our feminine side of our Ear Chakras, turning both feet out slightly, toes pointing away from each other. Inhaling hands come up above your head as you look up and as you exhale, drawing both hands down to your left ear, bending both knees to 90 degrees, so you are in a squat position. ‘Ear Chakra Pose’, both palms of your hands are facing your left ear, shoulders drawn down your back, tucking your tail bone under, breathing, inhaling and exhaling, using your breath. Sense the light from the portals in your hands connecting with your left Ear Chakra, and the light from your Ear Chakra, connecting to the portals in your hands. Say to yourself, “I now allow myself to hear Spirit clearly”. Inhaling and exhaling.

Inhale and straightening your legs, exhale, right foot turns back out to the front, bending your right knee at 90 degrees. Inhale arms come up above as you look up and exhale down through your Chakras to the Earth. Stepping your right foot back to meet your left, back into ‘Plank’. Inhaling and exhale down to the Earth. Inhaling to

‘Cobra’ and exhale back into ‘Downward Facing Dog’. Breathing. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, hands come down through your Chakras. Breathing.

On your next inhale, both hands come up either side of your body, looking up at your hands, as you exhale, folding from your hips, hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth. Inhaling as you look up, lengthening your spine, exhaling and folding. Right foot steps back, left foot steps back, into your ‘Plank’, or gently jumping back. Inhaling and as you exhale, coming down, hovering just above the ground. Inhaling, up into ‘Cobra’ and as you exhale, back into ‘Downward Facing Dog’, breathing. Inhaling lengthening your spine, exhaling, tail bone lifting towards the sky. Breathing. Inhale looking up at your hands, exhale, stepping your left foot up in between your hands, right foot turns out to 90 degrees. As you inhale, drawing your body up to standing, turning both feet into parallel with each other. Working on our masculine side of our Ear Chakras now, turning both feet out slightly, toes pointing away from each other. Inhaling hands come up above your head as you look up and as you exhale, drawing both hands down to your right ear, bending both knees to 90 degrees, so you are in a squat position. ‘Ear Chakra Pose’, both palms of your hands are facing your right ear, shoulders drawn down your back, tucking your tail bone under, gazing directly ahead, breathing, inhaling and exhaling, using your breath. Sense the light from the portals in your hands connecting with your right Ear Chakra, and the light from your Ear Chakra, connecting to the portals in your hands. Again, say to yourself, “I now hear Spirit clearly”. Inhaling and exhaling.

Inhale and straightening your legs, exhale, left foot turns back out to the front, bending your left knee at 90 degrees. Inhale arms come up above as you look up and exhale down through your Chakras to the Earth. Stepping your left foot back to meet your right, back into ‘Plank’. Inhaling and exhale down to the Earth. Inhaling to ‘Cobra’ and exhale back into ‘Downward Facing Dog’. Breathing. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, hands come down through your Chakras. Breathing.

On your next inhale, both hands come up either side of your body, looking up at your hands, as you exhale, folding from your hips, hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth. Inhaling as you look up, lengthening your spine, exhaling and folding. Left foot steps back, right foot steps back, into your ‘Plank’, or gently jumping back. Inhaling and as you exhale, coming down, hovering just above the ground. Inhaling, up into ‘Cobra’ and as you exhale, back into ‘Downward Facing Dog’, breathing. Inhaling lengthening your spine, exhaling, tail bone lifting towards the sky. Breathing. Inhale looking up at your hands, and stepping or jumping through your hands to a seated position.

Moving to our ‘Balancing Butterfly Ear Pose’. Bringing the soles of your feet together and clasping your hands underneath. Inhaling and lengthening your spine, shoulders drawn down your back, opening up your Heart. Visualizing now, your Ear Chakra Grid. This grid runs horizontal with your Ear Chakras and connects you with spiritual information across multiple dimensions. Breathing. Inhaling and exhaling. Noticing if it has a colour, or any other features. Now using your Angel Wings for balance, grabbing hold of your big toes with each hand, using your forefinger around your big toe, engaging your core muscles, finding a focus point on the ground, your next inhale, bringing your feet to your Ear Chakra Grid, lengthening your legs, balancing, breathing. Inhaling and exhaling. Bringing your Base Chakra intention towards your Ear Chakra, to tap into and access spiritual information. You also have beams of light coming out of your feet. Breathing, inhaling and exhaling. On your next inhale, drawing your feet back into your ‘Butterfly Pose’.

Inhaling and rolling over onto your hands and your knees. Exhaling. Inhaling, drawing yourself up to sitting on your knees. Moving to our ‘Listening Flower’, inhaling drawing your chest to your knees, like in ‘Child’s Pose’, exhale and open like a flower, standing on your knees, shoulders drawn down your back as your arms come either side of your body, neck tilts gently back for a slight backbend, opening yourself up to receive spiritual resources. Inhaling and fold down, connecting with the Earth, exhale and opening up, clearing your ears as you come up, your roots connecting you into our Earth, whilst opening up, inhaling and connecting down to

the Earth as you fold and hug yourself, and exhale opening up. Inhaling, back to neutral position.

Inhaling and coming over onto your hands and your knees. Exhaling, dropping your stomach to the Earth, inhaling and exhaling, drawing your tail bone high into the sky as you come into ‘Downward Facing Dog’. Inhaling and looking up at your hands, stepping or lightly jumping up as you inhale looking up and exhaling and folding. Inhaling bringing that Earth energy up as you shower yourself with that grounding Earth energy, exhaling down through your Chakras. Back to ‘Tadasana’. Feet together, engaging thigh muscles, tucking tail bone under, engaging stomach muscles, shoulders drawn down and opening your Heart, lengthening the neck and drawing your Crown to the Sky. Breathing. Inhaling and exhaling.

Throat Chakra

Onto our ‘Throat Chakra Flow’ now we move into our ‘Throat Chakra Pose’ on our feminine side, our left side, inhaling, both hands come up either side of your body, looking up at your hands, as you exhale, folding from your hips, hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth. Inhaling as you look up, lengthening your spine, exhaling and folding. Left foot steps back, right foot steps back, into your ‘Plank’, or gently jumping back. Inhaling and as you exhale, coming down, hovering just above the ground. Inhaling, up into ‘Cobra’ and as you exhale, back into ‘Downward Facing Dog’, breathing. Inhaling lengthening your spine, exhaling, tail bone lifting towards the sky. Breathing. Inhaling looking up at your hands and exhale, stepping or lightly jumping up to your hands, feet come to slightly further than hip width. Inhaling and looking up, exhaling and folding. Inhaling both hands come up to the sky as you look up, and exhale hands come down through your Chakras, back behind you into ‘Throat Chakra Pose’. Bending your knees tail bone in alignment with your neck, gazing at forty five degrees up to the sky, elongating your neck, chin raised to the sky. Breathing. The light flows out of your throat, up to the sun, reenergizing it and then returning back into your throat. This light ignites your throat and then crosses over and goes down into the centre of the Earth. Mother earth then revitalizes this light with loving nourishment and returns back up to your throat again. As you feel this

wonderful flow of figure 8 energy, say to yourself “I now allow myself to be empowered to speak my truth with love”. Inhaling and exhaling.

Inhaling hands sweep by your body as they come up into counter throat pose. Eye gaze drops to the Earth, to forty five degrees in the Earth in front of you, same figure of eight of light energy through your throat, inhaling and exhaling, breathing in your own time. Shoulders drawn down your back, elongating your neck. Inhaling and exhaling. Breathing. Inhaling straightening your legs as your hands come up, looking up and exhaling hands into ‘Prayer’, down through your Chakras, folding down to the Earth. Inhaling and looking up, exhaling and folding, stepping your left foot back, right foot back, or lightly jumping back into ‘Plank’. Inhaling and exhaling down the Earth. Inhaling up into ‘Cobra’, connecting your Chakras with the Earth as you do so, and exhaling, back into ‘Downward Facing Dog’. Breathing. Drawing that Throat Chakra energy down through your legs as you inhale and exhale. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, letting it all go, and exhaling hands come down through your Chakras, grounding that energy as you walk on the Earth. Breathing.

Moving onto our right side now, our masculine side. Inhaling, both hands come up either side of your body, looking up at your hands, as you exhale, folding from your hips, hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth, grounding you here. Inhaling as you look up, lengthening your spine, exhaling and folding. Right foot steps back, left foot steps back, into your ‘Plank’, or gently jumping back. Inhaling and as you exhale, coming down, hovering just above the ground. Inhaling, up into ‘Cobra’ and as you exhale, back into ‘Downward Facing Dog’, breathing. Inhaling lengthening your spine, exhaling, tail bone lifting towards the sky. Breathing. Inhaling looking up at your hands and exhale, stepping or lightly jumping up to your hands, feet come to slightly further than hip width. Inhaling and looking up, exhaling and folding. Inhaling both hands come up to the sky as you look up, and exhale hands come down, back behind you into ‘Throat Chakra Pose’. Bending your knees tail bone in alignment with your neck, engaging your stomach muscles, gazing at forty five degrees up to the sky, elongating your neck, chin raised to the sky. Breathing. The light flows out of

your throat, up to the sun, reenergizing it and then returning back into your throat. This light ignites your throat and then crosses over and goes down into the centre of the Earth. Mother earth then revitalizes this light with loving nourishment and returns back up to your throat again. Again, say to yourself, “I am now empowered to speak my truth with love”. Inhaling and exhaling.

Inhaling hands sweep by your body as they come up into ‘Counter Throat Chakra Pose’. Eye gaze drops to the Earth, to forty five degrees in the Earth in front of you, same figure of eight of light energy through your throat, inhaling and exhaling, breathing in your own time. Shoulders drawn down your back, elongating your neck. Inhaling and exhaling. Breathing. Inhaling straightening your legs as your hands come up, looking up and exhaling hands into ‘Prayer’, down through your Chakras, folding down to the Earth. Inhaling and looking up, exhaling and folding, stepping your right foot back, left foot back, or lightly jumping back into ‘Plank’. Inhaling and exhaling down the Earth. Inhaling up into ‘Cobra’, connecting your Chakras with the Earth as you do so, and exhaling, back into ‘Downward Facing Dog’. Breathing. Drawing that Throat Chakra energy down through your legs as you inhale and exhale. Inhaling look up at your hands stepping, or lightly jumping your feet to your hands, exhale. Inhaling lengthening your spine and exhaling and folding. Inhaling drawing yourself up to standing, letting it all go, and exhaling hands come down through your Chakras, grounding that energy as you walk on the Earth. Breathing. Inhaling and exhaling.

Inhaling, hands come up either side of your body as you look up, exhaling and folding, ‘Prayer’ hands down through your Chakras to the Earth, inhaling and looking up, exhaling and folding, stepping or lightly jumping back to ‘Plank’, inhaling and exhaling down to the Earth, inhaling up to ‘Cobra’, connecting your Chakras with the Earth as you do so and exhaling, back to ‘Downward Facing Dog’. Inhaling and as you exhale, coming down to your knees.

Moving now into our ‘Camel Pose’, coming to a standing knee position. Knees at hip width apart. Inhaling lengthening your spine, as you exhale, folding back, bringing your right hand to your right foot, you can stay here and breathe, or bringing both hands back, so your left hand on your left foot also, grabbing hold of our Angel

Wings as we fold back. Gently dropping your head back and breathing, inhaling and exhaling. Using your breath, tuning into Throat Chakra. How is the figure of eight energy flowing? Breathing. Inhale and exhale, drawing yourself back up. Coming back to your hands and knees, stomach drops to the Earth, your next exhale, your tail bone leads as you come back into ‘Downward Facing Dog’. Inhaling and exhaling. Inhaling looking up at your hands, stepping or lightly jumping up, inhaling and looking up, exhaling and folding. Inhaling grabbing that Earth energy as you come up, and shower yourself with the grounding Earth energy as you exhale ‘Prayer’ hands down through your Chakras. Breathing, inhaling and exhaling.

Onto our ‘Mermaid Flow’ now on our receiving feminine side, inhaling and exhaling, hands come down by your side, straightening your legs. Inhaling hands come up above into ‘Prayer’ as we look up and exhale, ‘Prayer’ hands connecting down along your body through your Chakras to the Earth, inhaling and looking up, exhaling and folding, stepping or lightly jumping back to ‘Plank’, inhaling, exhaling down to the earth, inhaling ‘Upward Dog’, exhaling, ‘Downward Facing Dog’. Breathing. Hands at shoulder width, feet at hip width apart. Inhaling, left leg comes up in the air behind you, exhaling, inhaling and as you exhale, bending your left knee as it comes in between your hands to the Earth, right leg flat on the Earth behind you, like ‘Pigeon Pose’. You may use a block or pillow under your left buttocks if needed. Breathing, inhaling and lengthen your spine, arms come up above you, opening your arms, letting go, and allowing yourself to receive the energy you need for your throat. Gazing up, inhaling and exhaling, filling the three chambers of your lungs, your stomach, middle lungs and upper lungs as you’re breathing. Inhaling hands come together in ‘Prayer’, exhaling, connecting hands down along your body through your Chakras, sweeping the Earth, hands behind you, they are your Angel Wings, inhaling and lengthening and exhaling and folding your body along your left leg, figure of eight throat energy connecting with the Earth as you breathe, inhale and exhale. The feminine inflow. Breathing. Inhaling and exhaling. Inhaling drawing yourself back up, exhale, hands to the Earth, moving into our ‘Spinal Twist’ as you swing your right leg, your tail, around to the front, right foot on the Earth, over your left leg. Inhaling, left arm comes above as you lengthen your spine and exhale, left elbow comes to your right knee, right hand behind your back as you twist to your right, gazing over your right shoulder. Inhaling and lengthening and exhaling and twisting. Twisting your

head, opening your Throat Chakra, just like you are wringing it out. Breathing, inhaling and exhaling. Inhaling and as you exhale, turn your head only, to face your right knee, feeling the energy travelling down from your throat into the Earth, grounding your truth, here on the Earth. Breathing, inhale and exhale. Inhale and exhaling, untwisting yourself, releasing your legs, knees into your chest, hands on your knees. Rolling back on the Earth, massaging your back along the Earth. Breathing. Feeling that energy through your spine. Inhaling rolling up to a squat, as we come and slowly roll up, feeling each vertebrae, each muscle, as we are rolling up, unraveling and unfurling like a big blooming flower. Feeling yourself at the centre of this flower. All your petals are touching everyone else's petals in the Universe. Feel yourself and your truth connected to everyone and everything. Breathing. Inhaling and exhaling.

On the other side now, our masculine side. Inhaling hands come up above into 'Prayer' as we look up and exhale, 'Prayer' hands down along your body through your Chakras to the Earth, inhaling and looking up, exhaling and folding, stepping or lightly jumping back to 'Plank', inhaling, exhaling down to the earth, inhaling 'Upward Dog', exhaling, 'Downward Facing Dog'. Breathing. Hands at shoulder width, feet at hip width apart. Fingers outstretched, palms flat on the Earth. Inhaling, right leg comes up in the air behind you, exhaling, inhaling and as you exhale, bending your right knee as it comes in between your hands to the Earth, left leg flat on the Earth behind you, like 'Pigeon Pose'. Using your block if you need. Breathing, inhaling and lengthen your spine, arms come up above you, opening your arms, letting go, and allowing yourself to receive the energy you need for your throat. Gazing up, inhaling and exhaling, filling the three chambers of your lungs, your stomach, middle lung and upper lung. Sensing now into the giving flow of your figure eight energy. Breathing. Inhaling hands come together in 'Prayer', exhaling, hands connecting down along your body through your Chakras, sweeping the Earth, hands behind you, they are your Angel Wings, inhaling and lengthening and exhaling and folding your body along your right leg, throat connecting with the Earth as you breathe, inhale and exhale. Inhaling and exhaling. Inhaling drawing yourself back up, exhale, hands to the Earth, moving into our 'Spinal Twist' as you swing your left leg, your tail, around to the front, left foot on the Earth, over your right leg. Inhaling, right arm comes above as you lengthen your spine and exhale, right elbow comes to your left knee,

left hand behind your back as you twist to your left, gazing over your left shoulder. Inhaling and lengthening and exhaling and twisting. Twisting your head, opening your Throat Chakra, just like you are wringing it out. Breathing, inhaling and exhaling. Inhaling and as you exhale, turn your head only, to face your left knee, feeling the energy travelling down from your throat into the Earth, grounding your truth. Breathing, inhale and exhale. Inhale and exhaling, untwisting yourself, releasing your legs, knees into your chest, hands on your knees. Rolling back on the Earth, massaging your back along the Earth. Breathing. Feeling that energy through your spine. Inhaling rolling up to a squat, as we come and slowly roll up, feeling each vertebrae, each muscle, as we are rolling up, unraveling and unfurling like a big blooming flower. Feeling yourself as the centre of this flower. All your petals are touching everyone else's petals in the Universe. Feel yourself and your truth connected to everyone and everything. Breathing. Inhaling and exhaling. Breathing.

Heart Chakra

We move onto our Heart Chakra now, inhaling both hands come up either side of your body as you inhale and exhaling, folding 'Prayer' hands down through your Chakras to the Earth. Inhaling and looking up, exhaling and folding, stepping or lightly jumping back to 'Plank'. Inhaling and exhaling down to the Earth, connecting your Chakras as you do so, inhaling up into 'Cobra' and exhale back to 'Downward Facing Dog'. Inhaling and looking up at your hands and stepping or lightly jumping through your hands to sitting. You may need to move back onto your mat, laying down and coming into 'Heart Chakra Pose'.

Bending your knees up, feet flat on the floor. Knees are together, with your feet out wider than hip width. Toes pointing away from your body. Hands are at your Heart, thumbs across the top of your chest, your other four fingers are pointing down towards your toes. Palms facing the Earth. Elbows at shoulder height, shoulders drawn down your back, opening your Heart. Your spine is in alignment. Breathing. Inhaling and exhaling, allowing yourself to be here now. Breathing into your stomach, your middle lung and your upper lung. Inhaling and exhaling in your own time. Breathing in the light into your Heart Chakra now. Say to yourself, "I now allow myself to give and received lightfilled love". Feeling the energy of your Heart Chakra

shining bright. Feel it streaming out and going right up to the sun to be reenergized. See it returning back to light up your Heart like a star. Feel the power of the Celestial being of the sun reenergizing any weariness in your Heart. Feel it filling with strength. Feel this energy streaming out of your Heart Chakra and down, down, down into the core of the earth. Feel the consciousness of the earth awaken with this powerful light. See the light stream back towards you and back into your Heart Chakra. Feel the love from Mother Earth filling your Heart with nourishment and compassion. Breathing, feeling the wonderment of being in the middle of the rhythmic flow of this lightfilled awareness and loving nourishment that is invigorating your Heart Chakra. Feeling this lightfilled love joyfully expanding with every breath and flowing out into the world. Inhaling and exhaling. “I am now filled with lightfilled love and I am able to give love appropriately”.

Coming into our ‘Heart Bath Tub Pose’ now, inhaling your legs and arms up into the air. Your legs are as straight as can be up into the sky, bottoms of your feet, flat to the sky. Arms reaching up, shoulders drawn down your back, opening your Heart. Palms of your hands facing into each other. We are now in ‘Heart Bath Tub Pose’. Breathing. Inhaling the energy channeling down through your hands and arms, into your Heart and exhaling, shooting up out of your feet. Breathing. Feeling the energy flow, inhaling and exhaling. Inhaling and exhaling. Breathing.

Inhaling bringing your knees into your chest, holding onto your knees, rolling back and forth to bring you to your feet, hands to the Earth, stepping back into ‘Downward Facing Dog’. Inhaling over to ‘Plank’, exhaling down to the Earth, inhaling up into ‘Cobra’ and exhale, back to ‘Downward Facing Dog’. Inhaling and looking up at your hands, stepping or lightly jumping up, inhaling looking up and exhaling and folding. Inhaling, bringing that Earth energy up and exhaling, showering yourself with this Earth energy as you exhale ‘Prayer’ hands down through your Chakras. Breathing, inhaling and exhaling.

Moving through our Angel Wings Flow on our feminine side, our left side, inhaling, both hands come up either side of your body, looking up at your hands, as you exhale, folding from your hips, hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth. Inhaling as

you look up, lengthening your spine, exhaling and folding. Left foot steps back, right foot steps back, into your ‘Plank’, or gently jumping back. Inhaling and as you exhale, coming down, hovering just above the ground. Inhaling, up into ‘Cobra’ and holding here as you breathe. Focusing on your Heart Chakra, feeling the energy through the front and back. Breathing. Inhaling and exhaling, feeling that figure of eight energy through the back of your Heart into the Earth and also through the front up to the sun. Inhaling and exhaling back into ‘Downward Facing Dog’. Inhaling and lengthening your spine and exhaling tail bone lifting up towards the sky. Breathing, inhale, and exhale. Feeling your Heart energy in ‘Downward Facing Dog’, especially in the back of your Heart. Breathing.

‘Angel Wings Pose’ now as you inhale your right leg up in the air behind you, exhaling, inhaling and as you exhale, drawing your right leg through, right foot coming in between your hands. Inhaling, staying on the ball of your left foot, drawing yourself up to standing, hands come up above you, exhaling opening your arms wide, looking up, opening yourself to receiving. And through our flow now, inhaling, as you exhale, arms sweep down past your body behind you as you fold your body over your right leg. Inhale, drawing yourself back up, opening your arms and gazing up, exhale and folding your body down to your leg, arms sweep down. Inhale and coming up, receiving the energy you need for your Heart. One more, inhaling and exhaling folding and sweeping. Inhaling coming up and exhaling hands into ‘Prayer’, connecting down through your Chakras, all the way to the Earth, hands come either side of your foot, stepping your right foot back to meet your left, back into ‘Plank’. Inhaling here and exhaling down to the Earth, inhaling up into ‘Cobra’, connecting with your Heart energy and exhaling back into ‘Downward Facing Dog’. Inhaling lengthening your spine, exhaling tail bone lifts higher into the sky, breathing, focusing on your Heart energy through your back. Breathing. Inhaling and looking up at your feet, stepping or lightly jumping up. Inhaling and looking up, exhaling and folding. Inhaling and hands come all the way up, coming up to standing, and exhaling hands down through ‘Prayer’ through your Chakras. Checking in now, with how your Heart is feeling.

