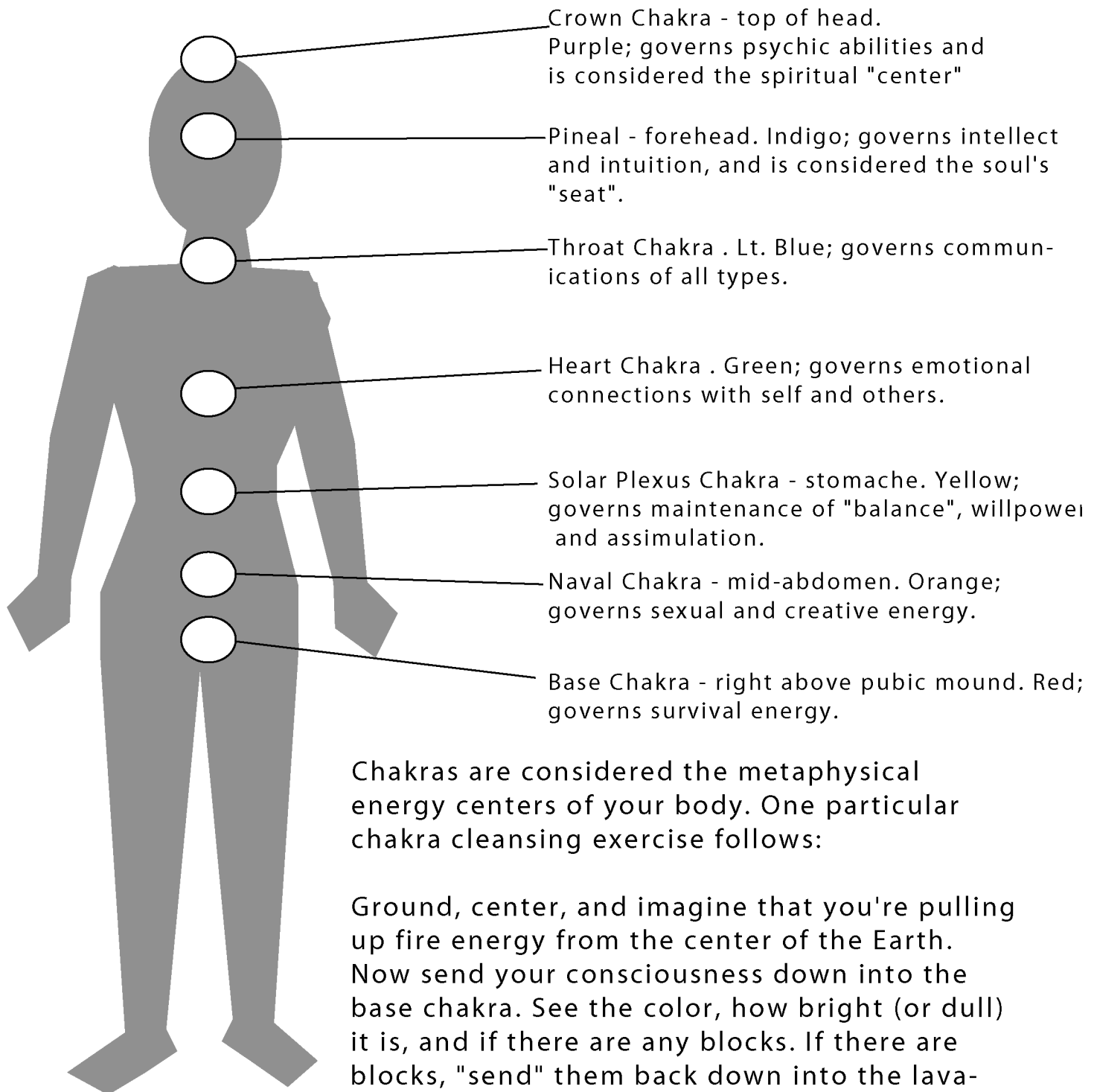


# No-Frills (Western-style) Chakra Guide



Chakras are considered the metaphysical energy centers of your body. One particular chakra cleansing exercise follows:

Ground, center, and imagine that you're pulling up fire energy from the center of the Earth. Now send your consciousness down into the base chakra. See the color, how bright (or dull) it is, and if there are any blocks. If there are blocks, "send" them back down into the lava-filled center of the earth to be recycled, and pull in fresh fire energy into the chakra. Repeat with all the rest. When finished, open eyes, pat the body, and say your name out loud or to yourself. Finished!