



Video Transcript

Chakra Opening Meditation

I am a creative being, and I give and receive an equal measure.

Next, we're going to go up to the solar complexes, which is on our ribcage below our heart. Imagine a sunny yellow. I am powerful, and I am always in choice.

I am powerful, and I am always in choice.

coming down from the sky, from the etheric realm, and cleansing all of our chakras, a beam of white light streaming from the crown all the way down, the midline of the body, down, down, down, out the bottom, out of where we're sitting down back into the center of the earth. See yourself with white light just coming through you. Imagine yourself as a straw Thank you.

Thank you for joining me. Enjoy your chakra alignment, and I hope to see you again soon. Namaste.