On the other side now, our masculine side. Inhaling, hands come up either side of your body, exhaling and folding from your hips; hands come down through your

Chakras, drawing your hands all the way to the Earth. Inhaling looking up, lengthening your spine, exhaling and folding. Stepping or lightly jumping back to ‘Plank’. Inhaling, exhale, coming down. Inhaling, up into ‘Cobra’ and holding here as you breathe. Focusing on your Heart Chakra, feeling the energy through the front and back. Breathing. Inhaling and exhaling, feeling that figure of eight energy through the back of your Heart into the Earth and also through the front up to the sun. Inhaling and exhaling back into ‘Downward Facing Dog’. Inhaling and lengthening your spine and exhaling tail bone lifting up towards the sky. Breathing, inhale, and exhale. Feeling your Heart energy in ‘Downward Facing Dog’, especially in the back of your Heart. Breathing.

‘Angel Wings Pose’ now as you inhale your left leg up in the air behind you, exhaling, inhaling and as you exhale, drawing your left leg through, left foot coming in between your hands. Inhaling, staying on the ball of your right foot, drawing yourself up to standing, hands come up above you, exhaling opening your arms wide, looking up, opening yourself to receiving the energy you need for your Heart. And through our flow now, inhaling as you exhale, arms sweep down past your body behind you as you fold your body over your left leg. Inhale, drawing yourself back up, opening your arms and gazing up, exhale and folding your body down to your leg, arms sweep down. Inhale and coming up, receiving the energy you need for your Heart. One more, inhaling and exhaling folding and sweeping. Inhaling coming up and exhaling hands into ‘Prayer’ as we move down through your Chakras, all the way to the Earth, hands come either side of your foot, stepping your left foot back to meet your right, back into ‘Plank’. Inhaling here and exhaling down to the Earth, inhaling up into ‘Cobra’, connecting with your Heart energy and exhaling and back into ‘Downward Facing Dog’. Inhaling lengthening your spine, exhaling tail bone lifts higher into the sky, breathing, focusing on your Heart energy through your back. Breathing. Inhaling and looking up at your feet, stepping or lightly jumping up. Inhaling and looking up, exhaling and folding. Inhaling and hands come all the way up, coming up to standing, and exhaling hands down through ‘Prayer’ through our Chakras, breathing, inhaling and exhaling.

Solar Plexus

Inhaling hands come up either side, exhaling, ‘Prayer’ hands down through your Chakras to the Earth. Inhaling and looking up, exhaling and folding, stepping or lightly jumping back to ‘Plank’. Inhaling and exhaling down to the Earth, connecting your Chakras, as you inhale up into ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Inhaling looking up at your hands, stepping or lightly jumping up and through your hands to sitting. Rolling back onto your back, you may need to move back down on your mat. Moving into ‘Solar Plexus Pose’ now, drawing your knees up, feet flat on the Earth. Feet and knees are together, the heels of your hands are just below your chest, on the side of your body, resting on your rib cage. Fingers pointing up to the sky, palms facing each other, hands are in line with your Solar Plexus. Shoulders drawn down your back, opening up your Heart. Say to yourself, “I now allow myself to be powerful”. Breathing. Feeling your Solar Plexus ignite. Feeling the energy of your Solar Plexus Chakra shining bright. Feel it streaming out and going right up to the sun to be reenergized. See it returning back to light up your Solar Plexus like a star. Feel the power of the sun fill you with strength. Feel this energy streaming out of your Solar Plexus and down into the core of the earth. Feel the earth empowered to a higher vibration. See the light stream back towards you and back into your Solar Plexus Chakra. Feel the energy from Mother Earth tempering this powerful light with humility. This humility ensures that true power connects you with every living thing so that you make wise choices that aim to empower everyone. Say to yourself, “I am now empowered”. Breathing, Inhaling and exhaling. Inhaling and exhaling. Inhaling drawing your knees into your chest, rocking and rolling to come onto your feet, hands to the Earth, stepping back into ‘Plank’, inhaling and exhaling down to the Earth, inhaling up into ‘Cobra’ and exhaling back into ‘Downward Facing Dog’. Inhale and look up at your hands, stepping or lightly jumping up, inhaling and looking up, exhaling and folding. Bringing that Earth energy up as you come up, and exhale, ‘Prayer’ hand down through your Chakras.

Moving into our ‘Dancing Warrior Flow’ now, on our receiving feminine side, inhale and as you exhale, hands come to ‘Prayer’ in front of you, as you fold your body forward, left leg comes in the air behind you, so you are parallel with the Earth, balancing, connecting your Solar Plexus with the Earth and the sky behind you.

Inhaling and exhaling, left leg steps back, hands come to the Earth, right foot steps back into ‘Plank’, inhale and exhale down to the Earth, inhale up into ‘Cobra’ and exhale, back into ‘Downward Facing Dog’. Hands at shoulder width and feet at hip width apart, inhaling and lengthening your spine, exhaling, tail bone lifts into the sky. Breathing. Acknowledging the back of your Solar Plexus as you inhale and exhale. Inhale and as you exhale, knees drop to the Earth, knees slightly wider than your body, moving into ‘Child’s Pose’, connecting your Solar Plexus on the Earth, breathing as your Third Eye rest’s on the Earth, hands either side of your body. Breathing. Inhale and exhale. Inhale and exhale. Inhaling coming back up to your hands and knees. Exhale. Inhale sliding your body up into ‘Cobra’, connecting your Chakras on the Earth as you do so and exhale, back into ‘Downward Facing Dog’. Inhale turning your left foot out to 90 degrees, right foot steps up in between your hands. Inhale hands lead you up, drawing yourself up to standing, hips squared off to your left, exhale; arms come to shoulder height, shoulders drawn down your back, right knee at 90 degrees over your right foot. Inhaling and exhaling in ‘Warrior II Pose’. Breathing, right down into your stomach, middle lung and upper lung. Inhaling and exhaling. Inhaling left hand slides down your left leg, right arm comes over your head, connecting your Third Eye Chakra with your Hand Chakra, in our ‘Dancing Warrior Pose’. Breathing, inhaling and exhaling. Inhaling wind milling your arms over, right elbow comes to your right knee, or hand on the Earth, left arm comes over your head, breathing, gazing up, or finding that focus point on the Earth. Inhaling and exhaling. Inhaling and exhaling. Inhaling drawing yourself back up, exhale, left arm sweeps past your body meeting your right hand in the sky, inhaling and exhaling ‘Prayer’ hands down through your Chakras to the Earth. Stepping your right foot back into ‘Plank’. Inhale and exhale down to the Earth, inhaling up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Feeling the energy through the back of your Solar Plexus. Inhaling and looking up, stepping or jumping up, exhaling and folding. Inhale, sweeping your hand on the Earth, up to hip height, bending your knees and exhaling back to standing ‘Solar Plexus Pose’. Breathing. Inhaling and exhaling.

Moving into ‘Solar Dancing’ now, stepping off the front of your mat, moving your body to the sound of the music, closing your eyes, breathing, feeling the rhythm as you move your body. Connecting in with your Solar Plexus as you flow with the

sound. Breathing. Letting this energy flow through you and empower your whole body. (Allowing minimum 2 minutes here).

Coming back now to the top of your mat. Stepping back into our standing ‘Solar Plexus Pose’. Breathing. Onto our ‘Dancing Warrior Flow’ now on our masculine side, inhale and as you exhale, hands come to ‘Prayer’ in front of you, as you fold your body forward, right leg comes in the air behind you, so you are parallel with the Earth, balancing, connecting your Solar Plexus with the Earth and the sky behind you. Inhaling and exhaling, right leg steps back, hands come to the Earth, left foot steps back into ‘Plank’, inhale and exhale down to the Earth, inhale up into ‘Cobra’ and exhale, back into ‘Downward Facing Dog’. Hands at shoulder width and feet at hip width apart, inhaling and lengthening your spine, exhaling, tail bone lifts into the sky. Breathing. Acknowledging the back of your Solar Plexus as you inhale and exhale. Inhale and as you exhale, knees drop to the Earth, knees slightly wider than your body, moving into ‘Child’s Pose’, connecting your Solar Plexus on the Earth, breathing as your Third Eye rest’s on the Earth, hands either side of your body. Inhale and exhale. Inhale and exhale. Inhaling coming back up to your hands and knees. Exhale. Inhale sliding your body up into ‘Cobra’, connecting your Chakras on the Earth as you do so and exhale, back into ‘Downward Facing Dog’. Inhale turning your right foot out to 90 degrees, left foot steps up in between your hands. Inhale hands lead you up, drawing yourself up to standing, hips squared off to your right, exhale; arms come to shoulder height, shoulders drawn down your back, left knee at 90 degrees over your left foot. Inhaling and exhaling in ‘Warrior II Pose’ now. Breathing, right down into your stomach, middle lung and upper lung. Inhaling and exhaling. Inhaling right hand slides down your right leg, left arm comes over your head, connecting your Third Eye Chakra with your Hand Chakra into 'Dancing Warrior Pose'. Breathing, inhaling and exhaling. Inhaling wind milling your arms over, left elbow comes to your left knee, or hand on the Earth, right arm comes over your head, breathing, gazing up, or finding that focus point on the Earth. Inhaling and exhaling. Inhaling and exhaling. Inhaling drawing yourself back up, exhale, right arms sweeps past your body meeting your left hand in the sky, inhaling and exhaling ‘Prayer’ hands down through your Chakras to the Earth. Stepping your left foot back into ‘Plank’. Inhale and exhale down to the Earth, inhaling up to ‘Cobra’ and exhale back to ‘Downward Facing Dog’. Feeling the energy through the back of your Solar

Plexus. Inhaling and looking up, stepping or jumping up, exhaling and folding. Inhale, sweeping your hands on the Earth, up to hip height, bending your knees and exhaling back to standing ‘Solar Plexus Pose’. Breathing. Inhaling and exhaling.

Again we take some time to allow our Higher Self to be empowered in our ‘Solar Dancing’ now. Stepping off the front of your mat, moving your body to the sound of the music, closing your eyes, breathing, feeling the rhythm as you move your body. Again letting this Solar energy flow through you as you tune into the powerful intentions that your Higher Self has for you. Move your body to acknowledge the intentions that your Higher Self has for you as a powerful spiritual being on this planet. Feel it empower your whole body and the universe as it extends out from you. (Allowing minimum 2 minutes here).

Sacral Chakra

Coming back now to the top of your mat. Standing in ‘Tadasana’. Gripping onto the Earth with your toes, engaging your thighs, tucking your tail bone, engaging your stomach muscles, shoulders drawn down your back, inhaling and exhaling. Breathing. We move into ‘Sacral Chakra Pose’ now, inhaling drawing your hands up either side of your body, inhaling and exhaling and folding down through your Chakras to the Earth, inhaling and looking up, exhaling and folding, stepping or jumping back to ‘Plank’, inhaling and exhaling down to the Earth, inhaling up to ‘Cobra’, connecting your Chakras with the Earth as you do so, and exhale back to ‘Downward Facing Dog’. Inhale look up at your hands and stepping or lightly jumping up and through your hands to sitting. Moving back on your mat to lie down on your back, coming into our ‘Sacral Chakra Pose’ on the Earth.

Drawing your knees up, feet flat on the Earth, close to your buttocks. Feet are slightly wider than hip width apart and arms and hands flat on the Earth, slightly wider than your mat. Breathing, and on your next inhale, lifting your hips up into the sky. Keeping your neck in alignment with your body. Say to yourself, “I now allow myself to be filled with the light and love of spirit”. You feel the figure of eight energy flowing from your Sacral Chakra, up to the Sun being reenergized and back in

through your Sacral Chakra, crossing over at your sacral as it moves down into the centre of the Earth and back up to our Sacral Chakra filling it with the love from Mother Earth. We feel the nourishment from the sun and earth replenish our emptiness with light and love. Breathing. We feel surrounded by a beautiful glowing light of protection. This is the Womb of Transformation. It is completely surrounding us and keeping us safe. We breathe in its peaceful nourishing light. As we breath out, we release any toxic energy, attachments or blockages and they are immediately transformed by the Womb of Transformation. Inhaling and exhaling, breathing in this 'Sacral Chakra Pose'. Say to yourself, "I am nourished with lightfilled love". Inhaling and exhaling. Inhaling and as you exhale, rolling from the top of your spine to the base of your spine down on the Earth, so your tail bone is the last thing to touch the Earth. Breathing. Coming up again, inhaling and drawing your hips up to the sky, exhaling. Breathing, inhaling and exhaling, rolling down from the top of your spine to the base of your spine. One more, inhaling coming up to 'Sacral Chakra Pose', breathing, inhaling and exhaling. Inhaling and exhaling coming back down to the Earth.

We move onto our 'Lighting Sacred Fire Flow' sequence now. Moving your legs into 'Butterfly', soles of your feet together, legs resting on the Earth, hands resting on your stomach, your Sacral Chakra. As we inhale, our hands slide across our thighs, up along the Earth opening our arms like big Angel Wings, up above our Crown into 'Prayer' and exhaling down through our Chakras to our stomach. Inhaling and lifting our upper body up off the ground as we slide our hands across our thighs, up along the Earth, opening our arms like big Angel Wings, up above our Crown, into 'Prayer' and exhaling down through our Chakras to our stomach. Lifting our torso up as we reach down and across our thighs, up along the Earth and exhaling back down through our Chakras to our tummy. Breathing in the rhythm of this flow. Continuing in your own time, we want to do twenty of these, breathing, using your breath, your inhale and your exhale, bringing that energy down through our Chakras as we exhale, inhaling back up and exhaling down, igniting that fire in our Sacral Chakra, breathing, inhaling and exhaling. When you have finished your twenty, resting your hands on your stomach. Breathing.

Base Chakra Pose

We now move onto our final Chakra for integration, our Base Chakra. Bringing the soles of your feet together, legs are in our ‘Butterfly Pose’, but we want to extend our legs as much as possible, with the soles of our feet keeping together. Our arms come up over our head, hands in ‘Prayer’ and again, stretching our arms out away from our Crown, we still want have our elbows slightly bent. Breathing. Inhaling and exhaling. Say to yourself, “I allow myself to trust in spirit 100%”. Feeling the Kundalini energy coming up from the centre of the earth to light up your Base Chakra. This fiery figure of eight energy flow moves through your arms, as it loops around through your arm, it comes down your body, crosses over at your Base Chakra, moves down your leg, through your feet, up your other leg, crosses over at your Base Chakra, up your body, through one arm, through your hands and back down your other arm. Say to yourself, “I now trust in Spirit 100%”. Breathing, with this constant fiery flow of energy through your body, inhaling and exhaling.

Onto our ‘Side Foot Hold Stretch’ now. Inhaling and drawing your right foot up, using your left hand to hold across the top of your right foot, drawing your right foot and leg over your body to your left side, a gentle twist, exhaling. Right hand stays above, left foot stays in place, the figure of eight energy flow still flowing as you gently twist, right foot gently resting on the Earth, right shoulder aiming to stay on the Earth. Gazing over your right armpit. Breathing, inhaling and exhaling. Feeling the energy open through your right hip as you inhale and exhale. Inhaling and as you exhale, releasing your leg, back to the centre, hand comes back to meet your right hand. Inhaling other side, right hand holds the top of your left foot, bringing your left foot to the Earth, left shoulder stays on the Earth, inhaling and exhaling, gazing past your left armpit, breathing. Feeling the energy of your left hip open as you twist, breathing. Inhaling and exhaling. Feeling that figure of eight energy flow. Inhaling and exhaling. Inhale and as you exhale, releasing and coming back to the centre, back to ‘Base Chakra Pose’. Breathing.

Onto our ‘Base Butterfly Pose’ now, inhaling holding onto your feet as you draw them up, bringing the soles of your feet together, clasping your feet, we are rolling side to side. Breathing as you’re rolling side to side, feeling that massage of your hips as you roll side to side with your Butterfly feet and legs, drawing your Butterfly feet as close to your Base Chakra as possible as you rock side to side. Inhaling and exhaling.

Into our baby pose now, holding the insides of your feet, moving your legs up and down, will allow you to massage different parts of you back, breathing as you move, inhaling and exhaling. Breathing. Inhaling and exhaling. Inhaling and moving your hands to the outside of your feet, still moving as you massage different areas, breathing. Inhaling and exhaling. Inhaling and moving your hands to the heels of your feet, massaging your back as you’re breathing. Feeling your hips open as you hold your feet in different areas. Inhaling and as you exhale, releasing your legs to the Earth, getting ready now for ‘Savasana’.

Ending Meditation – Savasana

Using a pillow and blanket if you choose, laying down on our back, feet flayed out to the side, spine is in alignment, hands on the Earth, palms facing up to the sky. Breathing. Gently closing your eyes. Inhaling and exhaling. Breathing all the way down to your toes. Filling your stomach, middle lung and upper lung as you inhale and exhale.

Completely letting go now, relaxing your entire body. We are going to take time now, to scan through each of our Chakras, so that we can learn more about them and their helpers. Each of your Chakras has their own vibrational quality and consciousness. Each Chakra may have gate keepers to protect and release the Chakra’s energy. Our Chakras may have spiritual helpers unique to each Chakra. They may have specific guidance for you now. You may wish to work through each of your Chakras, or just notice which Chakras want to give you more information about them. Take time now to listen and notice any messages or feelings that are coming to you from your Chakras. Breathing, inhaling and exhaling. (Allow minimum five minutes here).

Coming back to consciousness of your body, feeling your position in the room. Gently wiggling your toes and fingers. As you inhale, raising your left knee and rolling over onto your right side, laying here for a moment in the fetus position. Breathing. On your next inhale, using your left hand to push your body up to a seated position, keeping your eyes gently closed bringing your hands into your Heart centre into ‘Prayer’. Inhaling and bowing, Namaste.

Section 4: Lightfilled Dance and Movement

Lightfilled Dance and Movement

To begin to understand the difference between Lightfilled Dance and Lightfilled Movement I have provided their definitions. I will then go on to describe each one in more detail.
Lightfilled Dance is “the physical expression of the Physical, Etheric, Astral and Higher Self bodies”.
Lightfilled Movement is “the physical application of strengthening our Physical, Etheric, Astral, and Higher Self bodies”.
In the expression of Lightfilled Dance, the Etheric, Astral and Higher Self bodies are able to communicate. It is the more feminine aspect of the out-breath and expansion. Lightfilled Movement hones in on strengthening all our “bodies” by targeting specific areas of our physical body. It is purpose is to strengthen. It is the more masculine aspect as it is more focused and contracted. Lightfilled dance may also strengthen unintentionally. However Lightfilled Movement’s primary intention is strengthening and the primary purpose of Lightfilled Dance is expression.
I will begin with describing examples of Lightfilled Dance and then we will drill down into more detail of Lightfilled Movement.

Lightfilled Dance

Lightfilled Dance about using our body as a conduit of expression of all our “bodies”. Our Etheric Body can be expressed as we connect to how our life force is flowing through our body. Our Astral Body can be expressed as we connect to the various parts of our personality. Our Higher Self can be expressed as a way to invoke our life’s purpose and intention.

Lightfilled Dance is also a conduit of spiritual communication. Our arms and legs are an extension of spiritual light that is streaming through our body that are connected in the enormous universal matrix of interconnectedness. We can use our Higher Self to channel higher vibrations from our Angels, Archangels, Ascended Masters, Goddesses, Celestial Beings, Spiritual Guides and other Higher frequencies. We can also use our Higher Self to channel the elemental vibrations of the earth, water, air and fire.

The relationship between our different “bodies” can be expressed in Lightfilled Dance as well. This relationship is very important because each one of our “bodies” is affected by the other. Our Higher Self may assist in keeping our Astral Body strong when it feels vulnerable. Our Etheric Body may weaken if we have extended too much time to our Astral Body. Our ability to channel higher vibrations as a spiritual conduit through our Higher Self may provide the Etheric Body with reenergising life forces. We can dance this all out during a process of working through our issues. The ultimate aim of Lightfilled Dance is a harmonisation and balance of all of our “bodies”. Lightfilled Dance is not just about the enlightenment of where our different “bodies” are at. It is about ensuring that they are all expressed so that we achieve inner peace.

Lightfilled Dance is a personal experience and is intensely creative. It is obviously something that I cannot capture entirely in a book, however Lightfilled Dance can be incorporated with many of the themes that we present over the course of the Lightworker Practitioner Training and is only limited by one’s imagination. I have provided some examples below.

Level 1:

- **Allow yourself to receive a resource that you know you especially need right now. It may be strength, compassion or honour. Dance this resource until you feel at one with it.**
- **Get to know one of your guides. Dance how you are feeling. Express this to them. Know that they are surrounding you and listening. Let them in and connect with them.**

- **Channel an archangel, the elementals or an ascended master to strengthen your spirit and the quality that they bring.**

- **Dance out one of the 12 Principles of the Lightworker Practitioner Training to invoke it and see how all your “bodies” react to it. Notice if there is any resistance and work through it in the dance.**

Level 2:

- **Put on a song and dance to help you to connect with any repressed or unexpressed emotions. Choose the music specific to the mood that you want to achieve. If it is grief, you may choose a sad song. If you want to unlock your joy, put on some happy music.**

- **Dance the dance of the different age stages of your inner child to get in touch with each specific age. You might find that each age has a specific type of music that it likes. By indulging each age (infancy, toddler, pre-school, school age, teenager) you will find a greater connection and**

trust is built. It is also a great way to off load any build up of emotion for the child. Bring in your Higher Self in each dance so that the child feels accepted, loved and connected to you.

