



Video Transcript

Celtic Energy Mapping Understand Your Body's Power Centers

Hi, everyone. My name is Colleen McCann, and I'm here today to share with you about Celtic energy mapping. So you may have already heard about the chakra system, right? The seven chakras in your body. And if you've studied Chinese medicine, you may have heard of the three energy centers that that lineage works with, which is the three dantians. So something I found really, really interesting in the last 20 years that I've been studying and practicing energy medicine is that every single lineage is creating different names for some of the same areas of the body and energetic field that we're working with. And so I really got excited to share with you today about Celtic energy mapping because this is a lineage where my family comes from and maybe also yours as well. So what I wanted to do today is to actually talk about the three energy centers and then I think it would be really nice to do a small meditation. So our first energy centers, which in the Celtic tradition, we call them cauldrons. So the first cauldron is the cauldron of warming. And you would find that in a place if you're familiar with the chakra system in the root. And then we have our second cauldron, which is the cauldron of motion, which would be over the chest area. And our final cauldron is the cauldron of wisdom, which would be at the top of our head. So let's go ahead. I'm going to dive deeper into this as we shut our eyes and go ahead and place your hands over your first base root cauldron, the cauldron of warming. gently shut your eyes, and let's start to connect with that cauldron. Now, I want you to imagine, just as you think about a cauldron has fire around it

and something boiling inside, I want you to start to think about the flame around
your cauldron of warming and
in this cauldron we want the fire to get big and bright
around the ideas of being grounded
walking around in the world rooted
We know that our basic needs are taken care of.
Let's light that fire brighter, brighter and brighter,
turning the heat way up.
Let's take a big deep breath in and out and go ahead and stoke the fire,
Making those flames brighter and brighter in that area of the body.
And let's gently flutter our eyes open. Bringing our hands to our chest,
to our second cauldron, the cauldron of motion.
And again, I want you to think about a cauldron there with magical boiling liquid
inside and stoking the fire around it, making the flames bigger and brighter and
warmer and
boiling in that Middle cauldron is the love we have for ourselves,
the love we have for others.
We access our creativity,
our passions, our desires,
allowing the flames to burn even brighter. And
we think about things that are inspiring us. Let the flames burn brighter.
And go ahead, let's take a big breath in and out.
And a gentle flutter of the eyes open and moving our hands to the top of our head
to the third cauldron the cauldron of wisdom and
let's go ahead and shed our eyes again and
what do we have boiling in this cauldron we have our divine inherent wisdom.
We have our connection to source, creator,
universe, God, great goddess, whatever those words are for you,
connecting deeply to that stoking the fire even brighter.
All of these cauldrons burning brightly and fiercely, it's time to connect all of
them.
And I want you to start with where we just were,
right at the top of the head, the cauldron of wisdom burning bright with intuition
and connection to source energy. And moving that fire down,
down, down towards our heart,
where we connect it with the cauldron of motion,
igniting these two flames together,
Turning the energy around love and inspiration up higher.
And again, let's start to bring our awareness down, down, down into our body,
toward our root and our sitz bone
to the third cauldron,
the cauldron of warming,
bringing that fire down, connecting all three caldrons in the body,

all three of these Celtic energy centers burning brightly and fiercely,
helping us navigate our day, making informed decisions, walking around in our personal
power.

And a big breath in and out, the biggest you've taken today,
and go ahead and lightly flutter your eyes.

also check out the video I shared with Gaia Goddess about working with crystals and
the seven chakras. Thanks so much for tuning in.