Level 3:

- **Dance a specific aspect of your shadow. Allow the raw expression of the shadow to be expressed. Ensure that your Higher Self is involved in the dance so that a place of understanding, love, acceptance is achieved. The Higher Self will always be able to see the spiritual gift of the shadow and provide the shadow with what it needs.**
- **Dance more than one specific aspect of your shadow. Connect with how you feel in each role and express how you feel about each other. Ensure that the Higher Self is involved so that both your shadows get what they need and strive to seek understanding, compassion and a middle ground.**

- **Dance both of the extremes of the shadow Archangel archetypes. Then allow the Higher Self to dance the Shadow Integration Archetype to achieve a moderate balance.**

Level 4:

- **Connect with your inner animal totem. Dive into the depths of your psyche and find that part of yourself that has come to you in this life as a resource to support the very foundations of your life purpose. Feel the strength and qualities that this animal totem brings. See the vision of your life from the eyes of this presence within you.**
- **Dance with the elementals. It may be that you want to connect more with Earth, Water, Air of Fire. Or it may be that you want to experience a balance of all of them in the one dance.**
- **Dance to a vibrational sound that you need to nourish your Etheric Body, express your Astral Body and/or strengthen the vibration of your Higher Self.**

Level 5:

- **Dance out one of the processes that are provided in Level 5 before you do the process in paint/clay/drawing. It may assist you in the creative expression that you hope to express on paper/clay.**
- **Dance one of the process or the result of one of the processes from Level 5. This can assist with reinforcing and integrating the process into all your “bodies”.**

Level 6:

- **Tune into a part of your body and allow it to express itself. It may be holding onto past hurts, trauma or wanting to unleash anger or joy. Go with it and just allow whatever comes through to you.**
- **Chakra dancing. Pick a chakra or a sequence of Lightfilled Yoga and transform its energy and message into a dance.**
- **In Lightfilled Yoga for the Solar Plexus we offer an opportunity to dance within the class. This is specifically designed to bring in the Higher Self**

and allow freedom of expression of the Higher Self.

Level 7:

- Dance the dance of the Higher Self changing the world. Connect with the Universe. Feel and see it transform with every moment. Holding this powerful vibration as a dance is transformative for both the dancer and in raising the vibration of the planet.

- Take a friend/student/client through a Lightfilled Dance process or educate them on it. Level 7 is all about extending ourselves because everything is an extension of ourselves. This will reinforce your understanding and increase the power of the way you experience Lightfilled Dance.

- Create a dance that communicates any of the ideas that we have presented in the Lightworker Practitioner Training with the intention of raising the vibration of the person witnessing the dance.

Lightfilled Movement

Lightfilled Movement is any movement that aims to strengthen our Physical, Etheric, Astral and Higher Self Bodies. So this idea presents us with unlimited opportunities for Lightfilled Movements. Once again, it is only limited by our imaginations.

If we have trouble incarnating into certain areas of our body in this life time, we need to strengthen them by engaging our will and intention. Our bodies are formed from previous life times and transformed by the choices we make in this lifetime. If we neglect to work on and strengthen areas of our “bodies” then we are staying in a comfort zone and are not stretching ourselves to evolve into our highest frequencies in this body.

Lightfilled Movement is all about the intention to achieve physical strengthening in such a way that it is harmonizing of the Etheric, Astral and Higher Self bodies. It is not about wanting to be strong in the physical and weak in our Etheric, Astral or Higher Self. Lightfilled Movement is about encouraging a right relationship of strengthening across all areas of ourselves and "bodies".
It was funny how Lightfilled Yoga appeared to me on my 41st birthday in the middle of the night. Then on my 42nd birthday I had a dream that I was in the 'Warrior Pose' and quickly scuttling my feet back and forth (scuttling like a crab) whilst changing 'Warrior Pose' directions. I was also writing this book and so I knew it was a sign that I had to go over each Chakra's and find movements that would challenge us further. I was being given an example of Lightfilled Movement for the Chakras which I expand on below. Even though I was gifted with the idea of Lightfilled Yoga for Strengthening the Chakras, I invited Hannah in on the opportunity to co-create it with me. This made perfect sense as we were both involved in co-creating Lightfilled Yoga for the Chakras. Hannah was delighted and she proved to again come through with the 'Higher Goods'!

Lightfilled Movement for Strengthening the Chakras

Lightfilled Movement for Strengthening the Chakras is provided here for when we want to specifically strengthen or challenge a Chakra.

Hannah and I have provided 4 Lightfilled Movement Strengthening Exercises for each of the 8 Chakras. So there are 32 Strengthening exercises. We have adapted poses from Lightfilled Yoga to assist us in choosing each strengthening exercise.

We have also provided a sequence of Lightfilled Movement Integration for Strengthening the Chakras. We have chosen one strengthening movement exercise for each Chakra. In total there are 8 exercises for Lightfilled Movement Integration for Strengthening the Chakras. Each exercise takes around 5 minutes so it's a good workout!

Lightfilled Movement for the Crown Chakra

1. Strengthening Our Crown Chakra

Commencing in a standing position. Moving into the ‘Crown Chakra Pose’, finding a focus point on the ground, engaging your stomach muscles, grounding down through your right foot, bringing your left foot into your ankle, knee, inner thigh or bringing your ankle to your outer right thigh. Whichever way is comfortable to you. Both hands into ‘Prayer’ and breathing. Keeping the awareness of the beam of Light from your Crown. Pushing the heels of your hands together can help with balance, as does finding the focus point and engaging the stomach muscles. Extend your Angel Wings. On your next inhale, bringing your hands above your head, and exhaling them down onto your Crown Chakra in ‘Prayer’ position. Using your Third Eye and imagination, seeing and feeling the Crown Chakra now activated. Light is streaming from within the Crown Chakra through your whole body, down your spine, through your feet into the Earth and out to through your fingertips. Breathing.

Moving into Crown Chakra Strengthening. Bend your right thigh and then straighten. As you straighten, arms stretch up pointing towards the sky. Repeat 5 times. Swap legs and repeat on the other side.

<u>Variations</u>
Intermediate - Repeat 10 times plus double time for 5 reps.
Advanced - Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

Strengthening Our Pyramid

We commence with standing upright and facing to the right. Stepping feet shoulder width apart, turn both feet parallel to each other. We begin to activate our Earth to Sky Pyramid. Inhaling hands above your head, lengthening your spine. Feeling yourself as a pyramid. There is point above your hands and below your feet, creating the points of your pyramid. Inhaling, hands come into 'Prayer' on your Crown. Feeling the Light beam activation through your body, from the Sun. Inhale and lengthen your spine, exhale and fold your pyramid in half and back up again. Repeat 5 times. Turn to the left and repeat on the other side.

<u>Variations</u>
Intermediate - Repeat 10 times plus double time for 5 reps.
Advanced - Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

2. *Strengthening Side Star Activation*

We commence with standing upright and facing to the right. Stepping feet shoulder width apart, turn both feet into parallel with each other. Creating now, the sides of our stars. Being aware now of the Pyramid you are creating with your energetic body, from your feet creating points to your Crown point above your head. Inhaling your hands above your head and as you exhale, hands come behind your back, clasping your hands together. Inhaling lengthening your spine, exhaling, folding your pyramid halfway drawing your hands above your back. Folding your pyramid all the way to the Earth, your Crown now points to the ground and your hands to the sky. A portal of Light shoots from your Crown into the Earth. Inhaling and exhaling with this Lightfilled awareness. Pulse for 5 counts. And return to an upright position. Repeat 3 times. Turn to the left and repeat on the other side.

<u>Variations</u>
Intermediate – Pulse for 10 counts. Repeat 5 times.
Advanced – Pulse for 15 counts. Repeat 5 times plus 5 times at double time.
Master – Pulse for 20 counts. Repeat 5 times plus 5 times at double time.

3. *Strengthening Our Star Activation*

We commence by standing in an upright position. Commencing with our left side, our feminine side. On your next inhale, looking up, exhaling and bring your hands down through your Chakras to the Earth, folding. Inhaling and looking up, exhaling and folding, stepping your left foot back, right foot steps back into 'Plank'. Inhaling and exhale, down to the Earth, connecting your Chakras to the Earth. Inhaling up into 'Cobra' and exhaling back into 'Downward Facing Dog'. Inhaling, looking up at your hands, stepping your right foot up in between your hands and staying on the ball of your left foot. Bending your front knee at 90 degrees over your front foot. Inhaling drawing your hands above your Crown, extending your arms, lengthening your spine and as you exhale, folding your body over your right leg, hands clasped above your Crown, lengthening your arms. Every inhale, lengthening your spine, every exhale imagining the Light streaming through your spine and your Crown, the feminine energy of your hands containing the Light as it streams from your Crown. You are now activating your front point of your Star. Hold for 5 counts. Point hands to stream the masculine energy and pulse for 5 counts.

Inhaling lengthening your fingers, palms together as you now direct the Light beam, still feeling contained by your feminine energy at the same time. Inhaling and as you exhale, left knee comes to the Earth. Clasping your hands together again now, creating the containment of the feminine, raising your arms to a 45 degree angle. Hold for 5 counts. Point hands with palms together to stream the masculine energy pulse for 5 counts. Repeat on right side.

This exercise may also be done facing the front and then the back.

<u>Variations:</u>
Intermediate Hold for 10 counts, pulse for 10 counts
Advanced Hold for 15 counts, pulse for 15 counts
Master Hold for 15 counts, pulse for 15 counts and then pulse for 20 double time .

Lightfilled Movement for the Third Eye

1. *Strengthening Third Eye Chair Pose*

We commence in a standing upright position. Inhaling hands come up above your head. Exhale, feet come to hip width apart. Inhaling and as you exhale, bringing your hands into 'Third Eye Pose', bending your knees, almost like you are sitting on a chair. Tucking your tail bone under, shoulders drawn down your back. Seeing the Light beaming through your Third Eye. Feeling the light activated through your body and the souls of your feet, providing you with an anchor to keep your balance. 'Third Eye Chair Pose'. Hold for 5 counts, pulse for 5 counts. Straighten legs back up. Repeat 3 times.

<u>Variations</u>
Intermediate – Hold for 10 counts, pulse for 10 counts. Repeat 3 times.
Advanced – Hold for 20 counts, pulse for 20 counts. Repeat 3 times.
Master – Hold for 30 counts, pulse for 30 counts. Repeat 3 times.

2. *Strengthening Third Eye Squat*

We commence in a standing upright position. Inhaling hands come up above your head. Exhale, feet come to hip width apart. Inhaling and as you exhale, bringing your hands into 'Third Eye Pose', bending your knees into a squat. Keeping your back straight. Tucking your tail bone under, shoulders drawn down your back. Seeing the Light beaming through your Third Eye. Feeling the light activated through your body and the souls of your feet, providing you with an anchor to keep your balance. 'Third Eye Squat.' Hold for 5 counts, pulse for 5 counts. Repeat 3 times.

<u>Variations</u>
Intermediate – Hold for 10 counts, pulse for 10 counts. Repeat 3 times.
Advanced – Hold for 20 counts, pulse for 20 counts. Repeat 3 times.
Master – Hold for 30 counts, pulse for 30 counts. Repeat 3 times.

3. *Strengthening Our Third Eye Vision*

We commence by using the ‘Third Eye Chair Pose. Kick your right leg straight in front of you and then your left leg behind you. Activate your Third Eye to keep your front and back vision clear and focused. Keep your hands close to your chest to keep your balance. Kick low to begin with and as you strengthen, you can kick higher. Count 10 kicks to the front and back. Then double time for 20 kicks.

Variations

Intermediate – Count 20 kicks to the front and back. Then double time for 20 kicks.
Advanced – Count 20 kicks to the front and back. Then double time for 30 kicks.
Master – Count 20 kicks to the front and back. Then double time for 40 kicks.

4. *Strengthening Our Third Eye Peripheral Vision*

We commence by using the ‘Third Eye Squat’ position. Kick your right leg to the side and return to a squat. Activate your Third Eye to keep your side peripheral vision clear and focused. Keep your hands close to your chest to keep your balance. Keep your tummy muscles tightened. Feel the sides of your abdomen and your hips working and strengthening. Kick low to begin with and as you strengthen, you can kick higher. Count 10 kicks and back to squat. Then double time for 20 kicks. Repeat on the other side.

Variations

Intermediate – Count 20 kicks to side. Then double time for 20 kicks.
Advanced – Count 20 kicks to the side. Then double time for 30 kicks.
Master – Count 20 kicks to the side. Then double time for 40 kicks.

Lightfilled Movement for the Ear Chakra

1. *Strengthening our Eagle*

We commence by standing in an upright position. On your next inhale, grounding down through your left foot, bending your knee. Engaging your stomach muscles can help you balance, as will finding a focus point on the ground in front of you. On your next inhale, bring your right leg over your left, and wrap your right foot behind your left calf muscle. Exhaling. Inhaling arms come up, right arm comes over your left and wrap your right hand around your left. Shoulders drawn down your back, breathing, inhaling and exhaling. Stretching out your Angel Wings. Bend your left thigh and then straighten. As you bend, your arms move forward slightly. As you straighten your legs, your arms straighten. Repeat 5 times. Swap legs and repeat on the other side.

<u>Variations</u>
Intermediate - Repeat 10 times plus double time for 5 reps.
Advanced - Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

2. *Strengthening our Ear Chakras*

We commence by standing upright. Lung into a squat to the right. Turn both feet out slightly so that your toes are pointing away from each other. Inhaling hands come up above your head as you look up and as you exhale, drawing both hands down to your left ear, bending both knees to 90 degrees, so you are in a squat position. Hold for 5 counts. Pulse for 5 counts. We are in ‘Ear Chakra Pose’ now. Both palms of your hands are facing your left ear, shoulders drawn down your back, tucking your tail bone under, breathing, inhaling and exhaling, using your breath. Sense the light from the portals in your hands connecting with your right Ear Chakra, and the light from your Ear Chakra, connecting to the portals in your hands. Stand back up with legs together and step into a squat to the right. Hands are facing your right ear, shoulders drawn down your back, tucking your tail bone under, breathing, inhaling and exhaling, using your breath. Sense the light from the portals in your hands

connecting with your left Ear Chakra, and the light from your Ear Chakra, connecting to the portals in your hands. Hold for 5 counts, pulse for 5 counts. Repeat 3 times.

Variations

Intermediate – Hold for 5 counts, pulse for 5 counts. Repeat 3 times. Double time repeat 5 times.
Advanced – Hold for 10 counts, pulse for 5 counts. Repeat 3 times. Double time repeat 5 times.
Master – Hold for 15 counts, pulse for 5 counts. Repeat 3 times. Double time repeat 5 times.

3. *Strengthening Our Camel Cat*

We commence by standing on our knees. Our knees are hip width apart. Moving into 'Camel Pose' now. Inhaling lengthening your spine, as you exhale, folding back, bringing your right hand to your right foot and your left hand on your left foot also, grabbing hold of our Angel Wings as we fold back. Holding stomach muscles in to support you. Gently dropping your head back and breathing, inhaling and exhaling. Using your breath, tuning into your Ear Chakras. Hold for 3 counts. Listening for Spiritual Guidance. Inhale and exhale as you draw yourself back up. Hands come back to the Earth in front of you, dropping your stomach to the Earth and rolling from the tail bone, chin into your chest, stomach reaches up to the sky. 'Cat Pose'. Hold for 3 counts. Allowing the guidance into your being through this loosening of the spine. And inhaling to neutral spin. Repeat 3 times.

Variations

Intermediate – Hold for 5 counts. Repeat 3 times.
Advanced – Hold for 10 counts. Repeat 3 times.
Master – Hold for 10 counts. Repeat 3 times. Double time for 3 counts.

4. *Strengthening our Balanced Butterfly*

We commence by sitting on our buttocks. Bringing the soles of your feet together and clasping your hands underneath. Inhaling and lengthening your spine, shoulders drawn down your back, opening up your Heart. Visualizing now, your Ear Chakra Grid. This grid runs horizontal with your Ear Chakras. Breathing. Inhaling and exhaling. Noticing if it has a colour, or any other features. Now using your Angel Wings for balance, grabbing hold of your big toes with each hand, using your forefinger around your big toe, engaging your core stomach muscles, finding a focus point on the ground. On your next inhale, bringing your feet to your Ear Chakra Grid, lengthening your legs, balancing, breathing. Inhaling and exhaling. Bringing your Base Chakra to your Ear Chakra, to encourage your Ear Chakras to be more grounded. You also have beams of light coming out of your feet. Breathing, inhaling and exhaling. Hold for 3 counts. Pulse for 3 counts. Return your feet back down. Repeat 3 times.

<u>Variations</u>

Intermediate – Hold for 5 counts, pulse for 5 counts. Repeat 3 times.

Advanced – Hold for 10 counts, pulse for 10 counts. Repeat 3 times. Lift and lower repeatedly in double time for 10 counts.

Master – Hold for 10 counts, pulse for 10 counts. Repeat 3 times. Lift and lower repeatedly in double time for 20 counts.

Lightfilled Movement for the Throat Chakra

1. *Strengthening Our Throat Chakra*

We commence by standing in an upright position. Moving into the 'Throat Chakra Pose', feet slightly wider than hip width, bending your knees, tail bone aligned with your neck, spine straight, as you drop your shoulders down your back, eye gaze up to 45 degrees in front of you, elongating your neck, arms slightly away from your body behind you with open hands and fingers reaching to the Earth. Breathing, 'Throat Chakra Pose'. Inhaling and exhaling and releasing any restrictions and feeling the Throat Chakra expand.
Moving into Strengthening our Throat Chakra now as we gently come up onto our toes and balance. As we exhale, lowering down to a squat, then inhaling rising back up again. Arms are engaged, shoulders drawn down your back, eye gaze is to the sky, chin lifting slightly to the sky. Bringing that Throat Chakra energy down through your legs, your feet into the Earth. Repeat 5 times.

<u>Variations</u>
Intermediate – Repeat 10 times plus double time for 5 reps.
Advanced – Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

Now we move into the 'Counter Throat Chakra Pose'. Inhaling and straightening your legs. Exhaling and hands sweep past your body as they raise above you into the sky. Inhaling and as you exhale hands come in front of you on a 45 degree angle, bending your knees again. Eye gaze this time to a point 45 degrees in the Earth in front of you. Elongating your neck. Breathing, we are now in 'Counter Throat Chakra Pose'. Inhaling and exhaling. Breathing. Inhaling and exhaling and releasing any restrictions. Feeling your Throat Chakra expanding.

<u>Variations</u>
Intermediate – Repeat 10 times plus double time for 5 reps.
Advanced – Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

2. *Strengthening our Eagle Warrior*

We commence by standing in an upright position. On your next inhale, grounding down through your right foot, bending your knee. Engaging your stomach muscles can help you balance, as will finding a focus point on the ground in front of you. On your next inhale, bring your left leg over your right, and wrap your left foot behind your right calf muscle. Exhaling. Inhaling arms come up, left arm comes over your right and wrap your left hand around your right. Shoulders drawn down your back, breathing, inhaling and exhaling. Stretching out your Angel Wings to help with balance. Drawing your elbows up to eye height, hands drawn away from your face. Inhaling and exhaling. Inhaling and exhaling, feeling your throat expand.

From our 'Eagle Pose', we are unwrapping ourselves, coming to our horizontal balance, 'Warrior III Pose'. Left leg comes out behind you; arms come in front, above your Crown, as you fold your body in half, balancing. Our strengthening flow now, inhale and as you exhale, drawing yourself back up into 'Eagle Pose', left leg wraps around your right leg, bending your right knee, left arm wraps over your right arm, exhaling, inhaling, unwrapping yourself, back to our horizontal balance pose, 'Warrior III'. Repeat 5 times. Swap legs and arms and repeat on the other side.

<u>Variations</u>

Intermediate – Repeat 10 times plus double time for 5 reps.
Advanced – Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

3. *Strengthening our Mermaid*

We commence by standing in an upright position. We now commence with a 'Vinyasa' flow to get ourselves into the correct starting position. Hands are down by your side, straightening your legs. Inhaling hands come up above into 'Prayer' as we look up and exhale, 'Prayer' hands connecting down along your body through your Chakras to the Earth, inhaling and looking up, exhaling and folding, stepping or lightly jumping back to 'Plank', inhaling, exhaling down to the earth, inhaling 'Upward Dog', exhaling, 'Downward Facing Dog'. Breathing. Hands at shoulder width, feet at hip width apart.

Moving into 'Strengthening Our Mermaid' on our left side. Inhaling, left leg comes up in the air behind you, exhaling, inhaling and as you exhale, bending your left knee as it comes in between your hands to the Earth, right leg flat on the Earth behind you, like 'Pigeon Pose'. You may use a block or pillow under your left buttocks if needed. Breathing, inhaling and lengthen your spine, arms come up above you, opening your arms, letting go, and allowing yourself to receive the energy you need for your throat. Inhaling hands come into 'Prayer' above your head, exhaling; hands come down through your Chakras, sweeping out behind you as you fold down to the Earth. Inhaling, hands sweep, big arms circles as you draw yourself up, gazing up, exhaling, hands through your Chakras, to the Earth as you fold down to the Earth. Repeat 5 times. Move through 'Vinyasa' to begin on the other side and repeat.

<u>Variations</u>
Intermediate – Repeat 10 times plus double time for 5 reps.
Advanced – Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

4. *Strengthening Our Lion*

We commence on our hands and knees for 'Strengthening Our Lion'. Hands underneath your shoulders, and knees underneath your hips. Tops of your feet, flat on the ground. Shoulders drawn down your back, breathing. On your next inhale,

rolling from your tail bone, stomach moves up to the sky, chin tucks into your chest, gathering information that we have received from Spirit as our spine is loosened in our ‘Cat Pose’. Exhaling, tail bone leads, stomach drops to the Earth, looking up. Opening the mouth wide and letting our truth be told. Exhaling loudly in our ‘Lion Pose’. Feel the Throat Chakra wide open. Feeling any blockages release. Repeat 10 times. Return to a neutral spine.

Variations

Intermediate – Repeat 10 times plus double time for 5 reps.
Advanced – Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

Lightfilled Movement for the Heart Chakra

1. *Strengthening our Heart Bathtub*

We commence by lying down on our back. Inhaling your legs and arms up into the air. Your legs are as straight as can be up into the sky, bottoms of your feet, flat and parallel to the sky. Arms reaching up, shoulders drawn down your back, opening your Heart. Palms of your hands facing into each other. We are now in 'Heart Bath Tub Pose'. Breathing. Inhaling the energy channelling down through your hands and arms, into your Heart and exhaling, shooting up out of your feet. Breathing. Feeling the energy flow, inhaling and exhaling. Inhaling and exhaling. Breathing. Lowering your arms and legs together as we count….3….2….1. Now lift them up 3…2…1. Repeat 3 times.

<u>Variations</u>

Intermediate – Count 5…4…3…2…1. Now lift them up 5…4…3….2….1. Repeat 3 times.

Advanced – Count 5…4…3 (hold at halfway point for 5 counts) then continue to lower 3…2…1. Now lift them up 5…4…3 (hold at halfway point for 5 counts) 3….2….1. Repeat 3 times.

Master – Count 5…4…3….2 (hold at point just before legs and arms are completely on the floor for 5 counts) then continue to lower 2…1. Now lift them up (hold at the point legs and arms are only just off the floor for 5 counts) 5….4….3….2….1. Repeat 3 times.

2. Strengthening our Plank

We commence by standing upright and inhaling, both hands come up either side of your body, looking up at your hands, as you exhale, folding from your hips, hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth. Inhaling as you look up, lengthening your spine, exhaling and folding. Left foot steps back, right foot steps back, into your 'Plank', or gently jumping back. Inhaling and as you exhale, coming down slowly as we count….3….2….1. Now lift up 3…2…1. Hold for 3 counts while you are focusing on your Heart Chakra, feeling the energy through the front and back. Repeat 3 times.

<u>Variations</u>

Intermediate – Count 5…4…3…2…1. Now lift up 5…4…3….2….1. Hold for 5 counts. Repeat 5 times.

Advanced – Count 5…4…3 (hold at halfway point for 5 counts) then continue to lower 3…2…1. Now lift up 5…4…3 (hold at halfway point for 5 counts) 3….2….1. Hold for 10 counts. Repeat 5 times.

Master – Count 5…4…3….2 (hold at point just before chest is completely on the floor for 5 counts) then continue to lower 2…1. Now lift up 5….4….(hold at the chest is only just off the floor for 5 counts) 3….2….1. Hold for 10 counts. Repeat 5 times.

3. Strengthening Our Angel Wings

We commence by standing in an upright position. Hands come up above you, exhaling opening your arms wide, looking up, opening yourself to receiving, feeling your Angel Wings expand and pulse for 3 counts. As you exhale, your arms sweep down past your body behind you as you fold your body over your right leg. Inhale, drawing yourself back up, opening your arms and gazing up, exhale pulse for 3 counts. Expanding your chest and focusing on your Angel Wings releasing whilst receiving energy through the front of the Heart Chakra. Folding your body down to your leg, arms sweep down. Inhale and tightening your abdominal muscles as you come back up to standing. Repeat 5 times.

<u>Variations</u>
Intermediate – Pulse for 5 counts. Repeat 10 times.
Advanced – Pulse for 10 counts then pulse for 5 counts double time. Repeat 10 times.
Master – Pulse for 10 counts then pulse for 10 counts double time. Repeat 10 times.

4. Strengthening our Heart Star

We commence by standing in an upright position. Moving into our 'Heart Star Pose'. Feet on either side of your mat, further than shoulder width apart. Arms come up, forming a star shape with your body. Breathing, inhaling and exhaling. Breathing light into your Heart and feel it shooting out your hands and feet. Feeling your Angel Wings open. Stomach muscles nice and tight. Bringing legs together as arms come down by the side in a jumping motion. Jumping back into our 'Heart Start Pose'. Repeat 10 times. Come back to hands by the sides and legs together to finish.

<u>Variations</u>
Intermediate – Repeat 20 times.
Advanced – Repeat 50 times.
Master – Repeat 100 times.

Lightfilled Movement for the Solar Plexus

1. *Strengthening Our Solar Plexus*

We commence by lying on our back. Drawing your knees up, feet on the Earth, knees together, hands come in line with your Solar Plexus, heels of your hands resting on the side of your rib cage, fingers pointing towards the sky. Breathing, inhaling and exhaling. Feeling your Solar Plexus energy shooting out up to the Sun and back down into your Solar Plexus, down into the Earth, bringing that grounding Earth energy back up into your Solar Plexus, crossing over at your Solar Plexus. Feel the figure of eight energy flow. Breathing, inhaling and exhaling. Inhaling and exhaling. Feeling connected as above as below. You are the centre. Inhaling and as you exhale, arms come out to the Earth at shoulder height; lengthen legs down to the Earth at the same time. Keep your arms and legs just above the ground. Inhaling and drawing yourself back to 'Solar Plexus Pose'. Repeat 5 times.

<u>Variations</u>
Intermediate – Repeat 10 times plus double time for 5 reps.
Advanced – Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

2. *Strengthening Solar Back Bend*

We commence lying on your back. Inhale and exhale feet come to the Earth, knees up to the sky. Moving into our ‘Solar Plexus Back Bend’. We can choose a half or full back bend. We begin with a half back bend. Feet at hip width, hands by your side. Inhale and lifting your hips up towards the Sun. Keeping your neck straight, chin into your chest, breathing. Inhaling and exhaling, coming down to the Earth, from the top of your spine to the base of your spine. Breathing. If you choose to move to full back bend, feet at hip width, knees up to the sky, hands come on the Earth next to your ears, fingers pointing down towards your shoulders, inhaling and exhaling lifting your body up into full back bend, towards the Sun. Breathing. Feeling that solar connection. Inhaling and exhaling coming back down to the Earth, releasing your hands and feet, legs back on the Earth. Repeat 5 times.

<u>Variations</u>
Intermediate – Repeat 10 times plus double time for 5 reps.
Advanced – Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

Strengthening our Solar Tree

We commence by standing in an upright position. Feet at hip width apart, moving into our ‘Standing Solar Plexus Pose’. Bending your knees, hands at your Solar Plexus, heels of your hands resting on the side of your rib cage, elbows drawn back and shoulders drawn down your back. Breathing, inhaling and exhaling. Inhale and exhale, fold halfway, left leg comes out behind you, arms in front, ‘Prayer’ hands. Inhale, Solar Star Tree Pose, left leg comes into your inner right thigh, ‘Prayer’ hands stretched above your Crown. Exhale, bend your right knee, ‘Prayer’ hands come to your Crown, inhale, straighten your right leg, ‘Prayer’ hands extended, and exhale, both feet to the Earth, bending both knees, hands come to Solar Plexus, Standing Solar Plexus Pose. Weight transferred through both legs and feet on the Earth. Repeat 5 times. Swap legs and repeat on the other side.

<u>Variations</u>

Intermediate – Repeat 10 times plus double time for 5 reps.

Advanced – Repeat 15 times plus double time for 10 reps.

Master – Repeat 15 times plus double time for 20 reps. Swap

3. *Strengthening our Dancing Warrior*

We commence by standing in an upright position. Inhale and as you exhale, hands come to ‘Prayer’ in front of you, as you fold your body forward, left leg comes in the air behind you, so you are parallel with the Earth, balancing, connecting your Solar Plexus with the Earth and the Sun behind you. Inhaling and exhaling, left leg steps back, hands come to the Earth, right foot steps back into ‘Plank’, inhale and exhale down to the Earth, inhale up into ‘Cobra’ and exhale, back into ‘Downward Facing Dog’. Hands at shoulder width and feet at hip width apart, inhaling and lengthening your spine, exhaling, tail bone lifts into the Sky. Breathing. Acknowledging the back of your Solar Plexus. Breathing. On your next inhale turn your left foot out to forty five degrees, right foot steps up in between your hands. Exhale, inhaling and drawing yourself up to standing hands come up above you, hips squared off to the front, bending your right knee at 90 degrees over your right foot, breathing, inhaling and exhaling. Inhale and as you exhale, opening your arms, surrendering as you open, your eyes focused towards the middle finger of your right hand. Engage your Higher Self to keep focused. Breathing. Inhaling and exhaling. Shoulders drawn down your back. Now using a small jump, aiming towards your right hand. We shift to the right (counting to 3), then we quickly turn our feet and head in the opposite direction and we shift to the left (counting to 3). Keeping your focused intention of the Higher Self in each direction. Repeat 5 times.

<u>Variations</u>

Intermediate – 3 jumps each side. Repeat 10 times plus 5 double time.
Advanced – 5 jumps each side. Repeat 10 times plus 5 double time.
Master – 5 jumps each side. Repeat 20 times plus 10 double time.

Lightfilled Movement for the Sacral Chakra

1. *Strengthening our Sacral Chakra*

We commence lying down on our backs. Moving now into our ‘Sacral Chakra Pose’. Drawing your knees up, feet flat on the Earth, close to your buttocks. Feet are slightly wider than hip width apart and arms and hands flat on the Earth, slightly wider than your mat. Breathing, and on your next inhale, lifting your hips up into the sky. Keeping your neck in alignment with your body. You feel the figure of eight energy flowing through your Sacral Chakra, from your sacral up to the Sun and back in through your sacral, crossing over at your sacral as it moves down into the centre of the Earth and then bringing that nourishing Earth energy back up into your Sacral Chakra as the figure of eight energy flows through your sacral. Inhaling and straightening your right leg, exhaling, inhaling lifting your right leg into the sky, exhale and down to the Earth, hovering above the Earth. Keep your leg engaged, toes pointing to the sky. Repeat 3 times, then swap and repeat on left leg.

<u>Variations</u>
Intermediate – Repeat 6 times plus double time for 5 reps.
Advanced – Repeat 9 times plus double time for 10 reps.
Master – Repeat 12 times plus double time for 20 reps.

2. *Strengthening our Sacred Fire*

We commence lying down on our backs. Moving now into our ‘Lighting Sacred Fire Flow’. Feet in ‘Butterfly’, hands resting on your stomach, your Sacral Chakra. As we inhale, our hands slide across our thighs, up along the Earth opening our arms like big Angel Wings, up above our Crown into ‘Prayer’ and exhaling down through our Chakras to our stomach, lifting your torso up off the ground as we reach down to our Base Chakra. Inhale, sliding our hands across our thighs, up along the Earth, opening our arms like big Angel Wings, up above our Crown, into ‘Prayer’ and exhaling down through our Chakras to our stomach. Lifting our torso up as we reach down and across our thighs, up along the Earth and exhaling back down through our Chakras to our tummy. Breathing as your flowing, continuing in your own time, we

want to do twenty of these, breathing, using your breath, your inhale and your exhale, bringing that energy down through our Chakras as we exhale, inhaling back up and exhaling down, igniting that fire in our Sacral Chakra, breathing, inhaling and exhaling. When you have finished your twenty, resting your hands on your stomach. Breathing. Moving now into our 'Lighting Sacred Fire Flow'. Feet in 'Butterfly', hands resting on your stomach, your Sacral Chakra. Now we are doing 3 'Sacred Lifts' as we inhale, our hands slide across our thighs, up along the Earth opening our arms like big Angel Wings, up above our Crown into 'Prayer' and exhaling down through our Chakras to our stomach, lifting your torso up off the ground as we reach down to our Base Chakra. Inhale laying back on the Earth, hands pointing to your toes, exhale, lifting your torso up again, reaching for your toes. Inhale back to the Earth, exhale lift to your toes, inhale back on the Earth and once more inhale back to the Earth, exhale lift to your toes. Hands come above your head and exhale down through your Chakras.

<u>Variations</u>

Intermediate – 30 Lighting Sacred Fire Flow and 5 Sacred Lifts

Advanced – 50 Lighting Sacred Fire Flow and 10 Sacred Lifts

Master – 80 Lighting Sacred Fire Flow and 20 Sacred Lifts

3. *Strengthening our Sacred Twist*

We commence by lying on our backs. Drawing your legs up, knees to the sky and feet on the Earth near your buttocks, your hands come behind your head. As you inhale, tighten your stomach muscles to support you as you draw your torso up and your right elbow touches your left knee, exhaling back down to the Earth. Inhaling other side, left elbow touches your right knee and exhaling back down. Releasing any resistance to your Sacral Chakra being toned and cleansed. Inhaling up, right elbow to left knee and exhale down, inhale left elbow to right knee, drawing your knee up if you need to. Breathing, keeping the flow going with your breath, we want 30 of these Sacred Twists in total (15 each side). Counting as you are breathing. Inhaling and exhaling. Feeling the sides of your Sacral Chakra strengthening. Clearing out any stagnation and inviting the light into our Sacred Sacral Chakra. Using your breath. When you have finished your 'Sacred Twists', resting with your hands still behind your head and knees to the sky. Breathing. Inhaling and exhaling.

<u>Variations</u>

Intermediate – 40 twists (20 twists each side) 20 double time twists (10 each side)
Advanced – 80 twists (40 twists each side) 40 double time twists (20 each side)
Master – 100 twists (50 twists each side) 100 double time twists (50 each side)

4. *Strengthening our Sacred Star*

We commence by lying down on our backs. Moving into our ‘Sacred Star’ now, inhaling drawing your arms and legs up into the sky, in a bathtub formation. Breathing that lightfilled nourishing light in as you inhale and exhale. Feeling the light come down through your arms, shooting down through your torso and Chakras and out your legs. Inhaling and exhaling with this awareness. Inhaling and your next exhale, we are slowly lowering down into our star, holding for 2 counts, before you touch the ground, inhaling and exhaling, inhaling and exhaling. Inhaling and exhale down on the Earth. Ensuring your stomach muscles are working to take any pressure off your back. Breathing. Lifting legs and hold for 2 counts just off the ground. Lifting arms and legs up to the sky again in a bathtub formation. Repeat 3 times.

<u>Variations</u>

Intermediate – Hold for 3 counts. Repeat 3 times.

Advanced – Hold for 5 counts. Repeat 5 times.

Master – Hold for 10 counts. Repeat 5 times.

Lightfilled Movement for the Base Chakra

1. *Strengthening our Base Chakra*

Commencing in a standing position we now move into our ‘Standing Base Chakra Pose’ now. Finding a focus point on the Earth to help you balance, connecting the soles of our feet whilst standing. If it feels too strong, turning one foot in at a time, alternating with the outside edge of your foot on the Earth. Hands come up above you in ‘Prayer’. Bending your knees. Feeling the connection through the outside of your foot with the Earth, feeling the stretch through your ankle and foot. Breathing. Feeling the figure of eight energy flow through your body in our ‘Standing Base Chakra Pose’, the crossing over of energy in your Base Chakra. Breathing, inhaling and exhaling. Even if you are standing on one outside edge of your foot at a time, the figure of eight flow of energy remains constant. Inhaling and exhaling. Inhaling and exhaling, releasing the soles of your feet back to the Earth. Balancing, inhale and exhale, squatting down, whilst in ‘Standing Base Chakra Pose’, your buttocks comes out behind you, allowing you to squat lower. Prayer hands come to your Crown.
Inhale and lengthening your body, standing back in ‘Standing Base Chakra Pose’. Repeat 5 times. If using one foot at a time, repeat on either side.

<u>Variations</u>
Intermediate – Repeat 10 times plus double time for 5 reps. If using one foot at a time, repeat on either side.
Advanced – Repeat 15 times plus double time for 10 reps. If using one foot at a time, repeat on either side.
Master – Repeat 15 times plus double time for 20 reps. If using one foot at a time, repeat on either side.

2. *Strengthening our Dancing Shiva*

Commencing in a standing position. Moving into our ‘Standing Dancing Shiva Flows’ now, we use the energy of our Base Chakra to keep us balanced and grounded. Grounding down through your right foot, raising your left leg and holding the inside of your left foot with your left hand. Right hand to your right hip. Left leg out in front as straight as can be. Breathing. Inhale and as you exhale, still holding your foot, drawing your left foot down past your right knee as you draw your left knee through your arm, so your left leg comes out behind you, your left hand slides from the inside of your foot to the top of your foot as you come to our ‘Dancing Shiva Pose’ on our Feminine side. Balancing, right arm comes up into the sky in front of you, as you fold your body forward, left leg up behind you, holding your left foot with your left hand, breathing, balancing, inhaling and as you exhale, flowing forward, left leg flows down and through your arm, sliding your left hand back to the inside of your foot, left leg comes out in front of you. Right hand comes to your hip. Repeat 5 times. Swap legs and repeat on the other side.

<u>Variations</u>

Intermediate – Repeat 10 times plus double time for 5 reps.
Advanced – Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

3. *Strengthening Our Chalice*

We commence in a standing position. Moving into our ‘Chalice Reverence Pose’ on our feminine left side now, inhaling hands flow up as you look up, exhaling and folding, hands connecting down through your Chakras on your body to the Earth. Inhaling and looking up, exhaling and folding, stepping or lightly jumping back. Inhaling and exhaling down to the Earth, inhaling your Chakras alight as you sweep the Earth up into ‘Cobra’. Breathing, inhaling and exhaling back into ‘Downward Facing Dog’. Inhaling, left foot turns out 90 degrees; right foot steps up in between your hands as you draw yourself up to standing, turning your right foot into parallel with your left foot, turning to our left, our feminine side. Inhaling and turning your toes and feet, out slightly from one another, bending your knees, so your knees are at 90 degrees over your feet, opening your Base Chakra as your Base Chakra connects with the Earth. Inhaling arms come up and exhaling, arms open as you create the shape of a Chalice cup, fingers pointing up to the sun, elbows at 90 degrees, palms of your hands facing into you, breathing as you inhale and exhale. You are like a tree. Your arms are the tree branches absorbing the Sun’s energy, into your trunk which nourishes you and filling you with light. Your legs like are like the roots of a tree, absorbing the energy radiating up from the Earth through your Base Chakra igniting your Heart and filling you with love. Inhaling and exhaling. Breathing right into your stomach, middle lungs and upper lungs. Feeling connected above and below. This balance of light and love. From ‘Chalice Reverence Pose’, inhale lengthen your legs and arms come up above you into ‘Prayer’. Growing tall like a tree. Exhale and grounding back to ‘Chalice Reverence’ pose, grounding into the Earth. Repeat 5 times. Repeat on other side.

<u>Variations</u>

Intermediate – Repeat 10 times plus double time for 5 reps.
Advanced – Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

4. *Strengthening Our Base Side Stretch*

We commence by standing on our knees. Knees are hip width apart, tops of your feet flat on the Earth. Into our ‘Base Side Stretch’ now, inhaling and as you exhale, right leg comes out to your right side, sole of your foot, flat on the Earth, toes pointing to the front, your right foot in line with your left knee. Tightening your stomach muscles as you lift your right leg slightly off the ground. Inhale and exhale. Lower your leg. Inhaling drawing yourself up to standing. Exhale. Inhale both hands come up and as you exhale, left hand comes to the Earth in a flowing movement as you lean to your left, right arm comes over your right ear, shoulders drawn down your back, breathing as you gaze up under your right armpit. Right palm facing the Earth, breathing as you feel the stretch down the right side of your body, inhaling and exhaling. Inhale drawing yourself back up, exhale and right hand slides down your right leg, left arm comes over the top in a flowing movement as you lean to your right, breathing, gazing under your left armpit. Inhaling and exhaling. Feeling the stretch down the left side of your body. Inhale and exhale. Inhale and as you exhale, drawing yourself back up to standing, both hands come to the Earth, back to hands and knees. Repeat 5 times. Swap legs and repeat on other side.

<u>Variations</u>

Intermediate – Repeat 10 times plus double time for 5 reps.
Advanced – Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

Lightfilled Movement Chakra Integration Sequence

1. *Crown Chakra - Strengthening Our Crown Chakra*

Commencing in a standing position. Moving into the ‘Crown Chakra Pose’, finding a focus point on the ground, engaging your stomach muscles, grounding down through your right foot, bringing your left foot into your ankle, knee, inner thigh or bringing your ankle to your outer right thigh. Whichever way is comfortable to you. Both hands into ‘Prayer’ and breathing. Keeping the awareness of the beam of Light from your Crown. Pushing the heels of your hands together can help with balance, as does finding the focus point and engaging the stomach muscles. Extend your Angel Wings. On your next inhale, bringing your hands above your head, and exhaling them down onto your Crown Chakra in ‘Prayer’ position. Using your Third Eye and imagination, seeing and feeling the Crown Chakra now activated. Light is streaming from within the Crown Chakra through your whole body, down your spine, through your feet into the Earth and out to through your fingertips. Breathing.

Moving into Crown Chakra Strengthening. Bend your right thigh and then straighten. As you straighten, arms stretch up pointing towards the sky. Repeat 5 times. Swap legs and repeat on the other side.

<u>Variations</u>
Intermediate - Repeat 10 times plus double time for 5 reps.
Advanced - Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

2. *Third Eye - Strengthening Our Third Eye Vision*

We commence in our ‘Third Eye Chair Pose’. Kick your right leg straight in front of you and then your left leg behind you. Activate your Third Eye to keep your front and back vision clear and focused. Keep your hands close to your chest to keep your balance. Kick low to begin with and as you strengthen, you can kick higher. Count 10 kicks to the front and back. Then double time for 20 kicks.

<u>Variations</u>

Intermediate – Count 20 kicks to the front and back. Then double time for 20 kicks.
Advanced – Count 20 kicks to the front and back. Then double time for 30 kicks.
Master – Count 20 kicks to the front and back. Then double time for 40 kicks.

3. *Ear Chakras - Strengthening our Balanced Butterfly*

We commence by sitting on our buttocks. Bringing the soles of your feet together and clasping your hands underneath. Inhaling and lengthening your spine, shoulders drawn down your back, opening up your Heart. Visualizing now, your Ear Chakra Grid. This grid runs horizontal with your Ear Chakras. Breathing. Inhaling and exhaling. Noticing if it has a colour, or any other features. Now using your Angel Wings for balance, grabbing hold of your big toes with each hand, using your forefinger around your big toe, engaging your core stomach muscles, finding a focus point on the ground. On your next inhale, bringing your feet to your Ear Chakra Grid, lengthening your legs, balancing, breathing. Inhaling and exhaling. Bringing your Base Chakra to your Ear Chakra, to encourage your Ear Chakras to be more grounded. You also have beams of light coming out of your feet. Breathing, inhaling and exhaling. Hold for 3 counts. Pulse for 3 counts. Return your feet back down. Repeat 3 times.

<u>Variations</u>

Intermediate – Hold for 5 counts, pulse for 5 counts. Repeat 3 times.

Advanced – Hold for 10 counts, pulse for 10 counts. Repeat 3 times. Lift and lower repeatedly in double time for 10 counts.

Master – Hold for 10 counts, pulse for 10 counts. Repeat 3 times. Lift and lower repeatedly in double time for 20 counts.

4. *Throat Chakra - Strengthening Our Lion*

We commence on our hands and knees for ‘Strengthening Our Lion’. Hands underneath your shoulders, and knees underneath your hips. Tops of your feet, flat on the ground. Shoulders drawn down your back, breathing. On your next inhale, rolling from your tail bone, stomach moves up to the sky, chin tucks into your chest, gathering information that we have received from Spirit as our spine is loosened in our ‘Cat Pose’. Exhaling, tail bone leads, stomach drops to the Earth, looking up. Opening the mouth wide and letting our truth be told. Exhaling loudly in our ‘Lion Pose’. Feel the Throat Chakra wide open. Feeling any blockages release. Repeat 10 times. Return to a neutral spine.

<u>Variations</u>

Intermediate – Repeat 10 times plus double time for 5 reps.
Advanced – Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

5. *Heart Chakra - Strengthening our Plank*

We commence in by standing in an upright position. Inhaling, both hands come up either side of your body, looking up at your hands, as you exhale, folding from your hips, hands come down through your Chakras, bending your knees if you have to, drawing your hands all the way to the Earth. Inhaling as you look up, lengthening your spine, exhaling and folding. Left foot steps back, right foot steps back, into your 'Plank', or gently jumping back. Inhaling and as you exhale, coming down slowly as we count….3….2….1. Now lift up 3…2…1. Hold for 3 counts while you are focusing on your Heart Chakra, feeling the energy through the front and back. Repeat 3 times.

<u>Variations</u>

Intermediate – Count 5…4…3…2…1. Now lift up 5…4…3….2….1. Hold for 5 counts. Repeat 5 times.

Advanced – Count 5…4…3 (hold at halfway point for 5 counts) then continue to lower 3…2…1. Now lift up 5…4…3 (hold at halfway point for 5 counts) 3….2….1. Hold for 10 counts. Repeat 5 times.

Master – Count 5…4…3….2 (hold at point just before chest is completely on the floor for 5 counts) then continue to lower 2…1. Now lift up 5….4….(hold at the chest is only just off the floor for 5 counts) 3….2….1. Hold for 10 counts. Repeat 5 times.

6. *Strengthening our Dancing Warrior*

We commence in an upright standing position. Inhale and as you exhale, hands come to ‘Prayer’ in front of you, as you fold your body forward, left leg comes in the air behind you, so you are parallel with the Earth, balancing, connecting your Solar Plexus with the Earth and the Sun behind you. Inhaling and exhaling, left leg steps back, hands come to the Earth, right foot steps back into ‘Plank’, inhale and exhale down to the Earth, inhale up into ‘Cobra’ and exhale, back into ‘Downward Facing Dog’. Hands at shoulder width and feet at hip width apart, inhaling and lengthening your spine, exhaling, tail bone lifts into the Sky. Breathing. Acknowledging the back of your Solar Plexus. Breathing. On your next inhale turn your left foot out to forty five degrees, right foot steps up in between your hands. Exhale, inhaling and drawing yourself up to standing hands come up above you, hips squared off to the front, bending your right knee at 90 degrees over your right foot, breathing, inhaling and exhaling. Inhale and as you exhale, opening your arms, surrendering as you open, your eyes focused towards the middle finger of your right hand. Engage your Higher Self to keep focused. Breathing. Inhaling and exhaling. Shoulders drawn down your back. Now using a small jump, aiming towards your right hand. We shift to the right (counting to 3), then we quickly turn our feet and head in the opposite direction and we shift to the left (counting to 3). Keeping your focused intention of the Higher Self in each direction. Repeat 5 times.

<u>Variations</u>

Intermediate – 3 jumps each side. Repeat 10 times plus 5 double time.
Advanced – 5 jumps each side. Repeat 10 times plus 5 double time.
Master – 5 jumps each side. Repeat 20 times plus 10 double time.

7. *Strengthening our Sacred Fire*

We commence by lying down on our backs. Moving now into our ‘Lighting Sacred Fire Flow’. Feet in ‘Butterfly’, hands resting on your stomach, your Sacral Chakra. As we inhale, our hands slide across our thighs, up along the Earth opening our arms like big Angel Wings, up above our Crown into ‘Prayer’ and exhaling down through our Chakras to our stomach, lifting your torso up off the ground as we reach down to our Base Chakra. Inhale, sliding our hands across our thighs, up along the Earth, opening our arms like big Angel Wings, up above our Crown, into ‘Prayer’ and exhaling down through our Chakras to our stomach. Lifting our torso up as we reach down and across our thighs, up along the Earth and exhaling back down through our Chakras to our tummy. Breathing as your flowing, continuing in your own time, we want to do twenty of these, breathing, using your breath, your inhale and your exhale, bringing that energy down through our Chakras as we exhale, inhaling back up and exhaling down, igniting that fire in our Sacral Chakra, breathing, inhaling and exhaling. When you have finished your twenty, resting your hands on your stomach. Breathing. Moving now into our ‘Lighting Sacred Fire Flow’. Feet in ‘Butterfly’, hands resting on your stomach, your Sacral Chakra. Now we are doing 3 ‘Sacred Lifts’ as we inhale, our hands slide across our thighs, up along the Earth opening our arms like big Angel Wings, up above our Crown into ‘Prayer’ and exhaling down through our Chakras to our stomach, lifting your torso up off the ground as we reach down to our Base Chakra. Inhale laying back on the Earth, hands pointing to your toes, exhale, lifting your torso up again, reaching for your toes. Inhale back to the Earth, exhale lift to your toes, inhale back on the Earth and once more inhale back to the Earth, exhale lift to your toes. Hands come above your head and exhale down through your Chakras.

<u>Variations</u>

Intermediate – 30 Lighting Sacred Fire Flow and 5 Sacred Lifts

Advanced – 50 Lighting Sacred Fire Flow and 10 Sacred Lifts

Master – 80 Lighting Sacred Fire Flow and 20 Sacred Lifts

8. *Base Chakra - Strengthening Our Chalice*

We commence in a standing position. Moving into our ‘Chalice Reverence Pose’ on our feminine left side now, inhaling hands flow up as you look up, exhaling and folding, hands connecting down through your Chakras on your body to the Earth. Inhaling and looking up, exhaling and folding, stepping or lightly jumping back. Inhaling and exhaling down to the Earth, inhaling your Chakras alight as you sweep the Earth up into ‘Cobra’. Breathing, inhaling and exhaling back into ‘Downward Facing Dog’. Inhaling, left foot turns out 90 degrees; right foot steps up in between your hands as you draw yourself up to standing, turning your right foot into parallel with your left foot, turning to our left, our feminine side. Inhaling and turning your toes and feet, out slightly from one another, bending your knees, so your knees are at 90 degrees over your feet, opening your Base Chakra as your Base Chakra connects with the Earth. Inhaling arms come up and exhaling, arms open as you create the shape of a Chalice cup, fingers pointing up to the sun, elbows at 90 degrees, palms of your hands facing into you, breathing as you inhale and exhale. You are like a tree. Your arms are the tree branches absorbing the Sun’s energy, into your trunk which nourishes you and filling you with light. Your legs like are like the roots of a tree, absorbing the energy radiating up from the Earth through your Base Chakra igniting your Heart and filling you with love. Inhaling and exhaling. Breathing right into your stomach, middle lungs and upper lungs. Feeling connected above and below. This balance of light and love. From ‘Chalice Reverence Pose’, inhale lengthen your legs and arms come up above you into ‘Prayer’. Growing tall like a tree. Exhale and grounding back to ‘Chalice Reverence’ pose, grounding into the Earth. Repeat 5 times. Repeat on other side.

<u>Variations</u>

Intermediate – Repeat 10 times plus double time for 5 reps.
Advanced – Repeat 15 times plus double time for 10 reps.
Master – Repeat 15 times plus double time for 20 reps.

Section 5: Lightfilled Activity and Exercise

Lightfilled Activity and Lightfilled Exercise

Let me begin this section by defining Lightfilled Activity and Lightfilled Exercise.

Lightfilled Activity is ‘bringing our conscious intention to raising the vibration in the present moment’.

Lightfilled Exercise is ‘connecting with spiritual support to assist us in transforming our Physical, Etheric, Astral and Higher Self bodies during exercise’.

Lightfilled Activity

Any activity that we pursue whether its work, study, parenting, relationships or exercise can be a Lightfilled Activity. When we remain present and in our Higher Self during any activity, it is a Lightfilled Activity.

During a Lightfilled Activity, our Higher Self is a witness. We are still conscious of the other parts of ourselves and others. We remain a witness rather than a reactor. As we embody this level of witnessing, we provide a higher vibration to any activity. The intention of the Lightworker Practitioner Training is to evolve your Higher Self to this level of witnessing. Therefore being a Lightworker Practitioner is a Lightfilled Activity.

When our Higher Selves are present in an activity, we are still able to witness other parts of ourselves and others in an accepting, loving and non-judgmental way. We don’t indulge other parts of ourselves or lose sight of the bigger picture. We are able to sit on top of the mountain and know that it is all good. We see every obstacle as a potential growth opportunity. Every challenge is another opportunity to stretch ourselves, believe in ourselves, love ourselves and exercise our faith that anything is 100% possible 100% of the time. We evolve as we use our mind in this way.

When we are doing any Lightfilled Activity that involves being physical such as with Lightfilled Exercise, we strive to be positive during the activity, even if it’s tough. We become VERY conscious when we are feeling pain, discomfort and activating our body. So physical activity ‘wakes us up’. What we want in that awakening is a conscious intention of raising our vibration by remaining positive about our pain. Lightfilled Activity is not ever about punishing ourselves. Every challenge is seen by us as a loving stretch to our highest potential. As we push ourselves and our bodies, we sweat, we hurt and we strive harder and harder to transform ourselves to our

fullest potential – and our vibration to its fullest potential. It is very different from punishing yourself and pushing yourself because you don't like yourself. Lightfilled Activity is not about going easy on yourself though. Easy is not a challenge for your spirit or your higher self. 'Mixing up' activities and providing challenges within activities keeps us evolving. We are always guided by our Higher Self as to what is too much or not enough. We continue to check in with our guidance to ensure that we have this balance.

Lightfilled Activity activates our higher consciousness. This higher consciousness does not let the Physical, Etheric or Astral bodies rule our thinking, actions and choices. Lightfilled Activity is not about being conscious for the sake of being conscious. It is about being conscious to raise our vibration and this transforms our bodies. It also stretches our minds to a higher thinking of 'mind over matter'. We are masters of the body when we are not mastered by the body. The body itself is an instrument. It is not running the show. Our shadow selves will run the show and our body will reflect our shadow if we allow them to or we are unconscious of them. They will do a good job at sabotaging us and keeping us; in our comfort zone, overweight, underweight, sick, in pain and injury for as long as we let them. Their message is very important and we need to listen to their needs, but not bow to their every desire. We need our higher self to take the upper hand and lead them by the hand into the light. As we transform our shadows, we transform our bodies. As we transform our bodies, we transform our shadows. They are interconnected and related. The more we transform our shadows, the higher our vibration becomes. Our bodies transform into the Lightfilled Being. This process is sometimes fast, sometimes slow and sometimes somewhere in between. We may find it is a mixture of all 3 over time. We go through phases where we stay at a certain vibration, acclimatise and plateau for a while. This is a good challenge too.

If we are doing any activity purely for self gain, then it is not a Lightfilled Activity. Lightfilled Activities strive to increase the vibration not only of ourselves but of others around us too. A good reality check is to ask ourselves whether we are doing our activity for vanity, attention or to truly raise the vibration and feel good in our own skin. Sometimes activities that we have pursued for vanity evolve as we evolve. For example, we may start to exercising to improve our looks. Then over time, the feeling of being healthy and having a lighter vibration is far more attractive to us than just

looking good. We might find that we like more muscle to feel strong rather than just being a smaller size. This happened to me. I always wanted to be 5 kilos lighter (yes that old story). What I discovered was that as I got healthier, I enjoyed having a moderate amount of muscle and I looked and felt much healthier. I weighed about 5 kg heavier than I weighed at a lighter weight with less muscle. Funny thing though, I had the same body measurements and I still fit into smaller size clothes that I wore when I was at the lighter weight! My body's metabolism was so much healthier with the muscle too. Now I recommend aiming for health and trusting your body to change. If you are consistent with the Lightfilled Activity, it will change your body to its highest healthiest potential. When that body turns up, you will know and you will love it. Every minute that you spent loving yourself during the activity, you will feel yourself wearing that love.

Lightfilled Exercise

Let me tell you the story of how Lightfilled Exercise began.

It was really interesting when I got back into jogging after my trip back from France because I enjoy it and the added benefit was to shed my 'winter coat'. I commenced writing Level 4 "Vibrating In the Light" and got heaps of information about Lightfilled Exercise that I now understand needed to be included in this book.

I was writing the Level 4 "Vibrating in The Light", which is all about the elements. The element of Air relates to the Astral Body and therefore it connects us to our breath. When we exercise, we breathe. So there is a direct correlation between the Astral Body and exercise.

When I got back from France, it was still one month left of cold, winter, dark mornings and I needed some inspiration and motivation. I was out of practise from jogging and found that I was experiencing some pain revisiting this level of intensity of exercise. Funnily enough, I found my daughter Phoenix wanting to come along for my little jog/walks and I naturally started passing on my knowledge. It was lovely to see that the information that I had been given worked instantaneously with her. She put into practise this wonderful thing that we are now calling 'Lightfilled Exercise' because, well, that is exactly what it is.

The information that I got through one morning was that as we feel heaviness or pain, we breathe the light down into it. This is the medicine. It is also the prevention because the lightfilled breathing itself assists us in not getting stitches or pain in our muscles. It also makes us more conscious of our limits and assists us to stretch past our comfort zone. It is both a more loving and more truthful form of exercise. It was so amazing when my daughter got a stitch. We stopped jogging but kept walking. Then I told her about the lightfilled breathing and she did it. Basically I told her 'Imagine that with every in-breath you are breathing in the light and with every out-breath you are breathing out the stitch'. After a few seconds, she said it had gone. We kept jogging and walking for another half an hour or so and it didn't return. It was great. Towards the end of our exercise, she felt more connected to nature and on her own prompting, we had a walking nature meditation. We decided to just listen and look at our surroundings around us. It was very nourishing and centring. The Lightfilled Exercise had encouraged a natural connection to our higher selves and our environment too.

I also had the realisation that we can use exercise as a way to bring us closer or further away from spirit. We can use it to punish ourselves or to assist us to evolve. It is always a choice as to how we undertake exercise. It is from a place of love or fear? Do we want to be connected or disconnected? Are we being honest with our limits by pushing ourselves too hard or staying in our comfort zone? I realised that Lightfilled Exercise is one of the most earthly things that we can do in taking action to greet the spirit coming into our body whilst we are in movement.

Lightfilled Exercise is a more physical form of Lightfilled Activity. Where Lightfilled Activity can be active too, it also might be more passive in a physical sense. Lightfilled Exercise is physical and uses the body to increase the heart rate and breath.

Lightfilled Exercise is not about exercising as a trade-off for what we eat. It is about acknowledging that we need to exercise regularly to keep our body and vibration healthy. It is not about confusing food and exercise as one entity. I understand the whole input of calories vs. what we burn off as calories = how much we can consume

without putting on weight. That is common sense and we can seek nutritional advice on our body's needs for our age and height. However, if we eat healthy food moderately, then a moderate body size will turn up. If we also exercise regularly, then a healthier body will turn up. When we are regularly eating moderately and exercising then we get the best of both worlds. However if we enmesh them and use exercise as a way to burn off calories from eating too much or eating a particular food intentionally to burn it off, it becomes a form of bulimia. This bulimic exercise becomes a punishment rather than an opportunity to love ourselves. It is not about giving to ourselves, it is about taking something out of ourselves. Unfortunately exercising food away is a form of bulimia that is widely accepted and promoted in society today. It is not helpful at all in transforming our vibration. It keeps us in the dark and appeals to our lower shadow vibration. We can easily get caught up in a yoyo diet syndrome where we are overeating and trying to work it off through exercise. We will never get to enjoy exercise when we are in this cycle.

Exercise to purely lose weight or keep weight off is such a shallow way of utilising the time that we could spend on using our body to strengthen our spirit and love ourselves into health. Learning to separate eating from exercise brings a big shift in our attitude and long term life style. Lightfilled exercise is about strengthening our relationship between our body and our higher self. It is about loving ourselves. This is important in becoming a Lightfilled Being.

In this section we discuss some areas of the body that we can work on through specific activities and exercises that will assist both our Chakras and our body to stay clear and strong. We need oxygen to enliven and support our Chakras. Exercises that only strengthen lack the vital element of air that we need to access our highest vibrational frequencies. Oxygenated activities alone do not strengthen or support areas of our bodies that we have not incarnated into properly. That is why I have included strengthening exercises in Lightfilled Movement in Section 4 of this book.

An example of a Lightfilled Activity

I shared my thoughts on how I connect with my Chakras, energy, body, organs and higher self during my exercise with my husband Tony. I was interested to hear how he connected with all these things specifically when it came to his surfing. He loves

to surf. I am not too keen on it as it is so much of a challenge in itself to do, not a joy. My joy comes through jogging. So we differ there. However he finds jogging much the same as I find surfing – weird and a challenge. It's good to know that we both have challenges in some areas of activity. Some areas of activity challenge us more physically than they benefit us in other areas. This is not better or worse. I am sure I would grow in a different way from persisting with the surfing; however I have received so much spiritual growth from my jogging that I am just not there yet to persevere with surfing. I wanted to show a perfect example of how one activity (even if it is not my preference) can connect you as a Lightfilled Being. I was far more excited about trying to persevere with surfing after hearing Tony's reflections on it. Let me start at the beginning.

Tony said that the preparation to go and surf is actually very powerful. He said that in looking at or 'reading' the surf, he is already connecting with the natural rhythms of the ocean and the principles that underlie it. Where the flow is, the currents, how rough or clear the water is. All these principles can be applied to life. How willing are we at any given moment to fight the current or brave a rough sea? He mentioned that the minute he starts paddling out on his board, it is like leaving behind all the unanswered questions, bothers or energy that are not his. It is like leaving it on the shore and paddling towards a deeper truth. Whatever he returns to is like an answer or that which he is meant to deal with. If it is morning time, Tony said that it is hard not to be in awe of a beautiful Sunrise, rays splaying through the clouds. He said that he uses his Third Eye to read the currents and oceans. He feels the Sunrise in his Heart Chakra. When catching a wave, depending on what is going on in his mind, it is like the waves are responding to the questions or issues at hand. If something is troubling him and he misses a wave, it is like, what am I missing here? What is stopping me from getting this issue? And also, if he is on a wave and has a thought and loses balance, it is similar to our Lightfilled Yoga where we may have a thought and lose our balance in a pose. I was quite enlightened by the fact that Tony was reading the waves to this depth, that he was in fact using the waves and the process of surfing as a barometer to his questions and current issues. Tony said that surfing cleared his head so that his higher self and Claircognisence dropped in more. Often solutions would just come to him out of the blue during or after his surf. He said that

in being open to the beauty of all that surrounded him under and above the water, the turtles, the birds and fish, they all played a part in giving him information. I knew that I would be writing about activities in this book that would assist us in creating a higher vibrational frequency. What I didn't realise was that it was our attitude and what we bring to any activity that changes our vibrational frequency. If we go into an activity with an open mind, to learn and to gain information for our evolution of consciousness, then any activity can be a Lightfilled one. Obviously some activities might speed that along quicker than others. However by reading this, you probably get my drift. Other Chakras that Tony commented on that were affected by his surfing were: Base – when sitting on the board, it really opened him up and he felt a solid connection to his board. Solar Plexus – when paddling out, he felt a connection to the board and the ocean through the Solar Plexus. When the Sun is above him I imagine that he feels connected above to this source as well. Throat – although the Throat Chakra isn't exercised much through this activity, Tony said that he found that even a celebration 'woohoo' or a warning 'yep' to another surfer to indicate catching a wave, were also necessary to keep the throat open. Tony said that his clairaudience and ability to hear his spiritual guidance was enhanced. Solutions to problems would drop into his Claircognisence and enhanced by his clairsentience to stabilise himself with his balance on the board. He felt such a huge Heart connection with all life and so full in his chest after going for a surf. And as for his Sacral Chakra? I asked Tony when and how he felt spiritually nourished with surfing. He surprised me and said, when he was finished and celebrated his surf often by just floating and luxuriating in the 'after surf glow' in the shallower waters. He said that it made him feel so full and satisfied. Wow, I really loved Tony sharing all this information with me. I know that this example translates to many Lightfilled Activities. We need to be open to how much MORE we get from exercise and activity rather than just the body image changing theme. We get spiritual body revamp as well. One last thing, Tony said that he tunes out the coldness or any discomfort from that whilst he is surfing. He wasn't sure if this was denial or a special ability. He said that it felt like a bubble protecting him. I would love to practise this ability myself as I have such an aversion to cold water. Hmmm….

A Guide for Lightfilled Exercise:

- Plan what the activity is and why you want to do it. That way, you empower yourself, you own your transformation.
- Turn up for your activity and do it with love and gratitude. Don't see any activity as a chore or punishment. It is a gift for you to transform your vibration.
- If plans change, own the changes and don't act like a victim to change. Use it as an opportunity to find another way to be active and transform your vibration.
- To build your fitness level you may plan to go a bit faster at your activity than usual. Or you may increase your speed in spurts throughout the activity.
- When you are feeling fitter you may also plan an activity to go a bit longer than usual. For example you usually go on a 45 minute walk but you stretch it to an hour.
- Trying a new activity that works different areas of your body than you are used to, will challenge and transform different muscles.
- If you hit a comfort zone with certain stretches you may choose to hold them a bit longer or going that little bit further.
- Visualise the light coming into your lungs, energetic centres, organs, bones, muscles and blood stream while you are exercising to increase your vibrational transformation.
- To stretch yourself, try an exercise that seems insurmountable. Just doing one of rep of it, then the next time trying 2 reps and the next time trying 3 etc.
- Try an exercise that seems boring. You might use it as an excuse to meditate at the same time. I find this with bikes in the gym. They seem to be boring, but hey I can sit and close my eyes and meditate and still be getting a work out.
- If you have an injury, see this as an opportunity to challenge yourself. For instance it may be that all you can do is walk because of a shoulder operation. But during that walk, you challenge yourself in other ways. Holding in your stomach/pelvic muscles while you walk e.g. first holding for 4 counts and

resting for 4 counts. Then holding for 8 counts resting for 8 counts. Then holding for 16 and resting for 16. Then holding for 32 and resting for 32.

Examples of suggested Lightfilled Exercises for Clients

- Ask your client to breath in light to a certain chakra and release any blockages whilst they are going for a walk. Ask them to do this daily as part of their home play. Have them notice any resistance that they have during the week, journal about it and bring it in to discuss. This is especially helpful if a client has just had a clearing on a certain chakra and they need to maintain the healing daily to ensure it is a long term healing. Their higher self is most challenged when it is focused on the body. So here we are inviting spirit in consciously and also noting the resistance. Both are important. The client might overcome any resistance naturally or it may be something to focus on in the next session.

- Ask the client to repeat a positive affirmation or new belief whilst they are exercising in their preferred exercise. Have the client note if it was more challenging at certain times of their exercise or in certain positions. You can play with this idea by asking them to repeat this same exercise using an exercise that they dislike. This certainly will strengthen their will and their belief in their new affirmation – as well uncover any resistance.

- If the client is unfit, discuss what their resistance is to exercise. Have them challenge any negative beliefs by creating a new one. For example if their current belief is “I hate exercise, its painful” or “Exercise is punishment”. They may choose to change their belief to “I love exercise because I love taking care of myself” or “Exercise means loving myself”. Then have them do some light exercise such as going for a walk every day. They can feed back to you any changes this has made to their lives.

In the table below, I have listed some activities that we can use to specifically energise and strengthen our Chakras.

Energising & Strengthening Activities for the Chakras

Chakra	**Oxygenated activities**	**Strengthening exercises**
Crown	Jogging, power walking, swimming	Tai Chi, Chi Qong
Third Eye	Volleyball, Softball, Cricket, Netball, Baseball, archery	Yoga, visualisation/meditation
Ears	Tennis, squash	Pelvic floor exercises, breathing exercises
Throat	Activities that involve accurate commands/communication across the field/court	Singing, yoga, neck exercises/stretches
Heart	Jogging, power walking, aerobics, swimming, vigorous cardio workouts that get your Heart rate up to 160 beats per min	All arm related and upper body workouts
Solar Plexus	Surfing, fencing, yoga, jogging, football,	Lunges, squats, upper and side abdominal workouts, inner thigh workouts
Sacral	Vigorous abdominal workouts, dancing, belly dancing	Abdominal exercises, pelvic floor exercices
Base	Kick boxing. Martial arts, soccer, dancing	Squats, Pelvic floor exercises, Leg lifts

Packs a crunch

I have been shown that using our abdominal muscles is more than just about getting a smaller waistline. So much more. Here are the reasons why we shouldn't avoid exercising our waistline because it doesn't provide enough cardio to 'lose weight'. Try and find exercises that you can do for your abdominal muscles that are incorporated into the aerobic activity. This is the key. We want the Heart rate up during and then especially for at least 20 minutes afterwards. This is because as you are exercising anything in the middle region of your body, you are encouraging stagnation and toxins to be moved out of the organs and Chakras. Once you have accomplished this, you will find that your body needs the cardio to move it out of your body through your skin and energetic body using the oxygen that you are breathing in and out. Your base, sacral and Solar Plexus Chakras are being cleared of any stagnation when you exercise your middle area. This allows the chi and life body to run through all your organs more effectively. This improves your health in so many ways. There is more to the abdominal crunch than meets the eye!

An example of a balanced Lightfilled Exercise workout

My recommendation to you as the ultimate energising workout is to do a 5 minute warm up 15 minute cardio, 10 minute abdomen, 10 minutes on the legs, pelvic floor and buttocks followed by 20 minutes of cardio and 5 minutes of yoga/stretching. This is about an hour of exercise. If you do this daily your energy will increase in both your physical and energetic bodies.

Let me break this down for you further:

Warm up

Starting off with a warm up, we get the blood circulating, we incarnate into our bodies and we literally 'wake up' our physical bodies and say "hello" I am here! Then we want to get the Heart rate up and oxygen levels to increase so that our Heart Chakra

and associated organs are exercised. This also moves any previous toxins out of our body. Things to warm up are some gentle stretches/yoga or walking.

15 minute Cardio (Focus on either upper or lower body)

We may choose an upper or lower body focus. For instance we may choose an upper body aerobic focus like boxing, swimming, rowing machines, circuit training with upper body focus. Using gym equipment with light weight but fast reps will get the Heart rate going. You may choose a few different upper body activities and do a minute on each e.g. push ups, triceps dips, bicep curls, shoulder pull downs, boxing arms. Do 3 circuits of these and that is about 15 minutes. Upper body activities whilst walking on the spot or done very quickly will keep your Heart rate up. Push ups and then standing up and then back down again to push up really keep the Heart rate up. Our arms are an extension of our Heart Chakra. This is why it is important to exercise them. When the energy stagnates through our arms, we have Heart stagnation too. So making sure that we exercise our upper body is really acknowledging our Heart and lungs as well. This part of our being keeps us alive and keeps us open Hearted and connected to others. It also builds the strength to be able to stand Heart break and rejection. Ensuring that we exercise our upper body keeps our back strong. I also encourage you to do back exercises for your upper body to keep those shoulders and Angel Wings strong and open.

10 Minutes Abdominal focus

Then we focus on our abdominal muscles. Some for our top area, middle, lower abs and very importantly our side abs. This means a couple of minutes on each area. So, 10 minutes goes very quickly with 5 or more abdominal activities.

10 Minutes Lower Body focus

Then we focus on our lower body region. Leg extensions down rapidly keep the Heart rate up, squats and lunges are also challenging and keep up the Heart rate. Holding our pelvic floor muscles keeps up our Heart rate, especially holding our abdominals at the same time. We are literally holding leg and core muscles all at once. Very powerful.

20 minutes cardio (upper or lower body focus)

Then we again choose an upper or lower body focus. For example a lower body focus might be a power walk, jog, bike ride, Zumba, kick boxing or roller blading. The main point is to get that Heart rate up. We want to make sure that all the toxins are sweated out of your body.

5 minutes stretching

Then we follow with stretching. I prefer yoga poses to basic stretching because they tend to stretch more than one area at a time. Getting to know yoga poses saves us stretching time. We can literally have break down 20 minutes of stretching into 5 minutes of yoga poses. Some good stretching poses are Downward Facing Dog, Trikanasna, Warrior pose, Eagle pose, Tree pose and Child's Pose.

Section 6: The Lightfilled Being’s Toolkit

The Lightfilled Being's Toolkit provided in this section is simple. It contains 2 meditations. Obviously the previous sections on Lightfilled Yoga, Lightfilled Movement and Lightfilled Activity are great resources. We have also covered many other resources in previous levels of the Lightworker Practitioner Training to assist us in raising our vibration. The toolkit provided here is simple because once we get to this level, if we are still struggling in maintaining our physical health, then we have resistance to being in our body. Dealing with this resistance is simple. It needs to be confronted and resolved so that we harness the level of power we need to transform matter in Level 7. We need our whole being to do that. We need our Lightfilled Being to be in our bodies.

Resistance and Sabotage

We often come across people in our lives that know how important it is to take care of their physical health but are yet to embrace that concept. Their health professional may have advised them if they don't make it a priority, they are risking their lives. We may even be doing this ourselves. So we need to get honest with where we are at. At this stage of the game, if we are not taking care of our bodies as the main priority, it is like playing Russian roulette. We are gambling with our lives.

Therefore, the toolkit that I am compiling at this level deals with resolving any resistance to being in the physical body. Although our Base Chakra grounds us and this is important in Level 7, we are behind the eighth ball as co-creators if we are not at optimum health. You could say, resolving this resistance is the perfect preparation for Level 7. We take it a step further in Level 7 because the power that we have harnessed, then goes forward into the world and it is transformative.

I consider there to be two main reasons why there is resistance to maintaining our health. Firstly, there may be an unresolved trauma regarding being 'in' our bodies. This may have happened in this life time or a past one. We may have decided that it was no longer safe to be in our bodies because of something that happened to us. It may have been caused by our own decisions or something that someone else had done to us. If we left that past life or incident with the feeling that we don't trust ourselves or spirit to be safe enough to live in our bodies, then we will continue to

create those situations for ourselves and our bodies in this life time. We will continue to be of ill health too because this gets our attention. Our ailments become the way our bodies are crying out for help. We may have unresolved eating disorders. We may attract sexually or physically abusive people as reminders of the trauma we need to resolve. We may continue to self-harm and repeat the abuse that we experienced. We are not likely to feel at peace with or comfortable in our bodies. We may try to hide behind a wall of fat or baggy clothes. We may sabotage maintaining a healthy weight and be either under or over weight. We may find ways to stay out of our bodies and disassociated. We may intellectualise and live from the neck up. We will basically never be happy or comfortable in our bodies with these unresolved traumas. Therefore I provided a meditation to assist us in resolving any traumas we have in relation to feeling safe in our bodies.

The other reason why we may find it difficult to maintain a healthy body is because a shadow aspect of ourselves is sabotaging moving into our highest vibration. There may be many reasons why this is so. This part may be protecting us from moving forward because it wants to ensure that we use our power wisely. Or this part of ourselves may not believe or trust that it is safe to move forward. Therefore I've provided a meditation to assist us in resolving this specific issue with our shadow.

Lightfilled Being - Resolving Resistance Meditation

Closing your eyes and taking a deep breath, allowing any thoughts to drift away and becoming aware of your breathing. Focusing on breathing in deeply into your lungs. And letting go with every exhale. Taking a few more deep breaths as we inhale and exhale.

Now I want you to imagine that you are completely surrounded with a beautiful warm glowing light. It surrounds and envelopes you. You are feeling safe within this womb of light. This is the 'Womb of Transformation'. It allows you to breath in the highest vibration of nourishment to sustain you. With every in-breath, you breathe in this glowing warm light. You feel it filling your lungs and entering into your blood stream. You feel this celestial presence fill you with a love and peace that makes you feel very safe. You know that you are protected and you are loved. With every out-breath you release anything that is getting in the way of maintaining a healthy body.
As you breathe out, you know that it is transformed. Breathing in this protection and love. Breathing out and letting go of any resistance and fears. Breathing in protection and love. Breathing out resistance and fears.
Now say to yourself 3 times "I deserve to be fit and healthy". Notice if any discomfort in your body arises. Notice if you have any uncomfortable feelings arise with this statement. Breathing in protection and love and breathing out resistance and fears. Take a few more deep breaths.
Now you notice on a movie screen in front of you. You hold the remote that controls what you see on the movie screen. When you are ready, press the play button. You can pause the movie at any time. You see a moment in time that has passed where you felt unsafe in your body. This scene is an event that occurred where you decided it wasn't safe for you to be in your body any more. Notice who is there with you in the scene or if you are alone. Notice how old you are. Notice what is happening. Now pause the movie for a moment. Take a deep breath of protection and love and breath out any fear. What was the reason behind why you decided it wasn't safe to be in your body? If you need to, rewind or fast forward the movie to get to the spot where you can understand why you made this decision.
Now it is time to reclaim your power if you choose. Press stop on the movie.

Even though you were trying to protect yourself, deciding it was unsafe to be in your body has caused you to abandon yourself on some level. Abandoning yourself has led to a lack of love and care of your body. In this way it has not kept you safe. Continue to breathe in the protection and love. Continue to release any resistance and fear to loving yourself completely.

If you are ready, make a decision now that you are now choosing to believe that you are safe and fully protected and loved no matter what. Nothing can destroy the essence of who you really are. Say to yourself, “I am safe, fully protected and loved, no matter what”.

Now the movie screen is about to play out how your future will look in making a decision to believe that you are safe and fully protected and loved no matter what. When you are ready, take a big deep breath and press play. See yourself living a life that is fit and healthy. You see yourself no longer abandoning yourself. Your higher self is making the decisions. You see yourself living a life where you feel safe in your body. You see yourself taking care of your body and protecting it in loving ways. Notice the things that you are doing differently and how much this will change your life. You see yourself as a Lightfilled Being and how this impacts those around you and the world. See yourself looking in the mirror and saying to yourself “I deserve to be fit and healthy”. Notice how much you believe what you are saying. Feel how differently your body feels when you say this statement. See how transformed you look within the Womb of Transformation. Feel the changes in your body. You look and feel at your ideal fitness and weight. Fully absorb how wonderful this feels.

When you are ready, you can press stop on the movie screen and return back to fully wakened consciousness.

Lightfilled Being - Resolving Sabotage Meditation

Closing your eyes and taking a deep breath, allowing any thoughts to drift away and becoming aware of your breathing. Focusing on breathing in deeply into your lungs. And letting go with every exhale. Taking a few more deep breaths as we inhale and exhale.

Now I want you to imagine that you are completely surrounded with a beautiful warm glowing light. It surrounds and envelopes you. You are feeling safe within this womb of light. This is the 'Womb of Transformation'. It allows you to breath in the highest vibration of nourishment to sustain you. With every in-breath, you breathe in this glowing warm light. You feel it filling your lungs and entering into your blood stream. You feel this celestial presence fill you with a love and peace that makes you feel very safe. You know that you are protected and you are loved. With every out-breath you release anything that is getting in the way of maintaining a healthy body.

As you breath out, you know that it is transformed. Breathing in this protection and love. Breathing out and letting go of any resistance and fears. Breathing in protection and love. Breathing out resistance and fears.

Now say to yourself 3 times "I deserve to be fit and healthy". Notice if any discomfort in your body arises. Notice if you have any uncomfortable feelings arise with this statement. Breathing in protection and love and breathing out resistance and fears. Take a few more deep breaths.

Now you notice on a mirror in front of you. This mirror is contained within the Womb of Transformation as well. When you are now ready to face the part of yourself that is sabotaging you from being fit and healthy, look into the mirror. As you look into the mirror, you see this shadow part of yourself. Ask them what they are afraid of. Take a moment to hear what it is that they are afraid of. Ask them to show you what the worst is that could happen from being fit and healthy. You turn around and you see a movie screen. They are able to show you what the worst things are that could happen. Watch now as you see what this shadow part of you is afraid of. Continue to breathe in the love and protection as you watch the screen.

Now turn back to your shadow with eyes of compassion. You understand why they are so afraid. Tell them that you understand and that you do not judge them. Tell them that you know that they are only trying to protect you.

It is now time for your higher self to show your shadow what you would do if the worst imaginable thing happened. You turn to face the screen and you see the images unfolding of the aftermath of the worst thing happening and the positive choices your higher self would make. You see where you would find your protection and love. You see that what is real and eternal really lives on and never dies. You see that there is no need for any more sabotage because it only disconnects you from your true spiritual power.

If you are ready, make a decision now that you are now choosing to believe that you are safe and fully protected and loved no matter what. Nothing can destroy the essence of who you really are. Say to your shadow, “We are safe, fully protected and loved, no matter what”.
Now the movie screen is about to play out how your future will look in making a decision to believe that you are safe and fully protected and loved no matter what. When you are ready, take a big deep breath and see yourself living a life that is fit and healthy. You see yourself no longer abandoning yourself. Your higher self is making the decisions. You see yourself living a life where you feel safe in your body. You see yourself taking care of your body and protecting it in loving ways. Notice the things that you are doing differently and how much this will change your life. You see yourself as a Lightfilled Being and how this impacts those around you and the world. See yourself looking in the mirror and saying to you shadow “We deserve to be fit and healthy”. Notice how much you both believe what you are saying. Feel how differently your body feels when you say this statement. See how transformed you look. See how different your shadow looks. Feel the changes in your body. You look and feel at your ideal fitness and weight. Fully absorb how wonderful this feels. When you are ready, thank your shadow for their time and return back to fully wakened consciousness.

The Lightfilled Holistic Diagnosis Model Template

Astral Flow Excess Symptoms Too sensitive, feels pain easily, overwhelmed by feelings. Swelling in bones joints – arthritis. Redness of skin. May walk on tips of toes. Inflammation of one or more organs. Hardening of arteries. Asthma attacks. Sinus. Allergies. Hormonal imbalance. Hot flushes. Higher than normal fevers Nervous system is overloaded. Anxiety, manic, compulsive, obsessive.	
Lack of Astral Flow Feeling numb. Disconnected from body and feelings. Shortness or holding of breath. Lack of expressiveness in conversation. Lack of empathy for self and others. Rigidity and avoidance. Shut down in different parts of body. This may lead to an excessive collection of astral forces and hardening of certain areas of the body.	
Etheric Flow Excess Very sluggish and heaviness in parts of the body. Bloated. Rounded, sweaty, oily and pasty appearance of skin. Water Retention. Weight gain. Unmotivated. Excess of hormones. Cysts and tumours. Dampening of higher self may lead to depression.	
Lack of Etheric Flow Empty, depleted, tired, energy. Loss of weight. Drawn appearance. Brittle bones and nails. Lack of hormones. Greyish appearance of skin. Dry skin and hair. Lack of flexibility in joints.	
Lack of Higher Self Disassociated from body. No eye contact or 'lights are on but nobody home' appearance. Hunched spine. Anaemic. Lifeless. Unmotivated. Weak or in pain. Depressed. Cold. Cancer. Lack of fever when required.	
Balance of Higher Self, Astral and Etheric Forces Awareness of space in and around body. Grounded and centred. Ability to rise above pain. Feelings moderated. Energetic and vibrant energy. Strong nails and bones, flexible joints. Spine upright. Healthy blood. Normal fever. Quick recovery from illness. Warm hand shake.	

Section 7: The Lightfilled Being and Beyond

At some stage of our lives, our family, friends, clients and ourselves will experience at least one of these: sickness, death, dying, surgery, terminal illness, organ replacement and artificial prosthetics/limbs/implants. We need to cover these topics so that these experiences enhance rather than detract from evolving into a Lightfilled Being. Let's face it, every experience provides an opportunity to evolve and lift our vibration. Should these huge issues be any less important? I think not. In fact, I think that these issues are often a catalyst for spiritual experiences and evolving to the next level of our vibration.

Lightfilled Holistic Diagnosis

When we are working with clients it is important to understand how all their 'bodies' are working together. When there is an excess or depletion of etheric, astral or higher self forces, then it will present as physical symptoms in different parts of the body. They may have an excess of astral forces in one area of their body for example if they have an unresolved trauma from a broken Heart. All their symptoms may be related to their Heart. This may cause an excess of etheric forces in another areas of their body so they are overweight but unmotivated to lose weight. The last column shows how the client presents when all systems are in balance.

In the following table, I have provided some information on how clients may present so that you can understand how their different bodies are working. You monitor how they change over time. We have provided a template in Section 6 'The Lightfilled Being's Toolkit'.

Lightfilled Holistic Diagnosis Model

Astral Flow Excess	Too sensitive, feels pain easily, overwhelmed by feelings. Swelling in bones joints – arthritis. Redness of skin. May walk on tips of toes. Inflammation of one or more organs. Hardening of arteries. Asthma attacks. Sinus. Allergies. Hormonal imbalance. Hot flushes. Higher than normal fevers Nervous system is overloaded. Anxiety, manic, compulsive, obsessive.
Lack of Astral Flow	Feeling numb. Disconnected from body and feelings. Shortness or holding of breath. Lack of expressiveness in conversation. Lack of empathy for self and others. Rigidity and avoidance. Shut down in different parts of body. This may lead to an excessive collection of astral forces and hardening of certain areas of the body.
Etheric Flow Excess	Very sluggish and heaviness in parts of the body. Bloated. Rounded, sweaty, oily and pasty appearance of skin. Water Retention. Weight gain. Unmotivated. Excess of hormones. Cysts and tumours. Dampening of higher self may lead to depression.
Lack of Etheric Flow	Empty, depleted, tired, energy. Loss of weight. Drawn appearance. Brittle bones and nails. Lack of hormones. Greyish appearance of skin. Dry skin and hair. Lack of flexibility in joints.
Lack of Higher Self	Disassociated from body. No eye contact or 'lights are on but nobody home' appearance. Hunched spine. Anaemic. Lifeless. Unmotivated. Weak or in pain. Depressed. Cold. Cancer. Lack of fever when required.
Balance of Higher Self, Astral and Etheric Forces	Awareness of space in and around body. Grounded and centred. Ability to rise above pain. Feelings moderated. Energetic and vibrant energy. Strong nails and bones, flexible joints. Spine upright. Healthy blood. Normal fever. Quick recovery from illness. Warm hand shake.

Making Use of the Lightfilled Holistic Diagnosis Model

We can use the ‘Lightfilled Holistic Diagnosis Model Template’ provided in the previous section at the commencement of each session. Our client may appear completely different prior to and after working on an issue or depending on the issue that we are working on. We can record changes that occurred during and after the session too.

Using this model of diagnosis assist us in understanding our client. It also assist us in exercising our higher faculties. This can help us differentiate what is our client’s ‘stuff’ and what is not. We can also pick up on any changes and inconsistencies in our client’s behaviour and “bodies” during the session. We can confront inconsistencies lovingly to bring this to their attention. We can ensure that our clients wishes are met. The following tips may help:

1. Notice where they are
2. Notice what is not theirs
3. Notice changes
4. Lovingly confront inconsistencies
5. Ensure their Higher Self is engaged

1. Noticing where they are

When you first meet a client, notice if they are incarnated or hovering above their body. If they are incarnated, they will usually look you straight in the eye, appear upright and shake your hand firmly (without crushing it). They are usually warm in temperature and they have open body language rather than closed i.e. their arms won’t be crossed. If they are not incarnated, they will usually have glazed or overly widened eyes that peer through you or they avoid eye contact, have a limp cold hand shake. Of course we must always allow for weather but in general they will appear paler and less rosy cheeked. Their body language is more closed with arms crossed or hunched over. They may walk either on tippy toe or faintly. Rescue remedy, emergency essence and Archangel Michael Essence can really help.

2. Notice what is not theirs

When you are talking with the client, notice for yourself where they are in relation to different areas of their body. Do they have certain restriction in areas on their body? They may have energetic blockages that appear black, dense, hot, cold or cloudy. Notice any attachments, chords and potential areas that they may be carrying feelings. If they enter looking as if they have a ‘dark cloud’ hovering above their head, then they are probably carrying a lot of stuff. Ensure that you work on clearing and centring as a priority. This will ensure that their Higher Self is more engaged in future session planning. Otherwise, they may waste a good deal of time focusing on things that are not of benefit to where they really want to be.

3. Notice changes

When topics are discussed, does the client’s body language change in relation to certain topics? Do you notice changes in their aura. Does their face look flushed. It is helpful to see how their body is when talking about a positive topic to them such as their job or hobby. Notice any changes to their body when the topic changes. Don’t try to be manipulative, but if you are unsure about whether their comfort level is with you or with topic material, be sure to find a topic that they like to talk about. That way you can gauge whether it is the client-practitioner relationship or the topic material that is causing any discomfort. It takes time to build rapport and trust with clients. Don’t push uncomfortable topics too soon in the session. Allow the client to choose the topics, but definitely hone in on the positive ones. You can use the topic language as resources too. For instance, if they love football, you can use metaphors to encourage them such as ‘working as a team’ if their relationship is not going well. If they like gardening but have impatience with themselves regarding their angry outbursts, you can highlight ‘gardens take time to blossom but need regular nuturing as part of their recovery.

4. Lovingly Confront Inconsistencies

Depending on your rapport with the client, you can confront inconsistencies of what the client is saying vs what their body language is saying. For example, they might

be smiling and answering positively whilst crossing their arms and legs when you bring up the topic of how their sex life is going. You may wish to say, “I am noticing that you are smiling and sounding positive about your sex life but your arms and legs crossed at the mention of this question.” This is a loving confrontation skill in bringing this to the client’s attention. They might deny that their sex life is an issue, however it might highlight any shame they have around talking about the topic material. This can be a good result in being aware of any carried shame or negative beliefs that your client may have regarding sex.

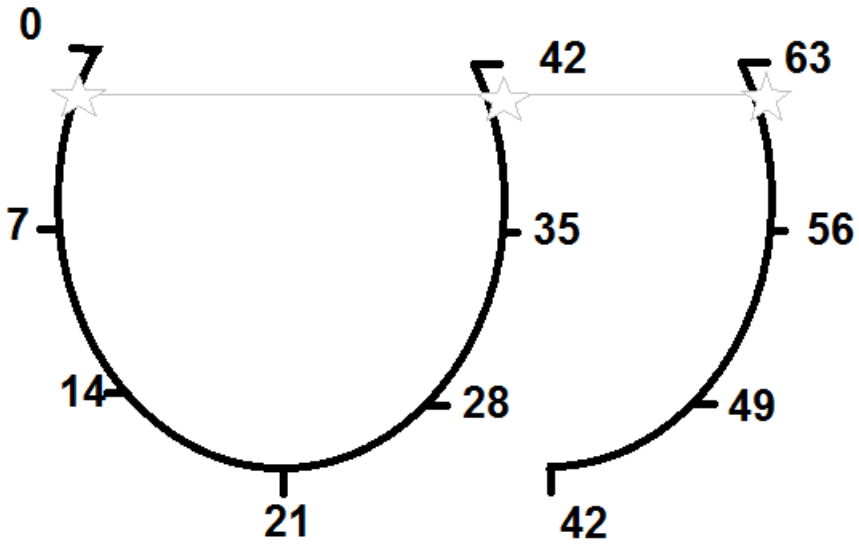
5. Ensure their Higher Self is Engaged

The most important thing in any session is that you are working with your client’s Higher Self to assist them to evolve. Sometimes their Higher Self may disappear on you, however if you have received consent and a wish in the commencement of the session, you have the right to confront your client with any inconsistencies that are sabotaging the wishes of their Higher Self. Always ask them what they wish for and this will assist them in remaining focused in the direction they want to head.

Lightfilled Life Span Development

If a client presents with a certain symptom it may relate to a previous time in their life. They may have attracted a similar incident, trauma or abuse so that they may resolve it and lift their vibration. The age that they are presenting relates to a particular age in their life. I have provided a drawing below to outline this. For example on the drawing below you can see that if client is 40 years old then they may have experienced their original issue at age of 2. They may be rebelling like a 2 year old against the rules and this is being expressed through a midlife crisis. If they are 61 years instead of 40, their issue may have occurred at 2 years and 40 years of age and it is rearing its head up again to be resolved.

Lifespan Development Model



From the age of 63, we usually find that the best healing is reflective. That is, that the person that we are treating is able to self reflect and use their higher self to understand their motivations and their decisions. We find that they learn best from ‘telling their story’. As they tell their story, their higher self observes their past astral self’s choices. They are able to learn and perhaps even say things like ‘if I only knew then what I know now’. The main thing here is that they are at peace with their journey. When they are able to be happy with themselves, then their entire journey has been worth it. Both the good and the bad choices that they have made. In fact, they will come to realise that there are no ‘bad choices’. There are just choices and consequences. Those consequences are often our best teachers.

I have been shown that events on the lifespan time line that we re-experience from past incidents are the main times that we have an opportunity to step up our vibration. However there are other big events that we have planned for in our ‘chart’ before we can to earth. We can usually recognise these times as a crisis. It may be that we have bottomed out from an addiction, had several stresses in quick succession, there is a death in the family or a huge incident. Whatever the occasion, the key is to get through it acknowledging the feelings of the astral body whilst not

losing sight of the bigger picture of our life chart. When we can hold onto the fact that we planned to experience this event at this exact time for a reason, we will get the best out of the experience. We will not feel like a victim, we will feel empowered that we chose it to happen and know that we have a part to play in moving forward in our vibration. We will look to the things that are directly us to step up to the next level. We may also have a past life experience at this time too. When we delve down, it may be that this very incident was charted so that we have a past life experience.

If we have charted 'losing everything' this can be the biggest God send. When we have lost everything, we have nothing else to lose. Even though we think we have lost everything, if it brings us to a higher consciousness and spiritual awakening, then we realise that we have not lost anything real. We have only gained more understanding and a higher consciousness. All loss is temporal and an illusion. We never really lose, we only gain.

Lightfilled Healing

For the purpose of this section of the training I will define Lightfilled Healing.
Lightfilled Healing is calling on source to assist in the healing process of being restored to wholeness.

There are many ways to do this. Hopefully the guidance I have received during the writing of this training will appeal to a wide variety of people with different talents and abilities to assist others in Lightfilled Healing. For example, we have covered Lightfilled Healing in Meditations, art therapy, shadow work, working with Archangels, Lightfilled Yoga and balancing the elements of earth, air, fire, water and spirit. Any time we are respecting our higher self, astral body, etheric body and physical body, we are in our own Lightfilled Healing process. Lightfilled Healing returns us to wholeness. In wholeness there is no separation. Therefore, Lightfilled Healing aims to return us to the highest vibration possible, back to the ALL.

When we work on ourselves as whole beings we know that our thoughts affect our feelings. In turn, our feelings affect our bodies. They can heal and create disease as well. Also, we come to realise that our actions create consequences and attract

solutions (often in the form of challenges) to us. Working on ourselves in this lightfilled way means that we know that everything is connected and there is no real separation. As we do to others, we do to ourselves.

Lightfilled Healing is not something that we ‘do to’ others either. We can take people through a process, but it is a person’s own free will that will enable any healing to occur. In fact, this type of healing is a way of life that starts with willingness to return to wholeness whether we are the practitioner or the client.

Lightfilled Healing is a way of being in the world – we set the example. The best way that we can assist others in the long term is to teach them a new way of being. We can make a start by conducting ourselves in a manner that is respectful to ourselves and all life.

Lightfilled Healing is not a quick fix. It is a long term solution. It doesn’t create dependent clients. It creates empowered Lightworkers. Lightfilled Healing is not about healing others because we think they need fixing. It is about giving people an opportunity to choose to lift their vibration. If someone says ‘no’ to a process we can still hold a lightfilled vibration about it. We can see it as a positive experience. Perhaps they needed to say ‘no’. What an honour for us to be their witness! When we find a way to keep our vibration lifted, on some level, we have provided a healing for them and the planet.

Lightfilled healing restores the etheric life force of our physical bodies so that it heals and repairs in a way that is true to the etheric body. The etheric body is as complex as the physical body. It is our physical double. When we have a limb cut off, our etheric limb still remains. Often people refer it as a phantom limb. At times they still feel as if they have not lost a limb. Our etheric body is very important in supporting the swift healing process of our physical body. In Level 4 we specifically targeted the healing of the etheric body in the meditation ‘Lightfilled Etheric Body Healing’. We also provided our ‘Hands on Healing’ in Level 1 for both students and teachers. Using our higher angelic frequencies we can channel healing vibrations to restore the etheric body.

Lightfilled healing restores our astral body so that it is not shut down or out of control. We have been given tools (as we have explored thus far in the training) that assist our astral body to feel our emotions, release the carried feelings of others and fill ourselves with higher vibrational resources. Whether we may have stored a traumatic experience in our body or we are simply going through a change in our lives, we have learnt valuable skills in processing these emotions. We learn to observe from our higher self rather than compulsively act on our sympathies and antipathies. We get the best out of our astral body. These processes are done in such a way as to acknowledge all the feelings and motivations of our astral body and to provide loving guidance and support to meet our astral body's needs without giving it the upper hand. We learn to reparent ourselves and as we do so, this emotional intelligence is reflected in a healthier body.

Our higher self chooses the form we will take in this lifetime before we incarnate. Our higher self influences our thoughts in this lifetime. These thoughts are vibrations. These vibrations filter down to the body and affect the current form our etheric body. This aids or disables the healing and rebuilding process in our body. Our bodies can become stronger, more upright and reflect our positive higher consciousness. Or they can become weak, sick and age quicker from negative thinking and behaviour.

The relationship between our higher self, astral body and etheric body all end up influencing not only the healing of our current health but the future form of our physical body too. If our astral body has the upper hand, then these lower vibration thoughts delay our healing and distort our etheric body with density and toxicity. This can change our physical form and rebuilding of future cells in our body can be distorted. We may develop a build-up of scar tissue. It all depends on how influenced our thoughts are by the astral body and for how long.

The astral body depletes our etheric body. We get naturally tired when we have been emotional. That is why we regain energy when we have less unresolved issues. Imprints from trauma, abuse and grief that are unresolved, are all issues that deplete our etheric body. The astral body also depletes our etheric body when we are not facing them. The issues are still there even if we are avoiding them. Imagine that every unresolved experience weighs 10 kg and you are carrying them above your

head. The weight of these gets heavier and heavier the more that we have. It takes up our etheric energy to hold issues at bay and eventually this wears us out and they filter down to the physical body. This imprint is usually yang - toxic, full and hot or yin - empty and cold. Once in the physical body, the imprint is ‘contained’ to a degree again by an etheric sheath. Once the etheric body is depleted, we usually find that the unresolved feelings surface or are easily triggered off. We may be tired, run down, stressed, sick or hungry and then bam! The feelings flood to the surface. Avoiding processing our feelings causes our physical body to get sick with minor or major illnesses.

As we grow older our etheric body starts to withdraw from our body and organs. As the etheric body withdraws, those who are less in touch with their feelings may soften up. Walls that have been built up, start to break down. It also means that those who have held a lot of trauma or stagnation in the body, can’t contain it and hold it down like they used to. Our body hold past imprints that have filtered down from the experiences of our astral body from this or other life times. The astral forces from the imprint are contained in our body as long as we ‘will it so’ with our higher self. If our etheric body is robust and resilient, it can contain our feelings and imprints as well unconsciously. Our etheric body naturally reduces as we age. Hopefully as our etheric body reduces, our higher self is strengthening. When our higher self is not strong, it also withdraws its support from the etheric body. Without our higher self strongly incarnated into our body, our etheric body wanes. If the etheric body and higher self are both weakened, our astral forces can begin to lack containment and leak uncontrollably. The astral forces that are held in the organs can begin to let loose and leak up to the head. This can affect the person’s thinking. They might hear voices, but many voices that are confusing. This can mean that our head is full of chaos. We may become disoriented or have a psychotic episode, especially if we have no idea why it is happening. There may be no trigger what so ever. Without a ‘download’ of some of the unresolved feelings or a building up of the etheric/higher self forces, there is a danger of nervous breakdown or mental illness such as schizophrenia. Different organs may speak in different ways too. The liver/gall bladder may appear angry. The Heart may appear depressed. The kidneys may have a lot of fearful talk and paranoia. We need to build the etheric forces of the client before we download any imprints. We need to work with the higher self as well

before we can communicate with any other parts of the client. This is why we work with our spiritual connection and self care in Level 1. Always go back to basics if in any doubt.

We can heal sickness and disease from the body if it is meant to be. Once again, we choose how we want to exit this planet before we even arrive, so we may choose to die from a certain illness in a certain way. The important thing to know is that we can literally change our body. We have the power to restore and form our etheric body. For example, have you ever noticed why some people grow uglier or more beautiful over time? This ugliness can be representative of ugly thoughts, deeds or intentions. True beauty comes from within a person's soul who is walking in light and love with their words, thoughts, intentions and actions. We can literally make ourselves glow more beautifully by being loving, kind, Heart centred, honest and compassionate. Our spirit forms a healthy, glowing etheric body. This makes us healthy and keeps us strong.

In summary, our higher self builds our etheric body, restrains and supports our astral body and in turn our physical body benefits immensely, so our Higher Self totally rocks! Lightfilled healing works when our higher self calls on spirit to support us.

Lightfilled Eating

We fill our bodies with food unconsciously all the time, we are breathing in air every second without thinking. This is food because without our next breath, we would die. We gain nourishment from sunshine without thinking. We are nourished by having a shower or swim in the ocean as toxins are washed away. Our skin is the largest organ of the body and soaks in anything we put on it. We take in other people's emotions with or without consciousness. Our bodies are reenergised with spiritual resources when we are sleeping. We are nourished from the all the elements as well as from the earth. Consciously and unconsciously too.

Because of my eating disorder history, food has always been a point of reference of my relationship with my humanness and my spiritual evolution. I always refer back to how my relationship with food impacts my evolution of consciousness and my

vibration. I have tried many diets as part of my eating disorder history. I have eliminated foods, done cleanses, been vegetarian, vegan and even gone for periods without eating food.

My guidance on our relationship with food is that it is not so much what we eat, it is the intention with which we eat it. We can connect with food and get the most out of it. And then depending on our own consciousness we can also transform it. This is also described as overcoming or spiritualising food. Every earthly form of food whether it is a mineral, plant or animal has its own life force. It is only food at the point of the entry of our mouths. After that, it is all about the relationship with the life force of the food. Energetically when we take on food, we relate to it and then transform it so that it becomes a part of us. We ‘own it’ so to speak rather than it owning us. If we are struggling to transform this life force, then we need take notice. Our bodies respond to these things and we get symptoms in or on our body. Allergic reactions, gas, reflux, constipation and headaches are all reactions to foods and vibrations that we have taken in that we are struggling to transform. It may be a sign of excess or a sign that needs resolving. I provided a guided process to assist in resolving these issues in Level 4 called ‘Resolving Food Imbalances”.

We don’t have to be purists when it comes to food choices. We can enjoy any food in moderation. What’s more important is how we feel about the food that we are eating or have eaten. Then we can have freedom from food obsession or avoidance. And a moderate body turns up that reflects our thinking. Some food is going to be more naturally nourishing for us. However we can destroy the purest food through our thinking. Alternatively, we can purify toxicity in food by our own thinking. I have a saying that "there is only one thing worse than eating food that is bad for you and that is feeling guilty for eating food that you believe is bad for you". I believe that this kind of guilt is self demoralising and toxic. It does not do us or our bodies any good. The way we transform food exists between our two ears! Yes our brain, but more importantly our higher faculty of thought and higher consciousness assists us in transforming food so that we get the best out of it. Not only that, but so that we don’t turn perfectly good food rancid with thoughts of guilt or negativity. We have the power to do that.

Our thinking of food needs to be honest though. We can't just be in denial about what food is doing to us. There is a part of us that knows and effects how the food is transformed, even if it is not always conscious to us. So we need to respect what we put in our bodies too. This is the 'right relationship' with food. Lightfilled Eating is that we are honest with ourselves about the food we are putting in our body and make respectful choices around what we eat, how we prepare it, how much we eat and how we are actually eating it. Then we have an opinion about the food we are going to eat, are eating or have eaten. Therefore, we co-create with food, the most nourishing and highest vibration possible.

Lightfilled Eating is not about a structured way of eating or any particular way of eating, it is a state of mind of the higher self. The Higher Self makes the decision to consult with spirit for every choice and preparation of food. When we call on Spirit to assist us in making our choices regarding what to eat and how much, we have entered into this right relationship of Lightfilled Eating. We covered some of the steps we can take in Level 2 to recover from Eating Disorders. The main one that I live by and recommend for Lightfilled Eating is to consult your spiritual guidance with all your questions regarding food planning and consumption.

The saying "if in doubt, leave it out" is still very fitting when it comes to Lightfilled Eating. "If you don't know, you don't know". When I have any doubts, I go back to basics with food plans, structured eating times and clean food choices that I know are going to get me back on track. Ask spirit to give you a plan for those times when you are more tired, shaky, emotional, hormonal or vulnerable to overeat/undereat or eat unwisely. Also, you may need a plan to recover from a binge too. A food plan can assist you in getting back on track. It is better to be prepared rather than be in denial that it won't happen. A healthy respect for the human condition always engages the Higher Self to be prepared.

When food is influenced by the human spirit's energy that is preparing the food we put our love, joy, passion, creativity and intention into the food. You can taste it. I had this amazing experience over in France when Tony and I went there in 2011 to explore Paris and the countryside. Everywhere we went, there was a reverence and

respect for quality and creation of dishes. We could literally taste this in our food. At some points, I was moved to tears. Many times these tears were from amazement and disbelief (that of course created more belief). It was an incredible trip on many levels and this was a highlight and changed my relationship with food to an even deeper level of respect.

I felt guided to summarise Lightfilled Eating with the following points:

- It is not what we eat, it is the intention by which we eat it
- Our food choices are about loving ourselves and feeling good energetically
- How we feel about what we have eaten effects the food we have consumed
- We can transform food with our higher self and spiritual resources
- Food choices are predominantly made by the higher self
- If food choices are made by our astral body, the higher self is still a witness and moderates these choices
- The energy in which we prepare our food affects the energy in the food we eat and serve to others. Lightfilled eating begins with the preparation of our meal.
- Food choices are a balance of elemental forces of earth, water, air, fire and spirit
- We can clear food of negative influences with our spiritual resources and higher self
- We are honest with others about what and how much we are eating
- We are guided what, when and how to eat by our higher self and spiritual resources
- We acknowledge that food is effected by the life of the animal that lived it and the environment that it was grown in
- Food is effected by the planets and lunar cycle
- Eating with gratitude and reverence transforms our food to a higher vibration
- We are intentionally grateful for the food that we are blessed with and the sources from which it came

Lightfilled Bodywork

Lightfilled Bodywork invites the client, the Lightworker, their guides and spirit to work collaboratively in resolving any issues that are stored in the body in a mutually conscious way. The client become conscious of their body and issues that are stored in their etheric and astral bodies. The client and Lightworker Practitioner become aware of past lives and any memories of traumas or abuse that are holding the client back from their Higher Self. So when we are using any of the processes in this or any other training level that work upon the client's etheric, astral and physical bodies, we are also in the process of Lightfilled Bodywork. Lightfilled Bodywork aims to enlighten the body with the Higher Self and raise the vibration of the Lightfilled Being.

The concept of Lightfilled Bodywork can be used in conjunction with bodywork techniques you may have already learnt or are yet to learn. It is not an exclusive technique. We don't teach specific bodywork techniques in the Lightworker Practitioner Training. It is not inclusive in aligning with a specific type of bodywork or suggest that one form of bodywork is better than another. However we expand on how to apply the concept of Lightfilled Bodywork to all levels of this training below. Here are some examples of how the concept of Lightfilled Bodywork can incorporated into sessions.

Level 1

In Level 1, bodywork can be used to assist clients to:

- become more grounded in their body by asking them how their body feels
- consciously call on spiritual resources to fill the body in conjunction with collaborating with the client
- read the bodies with our hands and asking the client for confirmation or discrepancies.
- use the 'Hands On Healing' technique that we learn in Level 1 and letting the client know what you are seeing, hearing and feeling
- conducting a Chakra reading and healing in collaboration with your client

Level 2

In Level 2, bodywork can be used to assist clients to:

- lighten their energetic load by removing carried feelings
- move stagnation from suppressing their emotions. It is always recommended to drink plenty of water before and after the session to disperse these toxins.
- experiencing past life traumas. Our body stores memories of all past events. When receiving bodywork these memories can revisit clients more readily.
- resolving trauma or abuse in this life

Level 3

In Level 3, bodywork can be used to assist clients to:

- gain an understanding of how their body shifts and changes when accessing their various shadow parts
- engage the client in a deeper understanding of higher vibrational forces of the Archangel archetypes
- uncover resistance to experiencing lighter or darker shadow aspects of themselves
- becoming more conscious of shadow parts that are hiding in different parts of their body

Level 4

In Level 4, bodywork can be used to assist clients to connect more with the:

- earth element to work on the physical body such as deep cleansing mud massage, remedial massage, physiotherapy
- water element such as Etheric/Rhythmic massage, Shiatsu
- air element to work on the astral body using aromatherapy oils and colour therapy oils such as Aura Soma
- fire element such as hot rock therapy, moxabustion

- spirit element such as hands on healing or reiki for channelling higher vibrations.

Level 5

In Level 5, bodywork can be used to assist clients in understanding:

- the power of play and how this heals the body
- integrate play therapy sessions on a physical level
- reinforce clearings have occurred from play therapy

Level 6

In Level 6, bodywork can be used to assist clients in understanding:

- they are an active participant during the bodywork and do not lay back and go ‘some place else’
- they can empower themselves and heal their bodies and achieve a higher vibration
- bringing conscious awareness of the higher self to different parts of their bodies and energy centres to heal

Level 7

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In Level 7, bodywork can be used to assist clients in understanding:

- as they heal their bodies and raise their vibration, they effect their in their surroundings
- they have the power to assist others to change their vibration
- they have the power to teach others to assist others in changing their vibration

Noticing where the Etheric, Astral and Higher Self bodies are located in the client are also an important part of Lightfilled Bodywork.

Lightfilled Physical Enhancement

We change and enhance ourselves every day. From the clothes that we wear to our haircuts and make up. Every time we choose an outfit and walk out the door, we are saying ‘this is who I am’. We are using our earthly resources to create our look or style. So it comes as no surprise then, that I am an advocate for co-creating how we want to look. Hair styling, haircuts, shaving, make-up and waxing all are enhancements. We have done this since ancient times and many of these methods are used as preparations for initiation and other forms of ‘stepping up’ vibrationally in our history.

With Lightfilled Physical Enhancement, the question we ask of ourselves is ‘What makes me feel more me?” Of course there are different parts of ourselves that want to express themselves. So our look might change depending on our mood or what part of ourselves wants to express itself. As we evolve this changes. A certain look might be more reflective of our higher selves too, but this is not the only part of us. We don’t need to limit our look because we have a higher self in charge. In fact, the higher self can and does encourage our other parts to show themselves whilst is serves as a moderator. It will ensure a look or a style doesn’t get out of hand, become offensive, or that we get stuck in one style that only represents one part of ourselves.

I support waxing, shaving, plucking, hair dye, tattoos, implants, hair extensions, piercings, artificial limbs, organ receiving/donation, implants, plastic surgery, make up and prosthetics if it is done in the spirit of self-love and vibrating at a higher level. I don’t support these things if they are done in the spirit of fear, self-mutilation, rejecting/hating ourselves or low self-esteem. When choosing whether or not to improve our looks we need to consider whether we are doing it because we are loving ourselves more or whether we are rejecting ourselves. When we are loving ourselves, the choices are usually healthy, moderate and reflect honouring ourselves. The outcomes usually reflect this energy and they are usually positive. If we make

these choices in the spirit of rejecting ourselves, we usually attract results that mirror that rejection back to ourselves. If we are holding negative energy, enhancements may become the casualties in body dysmorphic disorders. We may become addicted to having these enhancements in the hope that we feel better about ourselves. Unfortunately most cases of body dysmorphic disorders don't end well. People usually end up looking disfigured by their enhancements rather than more beautiful. So we have to tread carefully here and ensure that our higher self is engaged in making these kinds of decisions.

The way we co-create with spirit often depends on our earthly resources. We are blessed with much medical advancement in this day and age and we can use them to enhance ourselves physically and live a longer life. As our body ages, breaks down or is affected by accidents, we may be left feeling as if 'this is not me'. This is when I believe we can use resources that make us feel more of who we are. I believe that we can 'overcome' and 'transform' earthly resources such as artificial limbs and implants with the intention of our higher self. For example, we can claim artificial limbs or implants as if they are a part of us. We can love them into being a part of us. To us, they may be even more special than our previous limb or body part. We may have so much love for them, that our love lifts our vibration higher than ever before.

If we are rejecting an implant, it might be because we made the choice to get the implant out of self-hate or for someone else. So we find that we hate ourselves even more after the implant or outcome of the implant may be unsuccessful. This occurs because on some level we wanted the implant for the wrong reasons. This is not unresolvable of course and we will usually attract a solution to us when this is resolved.

If we are an organ donor recipient and we are rejecting the organ, it may be that we are rejecting another person's astrality within that organ. However if we are able to remember that we are all one and that we are all connected, we can suspend judgment. The organ may be a catalyst to transforming a part of our own shadow that we have rejected. In transforming our shadow we can transform the organ. We can actually bring higher self into the organ and this strengthens our higher self.

Lightfilled Preparation and Recovery from Medical Intervention

Whatever medical intervention we have, we have a part to play prior to, during and after the event of the medical intervention.

Our preparation for these events is important whether we are anticipating it or it comes as a total shock. Our daily choices and the way we are living our life prepares us for these times. If we are travelling well with our physical, etheric, astral and higher selves then we have a better chance of success during the medical intervention and recovery. Paying attention to any fears that the astral body has is particularly important. If we are fearful and anxious regarding the intervention, this can stress our bodies and work against us. Medical intervention poses an opportunity to address our fears though. Always work it through to what our worst fears are, is the best way to fully resolve this. We have provided an example in our visualisation 'Lightfilled Being – Resolving Sabotage' in Section 6. When we get to the Heart of it, we can use our spiritual resources to transform our fears. Once again, it is an opportunity to step up our vibration.

During the operation or intervention, we can work on being more 'present' with our higher self, rather than absent. We may be under anaesthetic but this doesn't mean that we don't know what is going on. We can request that our higher resources surround us and ensure that we are protected throughout the whole procedure from any negative influences. We can ensure that we go into the procedure with positive thoughts and optimism for a successful outcome.

Once we are in our recovery from procedures, we can work on being more in touch with our physical body and do everything we can to have the right balance between rest and activities that strengthen the physical and etheric body.

A tumour or growth often presents itself at a time that an issue has come to a head and we have an opportunity to let go of the underlying cause. The growth is there for a reason. Along with having it removed, ensure that there is attention given to the cause of the growth so that it has served its purpose and does not need to return.

If we have had surgery to remove a limb or organ we know that the etheric body still remains. We can honour our etheric body and know that it still exists, even if the physical is gone. For example, if we have had a gall bladder removed, we know that we may need to work more on our higher self to contain our astrality that may be less contained for that organ as there is no physicality 'grounding' it. If we have a limb removed and no artificial limbs are available, we can learn how to love the things that we can do with less limbs than we did with more. We can become more creative and allow the experience to stretch us beyond where we ever saw ourselves. The true story of the Christy Brown who had cerebral palsy in the movie 'My Left Foot' comes to mind. He became a famous painter who could only control and paint with his left foot. It also brings to my mind one of the people who has inspired me most, Helen Keller. Helen went deaf and blind at age 19 months old through an illness. She became the first deaf-blind person to earn a Bachelor of Arts degree and went on to become an author, political activist, lecturer and advocate for people with disabilities.

When we are in recovery from any medical procedure, it really is an opportunity for our astral body and higher self to be more heard. Sometimes we literally have to 'stop' during these times especially if we have hurt our back or broken a limb. Being out of any kind of movement can give as an opportunity to be still and see what is below the surface of our conscious mind. It can give our bodies an opportunity to feel. When we break are immobile for a while we cannot do activities that may have been distractions to us. Instead of being frustration by our incapacitation, we can use it as an opportunity to grow in other ways. Surprisingly, when we grow in other ways, this supports our bodies to heal quicker and stronger.

Medical Prevention

I believe that medical prevention of disease is sometimes required and sometimes it is not. We always need to check in with our guidance with regards to what we do minimise the need for future medical treatment. Sometimes that means that we are required to undergo medical treatment to prevent future medical treatment. It is never a black and white issue. Medical prevention can be medical or not. It could be as simple as going to the Dr and taking an antibiotic to avoid an infection. Or it could

be going to a Health Food store and buying fish oil to avoid high cholesterol. Many natural treatments are medical preventions too.

Let's use an example of medical prevention – Vaccination. Sometimes the vaccination is too much for the Astral Body of the young child. They do not have enough of their Astral Body developed and it overwhelms their other systems. To the degree their physical and etheric constitution is strong and their astral body is developed from other life times is to the degree that their body is able to cope with it. Otherwise they may be adversely affected by immunisation shots. Not only by the dose of the agent, but also by the actual ingredients that are contained in the vaccination. Sometimes they can be worse than the actual agent.

The Higher Self incarnates to overcome the vaccination. This is because the Higher Self is needed to recognise and differentiate the Self from the Disease. So it will fight when it feels attacked or overwhelmed by a presence that is not itself. Sometimes the Higher Self of a young child simply is not incarnated enough nor able to incarnate enough at the time of the immunisation. The child may die immediately or soon after from symptoms that may not be directly related to the disease agent, but are directly related to not being able to 'overcome' the immunisation. So taking a child in for one or multiple immunisations is like playing Russian Roulette. We may well say that risking a child from not having an immunisation is also like playing a game of Russian Roulette. A risk is still a risk. So it is very important that as a parent and in assisting parents that we remain guided when making such important decisions as these.

I chose not to immunise my children. I decided not to because my partner at the time had a young child who needed to go to hospital soon after their first immunisation shot. This child also battled with asthma for many years. So by the time I had children, it was a risk that I was not willing to take unnecessarily.

My children were never really sickly children. This I can attribute to the probability that they were given a fighting chance to allow their Higher Self to incarnate without overwhelming their astral body unnecessarily. My Higher Self was also strong. We can never underestimate this as a child's first protection. If the etheric body of the

parent is strong because it is supported by their Higher Self, then the child is usually more robust in their health.

We can also say, that a child chooses parents knowing the decisions that the parents will make. So no blame should ever be cast when a parent chooses to immunise their child. Parents make the decisions to take care of their children up to the level that they are guided. The children of these parents have chosen their parents for a reason. We must always remember this and stay out of any judgment.

Just keep it simple when it comes to your own and others health and medical prevention choices. Keep developing your higher faculties. Keep focused on assisting others that wish to, to develop theirs. This is the best chance that they will have in making decisions that will assist themselves and their children in the longevity of their lives and health.

Lightfilled Death and Dying

We have spoken about so much healing up to this point; in fact that is what every level is about. Healing in the sense that we are returning to wholeness. True healing is a returning to the correct thought that we are always whole and never really truly broken. We are all united and so there is never any real disconnection, only that which exists in our minds. But in this section we certainly have to face the truth about the body. It is temporal in the part it plays in the chapter of this lifetime. At some point we have to face death. Death itself is beyond healing of the body. But it is not beyond healing of the spirit. In fact death or near death experiences can be one of the greatest catalyst for healing.

Our bodies are only temporarily finite because when they die they get reabsorbed into the earth. Our etheric body returns to the life force that fuels the earth and cosmos. Our astral body remains with us for a time after death to provide our higher self with memories and experiences. Our astral body returns with us when we reincarnate and this serves us to remember our past lives. Our higher self and spirit lives on. In the short term, it chooses our chart for our next lifetime to assist us in

getting to the next level of learning and vibration. Its long term aim is to ensure that we all vibrate back into unity and into the All.

We need to face our fear of dying because we are all dying. Every day that passes is a day closer to death. We may die quickly, suddenly, slowly or expectantly. There is no escaping it. However as I said, the spirit lives on. So the more that we embrace death instead of fearing it, the less we fear living our life and can truly 'live' it.

Death usually brings a sense of powerlessness with it. This is okay actually. We are powerless over death. However we can do so many things to come to a place of peace with this powerlessness too. And we can assist others to as well. We are powerful spiritual beings. The person who is dying is also a powerful spiritual being, even if they don't know it. Letting go in death means saying yes to our higher self. It is not an end; it is a rebirth and opportunity for our spiritual self to step up.

When we are assisting others with healing, we are working with restoring their etheric body. We have learnt to do this with our Lightfilled Yoga, working with Archangels and other spiritual beings in many processes during the training thus far. When we are assisting others to transition beyond this human existence, we are working with the astral and higher self of the dying person. Our higher self has an ability to communicate with the astral and higher self of the dying patient. We can provide assistance to the person who is dying because even if their mind is gone, their astral and higher self is not and we can still access these parts of them. The only time that we might be challenged from not being able to access their astral or higher self, is if they are preoccupied with spirit or in complete resistance from being accessed. This can and does happen. This can be a good opportunity to accept our powerlessness over the will of the dying person and accept that it is their choice when and how they exit this planet. It is also a time that we can assist the dying person's friends and family in coming to terms with their eminent death. Remember GROW (Grieving Restores Our Wholeness) that we explored in Level 2? All death brings an opportunity for us to grow and become more whole. Sometimes a partner, friend or relative's resistance to a person dying can keeps them from moving on to the next realm. We can work with this person so to assist them in coming to a place of peace so that the dying person can fully let go.

If there is a prolonged period of time where the dying person is dying very slowing, it can be frustrating. The family may go through more grief that the dying person is not dead yet. They might want them to be out of their misery and to feel no more pain. They also may feel guilt for wanting the person to die. This can be an opportunity for the family and friends of the dying person to be assisted in respecting the process of the dying person as well as their own feelings too. You can assist these family members by bring them back to positive memories of the past with the dying person. This can lift their vibration if they are stuck. Also, it can hold a higher vibration for the dying person when they transition so that they are able to let go. I am not suggesting that we deny our frustration or sugar coat the pain that we see before us. I am suggesting to remember the things that are eternal and live on. Love, joy and truth all live on in our memories of our relationships. When we access these memories, they remind us what is eternal and what will live on past this human experience. This is a strength that we need during these times. Once the loved one has past, we can then drop into our grief in a bigger and more final way. However, during these times of frustration, we really need to remember the person in their higher self. This will assist them in the greatest way and alleviate any unnecessary focus on the temporary discomfort of their pain.

I would like to mention things that we can communicate to the astral or higher self of the dying person to assist in their transition. If the person is in a coma or twilight state, their astral and higher self may be accessible through meditation and our spiritual organs. We may see their higher self standing next to their body or converse with them in a meditation.

- The primary goal of conversing with the astral or higher self of the person is to ensure that they are at peace with the next chapter that is emerging for them.

- If they have any doubts or fears, then you can talk to their higher self about how to assist their astral self with these fears. As we have discovered in the previous chapter, we need to be able to take fear to the worst case scenario so that the unknown is explored. Entertaining a worst fear is actually not as bad as it sounds. Fear of the unknown usually holds more power than the

known. So we can talk to people about what their worst case scenario looks like. It might be that their worst fear is that they are going to hell. They might fear leaving their family behind and in financial distress. Whatever their fear, you can share your experience and any guidance that you receive with them.

- You can also introduce them to spiritual beings that will be able to assist and hold a higher vibration for them if their higher self is overcome by their astral self.

- You can show them the womb of transformation and place them in it so that they feel safe. Here they can let go of any chords, attachments or entities preventing them from transitioning.

- If they can't see the light, you can show them where it is. Your willingness will call forth the gateway to the other side. When you see it, point to it so that they look.

- You can surround them with Angels. Fill the room and let them know that the room is full of angels and that it is safe to let go.

- You can remind them of loved ones that are waiting for them on the other side. If you see their loved ones, you can point or mention that you can see them.

- Sometimes we get really powerful messages from our guides relating to jobs that the person is needed to fulfil as a Lightworker. If you hear your guides say to you or show you that the person is a very powerful Lightworker you can tell them that they will be much more help from the other side than they are here in this current form. If they have been reluctant to leave, they might let go in the knowledge that they are being called to a truth. Their higher self will know.

- Always speak to the astral and higher selves like you would in ordinary life as if they were a client. Always with respect and acknowledging the free will of the client.

I have used these tools in conversing with Lightworkers who needed to pass onto the next realm so that they can be of service to either their loved ones or the bigger picture of assisting the world to evolve to the next level of vibration. It is very powerful and fulfilling work. So if you feel called to do this, welcome to my world! At one point, I remember being told back in 2009 that we were in crisis because of a shortage of Lightworkers who were trying to help from the other side rather than here on earth. Now it seems that the majority have passed over to the other side and are reincarnating back into this world. This is good news. If you ever hear of a major tragedy that involves a high number of people dying at once, please use your abilities to astral travel to those areas and seek out the Lightworkers to help them to move on. Some of them will want to stay, but some will be ready and feel called to go. They do need our help occasionally. We certainly need theirs!

Lightfilled Healing with the Planets

Obviously we are primarily governed by Mother Earth and her forces. However we are influenced by the other celestial beings that inhabit this cosmos as well. Some are our neighbours. The earth rotates around the sun and is effected by this amazing being. Steiner said that the Christ consciousness showers down on us from this amazing planet. There are also other planets in the solar system that astrologers and astronomers believe effects us as well. When I was studying my Diploma of Rudolf Steiner Education, a fellow student of ours was kind enough to shed some more light on the subject. Because of the level of our student interest in the topic, we were lucky enough to have some 'astrosophy' included for us. The main planets that effect the earth are the Sun, Moon, Mars, Mercury, Jupiter, Neptune and Venus. They correlate with the vibrations of the metals, colours and the days the week. I always find myself returning to them continually and finding connections with them. So I have provided these below along with a few others that I have gathered. In Anthroposophical Medicine, metals are used in homeopathic doses.

I know that astronomy is a huge topic in itself and one that we don't need to go into here. However it is worth a mention and I wanted to provide you with a quick summary. Steiner parents often dress themselves or their children in the colours

relevant to the days if the week. We have covered using colour for healing in Level 5 and toning and Lightfilled Eating in Level 4. So it is a good summary to bring them all together here. You may wish to explore this further through the many transcripts of Rudolf Steiner's lectures. However I really felt called to record them here. The planets are in some way 'beyond' our Lightfilled Being of Mother Earth, so it felt fitting to include them here.

Planet	**Moon**	**Mars**	**Mercury**	**Jupiter**	**Venus**	**Saturn**	**Sun**
Day of Week	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Colour	Purple	Red	Yellow	Orange	Green	Indigo	White
Metal	Silver	Iron	Quick Silver	Tin	Copper	Lead	Gold
Tone	B	C	D	E	F	G	A
Vowel	Ei	E	I	O	A	U	Au
Organ	Reproductive	Gall Bladder	Lung, Glands	Liver	Kidneys	Spleen	Heart
Grain	Rice	Oats	Millet	Rye	Barley	Corn	Wheat
Lifespan Age	Birth-7 years	42-29 years	7-14 year	49-56 year	14-21 years	56-63 years	21-42 year

Chakras and the Body

Each chakra has a link to organs and parts of our body. Over the years our bodies evolve. What used to be correct connections of chakras to the organs is now different for some. It depends on a persons level of consciousness. Please don't use this as a dogma. If you get difference guidance for different people, this is perfectly fine. Connections between these energetic centres and our organs can change within a lifetime as we evolve. These are the links to the following organs for the current day Lightworkers body:

Chakra	Body parts
Crown	Brain
Third Eye	Eyes, pituitary gland, Liver and Gall Bladder
Ear	Ears, nose, heart, ovaries, testes
Throat	Mouth, neck, hypothalamus, thyroid
Heart	Nose, heart, shoulders, upper spine, arms, hands and Lungs
Solar Plexus	Liver, Gall Bladder, Small Intestine, middle of the back
Sacral	Large intestine, Stomach, Spleen, Pancreas
Base	Kidney, Bladder, Sexual Organs, Colon, lower back, legs, feet

Chakras Portals to Other Dimensions

I was also shown that each chakra is a portal. Each chakra is related to a level of consciousness. Each chakra invites this level of consciousness. There are 2 gate

keepers assigned to each portal. One governs the energy ‘coming into’ the portal. The other governs the energy ‘flowing out’ from the portal. So these two guardians of the thresholds are the yin/yang of the portal. The yin governs the energy flowing in. The yang governs the energy flowing out. If there has been a past life trauma in relation to the consciousness of these chakras, the guardians will be effected. They will usually present themselves in extremes. Conducting a shadow process on getting these two healed and working together is paramount to ensure that the energy invited into the chakras is working well and sustainable. When we have no issues with the energy flow, we usually find that there are no gatekeepers present and that our chakras are simply open and working fine. We allow appropriate energy from within ourselves to come through. We also allow appropriate energy from without to flow in freely. I went into detail regarding the yin/yang polarities of each of the chakras in Level 3.

When we have stagnation in our energy, our energy becomes more condensed in our body. We also find that it becomes condensed and contracted in our energetic centres. Spirit showed me that our chakras are effected in the way listed in the chart below and that this leads to other consequences with interacting with ourselves and the environment.

We can take time to connect with each chakra to assist us in accessing spiritual resources to release these blockages. For example it was shown to me how powerful the Christ impulse is on the healing heart. The melting of the heart is sometimes necessary before the darkness can be let go of. I saw that the walls come down about seeing what is truly ours and not about another person. It is a huge healer and catalyst for major shadow shifting of the darkest parts of our shadow. The power of this level of healing the heart propels us into our life’s destiny. I believe that there are many ways to unlock the blockages we encounter in our chakras. There are many processes and meditations provided in the Lightworker Practitioner Training. I invite you to explore your own guidance.

Chakra	**Symptoms from blockages/imbalances**
Crown	Being unwilling to connect with spiritual resources. Feeling disconnected from spirit or our higher selves. Being unwilling to access or feeling blocked in using our higher faculty thinking of claircognisense.
Third Eye	Being unwilling to see or believe we can see beyond the physical realm. Feeling blocked with using our third eye. Not trusting what we are seeing. Seeing distorted reality.
Ear	Being unwilling to hear with our higher faculty hearing. Feeling blocked in accessing the faculty of clairaudience.
Throat	Being unwilling to speak our truth. Being willing but feeling blocked with speaking our truth. Being unwilling to accept another's truth. Being blocked or unwilling to communicating what we are being guided to tell others.
Heart	Being unwilling or finding it hard to connect with others on a heart level. Difficulty with accessing our intuition. Finding it difficult to follow our heart even when we know what it wants.
Solar Plexus	Feeling disempowered and fear about stepping into our power and creativity. Feeling blocked creatively.
Sacral	Imbalances with feeling spiritually nourished. Feeling constricted and unable to accept or notice spiritual nourishment. Disconnection from nourishing ourselves spiritually and appropriately.
Base	Feeling unwilling to trust. blockages around manifesting. Feeling too grounded or 'depressed'. Materialistically attached.

Lightfilled Healing with the Archangels

I have been shown that the angelic vibrations of the archangels are more constant in Level 7. They are a state of ‘being’ rather than an attempt to channel. Channelling is helpful and we learn to do this from Level 1 of the training. We specifically address our Archangel Archetypes in Level 3. And then we can learn to channel the Archangels with our Advanced Lightfilled Yoga.

Sometimes channelling takes energy from our etheric body because we may still have to hold heaviness in our astrality at bay whilst we are channelling. By Level 7 we find that we may be in a different state of ‘being’. As we become more of the Lightfilled Being, we might find that one or two archangelic vibrations are present and that we have integrated them into our vibration completely. This vibration may be present the majority of the time. This is a very powerful feeling, but peaceful at the same time. We are no longer anxious or fearful. Hence it is not a healing as such, it is more of a constant state of being. This leads us onto our vibration being more of a transformational force that effects the world in a profound way. This is Level 7.